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Helensville man inducted into Speedway Hall of Fame

Paul Sutherland of Helensville has been inducted into the New Zealand Speedway Hall of Fame.

He was given the accolade— which came as a complete surprise – in honour of his years as a championship-winning competitor and official at Western Springs Speedway, at a function at the Commerce Club in Auckland on May 18.

The Hall of Fame was set up in 2003, and only four people – two living and two deceased – are inducted each year. Other famous inductees include Frank 'Satan' Brewer, Barry Butterworth, Ivan Mauger and Roly Crowther.

Speedway is in Paul's family's blood.

His father Ron Sutherland started racing at Western Springs in 1939, the year Paul was born, and continued to race for many years. Uncles Ted and Merv both raced as well, while Paul's son Steve is a title holder in his own right.

Paul believes the Sutherlands are the only three-generation speedway family in New Zealand. They also have the honour of being one of only two families (the other is in the United States) to have had all three generations on the track at the same time – albeit for a demonstration run rather than a race.

Paul began his racing career in 1957



• Paul Sutherland with his Hall of Fame plaque

driving a stockcar for his father at Western Springs and later the Epsom Showgrounds. After a couple of seasons he retired, but in the 1965-66 season began racing a Three Quarter Midget (TQ) at the Springs. He won the trophy for most improved driver in the 1967-68 season.

He raced for 36 years and notched up an enviable collection of titles along the way.

Paul was New Zealand TQ Midget Champion in the 1974-75, 1975-76 and 1977-78 seasons, and was runner-up to that national title twice. He won the Auckland TQ Midget Championship in 1971-72 and 1972-73, and the North Island TQ Championship in both the 1974-75 and 1978-79 seasons.

He also won five Champion of Champions titles as well as both East and West Coast championships and was New Zealand TQ Grand Prix champion in 1978-79.

In July 1972 Paul was one of about a dozen drivers who were flown to Noumea – along with their cars and a number of speedway solo bike racers – to put on demonstration runs in a cycling velodrome.

The aim of the trip was to foster the sport of speedway overseas, and Paul recalls the trip fondly, amused that sponsor Shell painted his entire car yellow without his knowledge and describing racing on the concrete cycle track as "interesting".

He also "tried hard" to go racing in Australia, but that plan never eventuated.

Later in his racing career Paul made the switch to driving full-size Midget racers, becoming North Island Midget champion in the 1987-88 season, and runner-up to the national title that year and the following year as well.

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editorial

It was a great personal pleasure to meet up with Helensville's Paul Sutherland (page 1) to find out about his being inducted into the New Zealand Speedway Hall of Fame. Many years ago in my misbegotten youth I raced a TQ midget at Western Springs against Paul - though I probably should say I raced "behind" him, as he was always a front-runner and I was very much a learner with an old, uncompetitive car.

Paul is an extremely cheery, lively bloke. We had a great chat, and his story is yet another wonderful example of the interesting stories behind many of our locals - and doubly great to see a local being acknowledged in such an important way.

Many of you may have seen in the Herald recently the NCEA pass rates for secondary schools in Auckland. It stood out how well Kaipara College ranked, in the top 15 percent at Level 3, and in the top 35-45 percent for passes in Levels 1 and 2. More impressive was the improvement from the previous year, with Levels 1 and 3 recording some of the highest percentage improvements of any of the 100 schools listed.

Parents are free to use these figures to compare schools - and some likely do - but in reality they are not a fair basis for comparison as every school is unique. They have different ways of managing student progress through the NCEA levels, and the skill levels of arriving students varies each year, and from school to school. Some of the schools listed with high pass rates have tiny rolls, where one student passing or failing can affect the percentages.

The only way to really gauge a school is to visit it and see for yourself - as those who went to Kaipara College's open day (page 6) will attest. Speaking with staff to get a feeling for their passion and seeing the new facilities tells much more than percentages in a newspaper.

Says principal John Grant: "We were pleased with the NCEA results last year and believe that better teaching, better monitoring of student progress, new facilities, the numeracy project in local primary schools and the support of parents all contributed to the results."

- Dave Addison, Editor

Local wins iPad in national competition

This is local Caroline Armstrong (right) with her dog Buckley, receiving from Helensville vet Cathy Phillips the iPad she won in a national competition for pet medication.

Caroline is a client of Helensville Vet Service, and entered the competition for Vetmedin - a medication to treat congestive heart failure in dogs - which was run through vet clinics around the country. She was the lucky winner and received her prize a couple of weeks ago.

Helensville vet Mark Anderson says that while heart failure cannot be cured, early drug therapy can have a significant impact on the life expectancy and quality of dogs. The signs of heart failure in a dog are often a moist cough at night or in the morning and reduced exercise ability. Fluid accumulation in the belly can also occur sometimes. Diagnosis is confirmed by a chest x-ray showing heart enlargement.



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Kaipara Battle of the Bands

Kaukapakapa man Eben Trollip with his partner Livvy Ross acting as assistant events manager is planning a 'Kaipara Battle of the Bands' (KBOB) as a fundraiser for Starship children's hospital.

Eben is hoping to attract up to 100 acts - both bands and solo artists - to the competition, which will be held over two weekends during July.

Brought up as a Christian, Eben says:

"the idea (for KBOB) came from wanting to do something for the community. Doing it for charity makes it a lot more worthwhile."

If the event proves a success, Eben would like to see it become an annual event, with a different charity benefitting each year.

The KBOB contests won't be held in Helensville, but rather at Orewa College, on Friday and Saturday July 12-13, and the following Friday and Saturday.

However Eben is also planning a fun family day at the Helensville Showgrounds to be held in conjunction with the KBOB concerts.

At the time of going to print many details of the event were still being finalised. Eben was busy looking for business support and sponsorship for the event, as well as



• Livvy Ross and Eben Trollip

volunteers to help organise it.

He has signed up Te Kooti Brotherhood as guest band to play during the competition and hoped to announce another band soon. He has also received support from the police - the event will be drug and alcohol free - as well as Auckland Council, Kaipara College and Wellsford College.

Eben was trying to organise studio recording time as the major prize; winners will be announced on Monday, July 29.

Eben says he has been involved with many events previously, including acting as a festival host and leader during the Rugby World Cup. He is also part of the Helensville Community Patrol.

To learn more or to contact Eben visit www.facebook.com/KBOB.NZ.

Local vet clinic chosen for role in pet bacteria survey

Helensville Vets has been chosen by Massey University as one of 60 vet clinics taking part in a nation-wide survey of multidrug resistant bacteria in animals.

"Concerns have been raised about the problem of multidrug resistant bacteria, such as MRSA, in animals in New Zealand," says Helensville vet Mark Anderson.

"These bacteria have been found in dogs and cats in the UK and are becoming a real problem for vets over there."

The bacteria are hard to treat and can be responsible for treatments not working.

"They may also potentially spread these

resistant bacteria to us, or we may be spreading the bacteria to our pets," he says.

The aim of the bacteria survey is to find out what the real situation is in New Zealand.

Helensville Vets' participation involves taking culture swabs from the pets and checking them for MRSA and ESBL E.coli. A pet history is also collected. The results will be confidential, though owners can choose to be told their results if they wish.

"If you come into the clinic over the next month you may be asked if you would consent for your pet to be part of the survey," explains Mark.

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Jo takes over ownership of video store

Helensville's video shop has a new owner - though she's a familiar face to anyone who has been into the store for the past 18 months.

Jo Ogilvie has worked at Video Ezy in Commercial Road since Boxing Day 2011 - but from June 1 this year she has taken over ownership of the store and taken on a new, five-year franchise agreement with the big video rental chain.

The business, which employs six local staff, had been on the market for three years.

"I'm excited about owning the business," says Jo, explaining that while she could earn more working in the city, she prefers to work in Helensville and be part of the local community.

The only major change Jo is planning as owner is to remove the adult section hidden down the back of the shop and put in an office, so all the paperwork associated with running a business can be done on-site, rather than having to take it home.

"I've made all the changes I wanted to in the past year as manager," she explains.

Those changes include better store organisation and customer service; a new 'teen' section at the suggestion of daughter Tegan, who works part-time in the store; a 'Staff's Picks' section; and a 'Pick of the Week' from the new releases, again recommended by staff.

Jo also says they may switch the new release section to nearer the service desk, where the computer games are currently located, to make it easier to provide advice to people browsing that section.

Before starting at Video Ezy in 2011, Jo had run her Book Stop second hand book



• Jo Ogilvie - proud new Video Ezy owner

store beside the Art Stop Cafe since 2009. That shop is still there, and is now looked after on Jo's behalf by the Information Centre staff.

Jo has lived in Karaka Street in Helensville for 17 years with husband Steve, an electronics technician who works in Albany. They have two children, Tegan (24) and son Isaac (15) who attends Kaipara College.

Call for artists to submit works for sculpture exhibition

Kaipara Coast Sculpture Garden is looking for artists to exhibit at its Exhibition 2014. New sculptures are sought in a range of sizes, mediums and price ranges. The selection panel will be specifically looking for works that relate, reflect and explore the natural beauty of this part of Auckland, the Kaipara Harbour, the flora and fauna, threats to the environment, the history of the land, colonisation and socio-political issues relating to this area.

This project is seeking sculptures for installation in October this year, with the opening of the exhibition to the public on Saturday, November 23. Proposal forms are available online at www.kaiparacoast.co.nz or email sculpture@kaiparacoast.co.nz. They need to be returned by Friday, July 5.

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Speedway Hall of Fame inductee (cont)

• From page 1

Finally retiring from racing in 1992, Paul says he "couldn't just sit in the terraces watching but still needed to be involved."

He was asked to take up the role of referee, and says a lot of his mates couldn't handle being refereed by a friend - "but the job had to be done". He then switched to become a midget scrutineer, checking the cars for safety pre-race - a position he still holds.

Paul was a founding member of the Auckland Three Quarter Midget Association, served as president for a number of years and has since been made a life member. He also served as president of the Auckland Midget Racing Drivers' Club.

"I'm absolutely dedicated to speedway," he says, "and always have been."

Apart from speedway and his early stock car racing, the only other form of motor racing Paul has undertaken is go-karting, racing a "very fast and great fun" 125 gearbox kart as "winter reflex training". He believes fitness played an important part in his successful speedway career, using the karting, football refereeing and squash to keep in shape and his reflexes sharp.

Paul is obviously extremely proud to be inducted in the Speedway Hall of Fame.

He was nominated by his son Steve (himself North Island TQ champion in 1987-



• Paul (left, #27) leads around Western Springs in the 1980s

88). Nominees are normally told about their impending induction a fortnight before the presentation, but Steve and Paul's wife Jan decided to keep the upcoming honour a secret, and it wasn't until the nomination was being read out at the ceremony that Paul realised he was the recipient.

He really looks on the award as belonging to the whole family and his team and supporters - many of whom were on hand for the presentation.

"It turned into a bit of a 'This is My Life'," jokes Paul.

When Paul retired from his own cartage company, he and Jan moved from their New Lynn home of 36 years to Feilding where they ran a tavern and restaurant.

Looking for a home at Orewa when they moved back north 12 years ago, they chanced to drive through Helensville and saw a number of properties for sale. They liked the look of the town and have lived in their Rautawhiri Road home ever since.

These days, rather than a speedway car, you can see Paul driving a Downer truck around Helensville; the day after his interview he was up Fordyce Road with a team, filling in pot holes. Even though he's now 73, Paul says "I still enjoy it, and look forward to going to work".

The family's automotive legacy continues, too. Paul's daughter Donna, who lives at the same property in Helensville, owns two hotrods, while grandson Sean is into motocross racing.



• Paul's father Ron on track as a pace car

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200 visit college on open day



• Principal John Grant acts as tour guide in a new social sciences room at the open day

Around 200 people took the chance to have a good look around Kaipara College at its open day on May 18.

Heavy overnight rain threatened to dampen the affair, but the weather mostly cleared before the 10am start, and those visiting the school were also treated to school teams playing rugby.

Visitors were free to wander around the many new college buildings on their own, or take part in guided tours led by students and staff - and even principal John Grant.

The day began with the official opening of the school's new social sciences block by Board of Trustees chairman Stanley Phillips, who retired from that role at the BOT elections at the end of May after 27 years on the school's board.

"The school was happy to see so many turn up to the opening," says John Grant. "Speakers paid tribute to his 27 years of great service to the school."

Members of the public then spent the next three hours touring the revamped school grounds, with most rooms open and volunteer students on hand to explain how everything works.

Each faculty had display boards on hand showing the school's current academic success levels

Light refreshments were served in the spacious new staffroom - a part of the school few parents would ever normally get to see.

While the new \$1.4 million social

sciences block was the 'crown jewel' of the open day, most of the remainder of the school has been totally replaced over the past six years.

The rebuilding took place over four stages, beginning with the almost complete rebuilding of the gymnasium, followed by construction of a new science block. In 2011 much of the central school was rebuilt, including the hall, drama and music rooms, staff room, student centre and new ICT and English rooms.

Many of those visiting were former pupils, who were unanimously amazed at the school's transformation.

"We were very happy to see so many community people take the opportunity to see the redeveloped school. All of them commented favourably on the new facilities," says John.

Winter lectures and AGM

The second of the Helensville and District Historical Society's annual winter lecture series for 2013 is at 2pm on Sunday, June 16 at St Joseph's Church hall in Karaka Street. The topic will be 'Treaty Claims Revisited'.

The society will hold its annual meeting on Friday, June 28 in the Helensville War Memorial Hall meeting room, starting 2pm.



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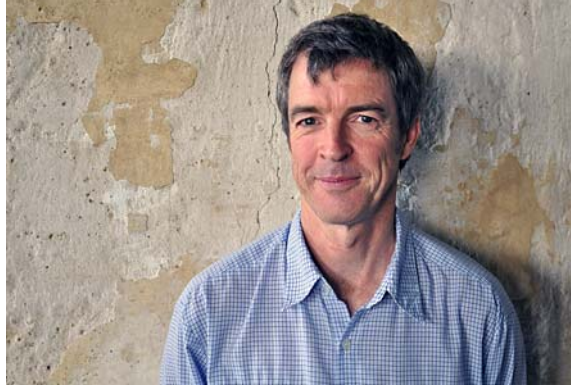
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An interest in holistic health led William Scott to give up his work in the business and recreation fields and retrain as a massage therapist.

Originally from Dunedin, but having lived in Auckland, Wellington and most recently Palmerston North, William moved to South Head in April – a place that had become like a second home after holidaying for the past 15 to 20 years with friends who live there.



• Massage therapist William Scott

William has now qualified with a Diploma in Applied Massage Therapies, and offers locals a range of massage options including Swedish, deep tissue and remedial massage and trigger point therapy.

"I am also really interested in balancing nutrition and exercise for wellbeing," says William. "My goal is for clients to leave their massage feeling an enhanced sense of relaxation, wellbeing and relief from stress and muscular tension and its associated

discomfort."

He is based at Osteopathic Natural Health in Waimauku Station Road where he will be available for weekend appointments, but William is also offering a mobile service, calling on clients at their homes or work and using a portable massage table.

William can be reached on 021 272 7126 or at Osteopathic Natural Health on 09 411 5002.

medical centre notes

With the change in the weather and the associated winter ills there will be a demand on appointments, so I would like to give a reminder on the role of the Kaipara Medical Centre.

Each weekday from 8.30am to 1.30pm there is a duty clinic for seeing the day, urgent appointments. The duty clinic constitutes two nurses and a doctor who initially assesses the patient before the doctor is called in. This allows for an appointment on the same day or indeed immediately, as needed.

Each of our doctors does a different morning on the duty clinic, so please if you are being seen in this clinic, as an emergency, that it may not be your usual doctor. Obviously our reception staff will always try and place patients with their usual doctor of choice if they have appointments still available, but this may not always be possible at short notice.

The Medical Centre calls, on average, for at least one ambulance a day to transport people we assess as needing hospital treatment. With the opening of the St John Opportunity Shop, over the road from the Medical Centre, it is an opportune time to say that the St John 'Family Supporters' fee is \$60 per year which covers all ambulance trips compared to \$84 for each single, non ACC-funded trip for non-members.

And lastly, the flu vaccination programme is due to finish at the end of June, so if you would like one please come and see us. Even if you don't wish to be vaccinated, it would also help if you could let us know.

- Dr Phillip Barter, Clinical Director





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Search on for new A&P Show secretary/manager

The Helensville A&P Association is looking for someone to take on the role of secretary and show manager.

That follows the departure of Marion Stutz, who has held the position for the past two years.

The sole-charge, part-time position involves providing administrative, secretarial, financial and promotional support for the A&P Association, acting as the public relations front for the organisation, and coordinating and managing all aspects of the annual Helensville A&P Show.

Men of Steel set to raise temperatures

It's an event sure to get the excitement levels rising for local women - the 'Men of Steel' are coming to Helensville.

Billed as 'New Zealand's Premier Male Revue' the show, on Friday, July 5 at the Helensville War Memorial Hall, is being put on by Sunny Days Community Preschool as a fundraiser to raise money for heat pumps.

Four of the 'Men of Steel' will perform at the show, which costs \$25 for pre-sold tickets or \$30 door sales. The evening starts from 7pm, with the show itself beginning at 8pm. The event will be BYO with nibbles provided. To book tickets phone Sunny Days on 09 420 7253 or email sunnydays1@clear.net.nz.

Nominally the position is for 20 hours per week, however that varies widely through the year, with the four months from November until just after the show at the end of February being full time.

Management of the annual show, the biggest event on Helensville's calendar and the largest one day show in the Northern Region, is a vital part of the role.

That includes preparation of the show schedule and catalogue; organising trade space; co-ordinating judges, stewards and volunteers; arranging and maintaining sponsorship; and booking everything needed to run a successful show.

Attributes needed for the job include good organisational and time management abilities; a working knowledge of Microsoft Office; proven administrative experience; and top communication and inter-personal skills. Accounts experience is also desirable.

Departing show manager Marion Stutz says: "for the right person it's a wonderful job. It's incredibly varied through the year which makes it great. It's much more



• Departing show manager Marion Stutz

interesting than a lot of jobs. Putting the show together is fantastic.

"It's all about working with the community - that's the highlight of the job."

She stresses that good organisational skills, the confidence to deal with a very diverse range of people, and being happy working on their own for much of the year will be key for the successful applicant.

Full details for the position and an application form are on the show website, www.helensvilleshowgrounds.co.nz, or phone the show office on 402 7572.

Applications close on Thursday, June 20.



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We are looking for a confident, organised and experienced person to take responsibility for the day to day administrative function of the Helensville A&P Association and event management responsibilities for the annual Helensville A&P Show.

This is a sole-charge contract position of approximately 20 hours per week, requiring someone with excellent time management, communication and organisational skills, sound working knowledge of the Microsoft Office suite and proven experience in administrative roles. Accounts experience is desirable. While based at Helensville Showgrounds, there is flexibility for some work to be undertaken from home.

A full position description and application form is available at www.helensvilleshowgrounds.co.nz.

Send applications including a covering letter and current CV to:

Executive Committee
Helensville A&P Association
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'Luckiest man' urges locals to take bowel screening test

Helensville residents aged 50-74 are being urged to take part in a free bowel screening programme, by a man who says it's the best thing he has ever done.

Bruce Ogilvy considers himself the luckiest man in the country after the test picked up his cancer early, when it could be successfully treated. The healthy and active 59-year-old took part in Waitemata District Health Board's bowel screening programme.



• Bruce Ogilvy

Bowel cancer is the second most common cancer in New Zealand and the second highest cause of cancer death.

"I had no signs or symptoms of anything wrong at all. But my initial test at home came back positive and a follow-up colonoscopy showed cancer. I had surgery and chemotherapy and now I feel great. I am so pleased I took part in the bowel screening programme," says Bruce.

He has a simple message for everyone living in the Helensville area who is eligible to take part in the pilot: "Take the test! Just do it! It is the best thing I have ever done

- I feel like I have won Lotto," he says.

Bruce is one of 60 people found to have bowel cancer during the first 12 months of the pilot.

The programme's clinical director, surgeon Mike Hulme-Moir, says cancers are being found in people who had no signs or symptoms to suggest there could be a problem with their bowel.

"More than 60 percent of the cancers detected during the first year of the pilot are early stage bowel cancers, which is a higher percentage than is seen in a normal clinical setting where people have symptoms."

Mr Hulme-Moir says the good news is that earlier stage cancers can be treated more successfully, and the outcomes for patients are generally very good.

The \$24 million pilot is being run in the Waitemata DHB area until 2015. People aged 50 to 74 years who live in the DHB area are eligible to take part.

Locals should see their doctor now if they have any bowel symptoms that concern them.

For more information about the Bowel Screening Programme please phone 0800 924 432 or visit the dedicated website at: www.bowelscreeningwaitemata.co.nz.

Steam train comes calling



A big crowd gathered at Helensville rail station last month for the first visit to the town by the restored Ja1240-class steam engine, 'Jessica'. The Mainline Steam Heritage Trust organised 'Cannonball Run' was packed, and those arriving spent time with locals enjoying a market, a display of classic Volkswagen vehicles, and taking a look inside the partially-completed railway museum, opened specially for the train's visit.

The sooner you detect bowel cancer, the better.



» Did you know bowel cancer is the second highest cause of death in New Zealand?

Common signs and symptoms of bowel cancer may include:

- Change in your Bowel Habit
- Diarrhoea or constipation
- Blood in your bowel motion.

These signs and symptoms may be caused by other conditions, but it is **important to get them checked out** by your doctor.

Bowel Cancer is curable if detected early.

There is a greater than 90% chance of long-term survival if it's caught and treated at an early stage.

Waitemata DHB is inviting people aged between 50 and 74 to participate in a free bowel screening programme. Call us with any questions or to check your eligibility.

www.BowelScreeningWaitemata.co.nz

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Hannah is youth coach for Youthline

Helping young people with education, health, life and employment support is all in a day's work for Helensville's Hannah Mills.

The former Kaipara College student is putting her counselling background to good use in our area as a Youth Coach for Youthline's North Shore team.

Using her local knowledge and connections, Hannah helps people aged 16 and 17 who are not in education, employment or training, assisting them to overcome the barriers they face getting into education or employment, supporting them and connecting them with community services.

Youthline is a provider of the Government's Youth Service programme, which aims to get young people into education, training or work-based learning to gain the skills to find a job and have an independent future.

Hannah says she and the rest of the Youthline North Shore team have been successful in connecting with a variety of young people, giving them positive support.

The Youth Service targets 16 and 17 year olds who are 'Not in Education Employment or Training'

(NEET) or those who are under a Work and Income Youth Payment, Young Parent Payment or are Young Partners.

Hannah and her co-workers at Youthline offer guidance and practical support to young people, stepping in to help build potential through education, training or work-based learning.

Among other things the job involves helping the young people figure out what is stopping them from succeeding at school or in work based training; helping them budget; supporting them in parenting; linking them with other services; and putting together action plans to help them reach their goals.

Youth classified as NEET can approach Youthline directly; however most are referred by the Ministry of Education.



• Hannah Mills (second from right) with her North Shore team

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Moving in and out

The opening of our newly renovated house at No. 1 Porter Crescent has resulted in relocation of several of our tenants.

The Women and Family Centre have expressed their pleasure in moving in to the house and having all their staff and services on the ground floor, something they have been looking forward to.

One room in the house has been transformed into the new ante-natal clinic. Family planning services will also be offered from the premises. An opening ceremony was conducted in April and all the tenants moved in at the beginning of May.

Parent Aid administration have been relocated from the Medical Centre to join Mount Tabor Trust on the ground floor of the Alison Mckenzie House.

The visiting podiatrist Lynley McDonald and osteopath Ruth Atkinson will also continue to operate from their usual location on the ground floor.

An exciting new development on the second floor, the Helensville District Health Trust is developing an administrative hub which will provide services for a number of the Trust's businesses and tenants. Our Manager, Charm Torrance (420 7561) who maintains an overview of all our activities and services, has moved in and will shortly be joined by the new financial officer.



Helensville Women and Family Centre staff at No. 1 Porter Crescent.

Appointment of financial officer



We are delighted to announce the appointment of our financial officer. Anne Marie Spice was selected from a large number of applicants to take up the newly formed position. Anne Marie, who is a Chartered Accountant, will be responsible for undertaking the accounting for the Helensville Health Trust, The Birthing Centre, Kaipara Medical Centre and the Helensville Women

and Family Centre. Once she has these sorted, we will be offering to undertake accounting for other health and social service organisations in the area.

Anne Marie is looking forward to joining the team, and those of us with responsibility for accounting can hardly wait for her to join us!

UPDATE FROM THE BIRTHING CENTRE

More lactation specialists available

'The Best Birthing Centre in New Zealand' continues to provide ante-natal, birthing and post-natal services for the families of Helensville and surrounding districts. Midwives from all over Auckland send their patients to the centre to enjoy the environment and the services of our specially trained post-natal staff. We now have three qualified lactation consultants: Claire Payne, Debora Tetlow and Marie Hogan are available on staff and they provide expert advice on breastfeeding to support mothers and their families from birth through the post-natal period.

The majority of our births at the centre are undertaken by our team of experienced midwives. Patients of these midwives are given priority in the event of the centre being fully booked. The team have recently moved their ante-natal clinic to No. 1 Porter Crescent. They are happy to be contacted to discuss your pregnancy and birth options:

Michelle Nasey (Manager of the Centre) 021 889 794
Fiona Kerton 021 073 5721 / **Heidi Copland** 027 226 6655
Irene Hogan 027 471 5295 / **Kerry Aldworth** 021 882 215

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Sunday & Public Holidays 9am to 4pm

Parent Aid settles into new home

Helensville's Parent Aid has moved into a new office in Alison McKenzie House, on the corner of Commercial Road and Porter Crescent.

Previously in a small room at the Kaipara Medical Centre, co-ordinator Kim Gordon is enjoying her new, much more spacious office. She also has the use of a large conference room next door to the office.

Kim has been co-ordinator for Parent Aid NorthWest since mid-February; she had worked at the Men & Family Centre for six years prior to that.

"I feel that it is such a privilege to be working for Parent Aid NorthWest; it really is an awesome not-for-profit," she says.

The move of office early last month was brought about by the Helensville District Health Trust's purchase and renovation of the house at 1 Porter Crescent. Once the renovations there were complete, the Helensville Women & Family Centre (HWFC) moved from Alison McKenzie House to the new building - freeing up space for Parent Aid to move in.

The HWFC still uses one room in Alison McKenzie House, which is also home to the Mt Tabor Trust.



• Kim Gordon in her new Parent Aid office

Kim says locals are "always welcome to pop in", and she can arrange home visits from one of Parent Aid's experienced home support workers. The office is usually manned from 9.15am to 2.15pm Monday to Wednesday and Fridays.

Parent Aid provides practical help to parents of under 5-year-olds - services such as looking after children, preparing a family meal or hanging out washing.

"We all need a hand at times," says Kim. "When I look back on my days with a young family I wish there had been something like Parent Aid to help me."

Helensville fire fighters climb Sky Tower for charity

Members of the Helensville Volunteer Fire Brigade raised \$3,825 for the charity Leukaemia and Blood Cancer New Zealand in the Sky Tower Challenge last month.

The challenge is an annual event held by the New Zealand Fire Service to raise money for the charity. 550 fire fighters - both paid and volunteers - from 140 stations and brigades across New Zealand took part along with 11 international fire fighters from Australia and the United States.

The fire fighters run in full fire fighting kit with helmet and breathing gear, weighing up to 25kg. They start at the underground levels of the Sky Tower in downtown Auckland and climb 51 flights of stairs - 1,103 individual steps - before reaching the top. Josh Harrison from Otara Station set a new record time this year of 8 minutes and 37 seconds, with \$471,000 raised in total for the charity through the sponsorship of the participants.

The Helensville Brigade's fastest time was set by Kaipara College teacher Israil Forman at 14 min 40 secs, gaining him 114th place. He was followed by Sam Higgins in 19 mins 02 sec and Chris MacDonald in 20 min 01 sec. In the Masters category Danny Kelly took 16 mins 40 secs and Rodger Bowring 18 mins 7 sec.

The brigade members had trained for months for the contest with road runs, gym work and running up the stairs at Muriwai Beach to gain muscle condition and cardiac fitness.



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Really 'digging' the new digger



It's all concentration for 2½-year-old Charlie Lowe (above) as he tries out Kaukapakapa Playcentre's shiny new digger. Charlie is the son of the playcentre's co-president, Melissa Lowe.

The digger was presented to the playcentre on Mother's Day by Rotary North Harbour at a special 'beach party' event at Takapuna Beach, which featured sand castle digging, gumboot throwing, a hidden bottle top hunt and a barbeque. The event raised \$1900.

Rotary North Harbour club members, led by designer Dave 'Hutch' Hutchison, spent 1315 man hours making 20 diggers in total, one for each of the playcentres in the North Shore Playcentre Association area.

"What a great project and a big thank you to Rotary North Harbour," says Jan Lunt from Kaukapakapa Playcentre.

The digger is made of wood, with a metal scoop operated by a cord to allow it to drop the contents out. It will be used mainly in the playcentre's sandpit, but will also see use in the cushion fall bark in the outdoor play area.

Kaukapakapa Playcentre currently has a roll of 23.

Sophie Elliott Foundation evening

Kaipara College is hosting The Sophie Elliott Foundation at the college hall on Tuesday, June 11 at 7pm.

The Sophie Elliott Foundation is a legacy to 22-year-old Sophie Elliott, who was stabbed to death by her former boyfriend Clayton Weatherston, who is serving a minimum of 18 years in prison for her murder. They had dated for just five months and had recently broken up.

The aim of the foundation is to prevent violence against women by raising awareness about the signs of abuse in dating relationships.

The evening in Helensville, supported by a number of local community groups, will be about preventing relationship violence, how to recognise it, what to do and how to support people who have experienced it. Sophie's mother Lesley Elliott will give a presentation promoting awareness and empowering people to say "it's not ok".

The event is free and supper will be provided; those participating are asked to give a gold coin donation to help the work of the Sophie Elliott Foundation.

Earlier in the day Lesley Elliott will give a presentation to college students as part of their senior health seminars.

The foundation wants to cause a shift in New Zealand's attitude towards relationship violence - one that sees the next generation recognise and reject all signs of abuse, power and control.

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Big move for engineering firm

Helensville engineering firm GFM Flashbuilt has done some heavy lifting recently, shifting literally tonnes of huge machinery to its new premises in the former Helensville Engineering building at 2 Bridge Street.

GFM has operated from a smaller building hidden away behind Swale's yard in Mill Road since 2005, and owners Gordon and Pauline Clarke jumped at the chance to move into the much more spacious premises opposite the Grand Hotel.

The road front position has given the business much more exposure, and Pauline says they gained about 15 new clients within 10 days of the move.

When *Helensville News* called Gordon was busy stocking his new supply store, which when full will carry a wide range of bearings, v-belts, batteries, bolts, tools, lubricants and accessories, focussed on agricultural, heavy transport and earthmoving machinery. There will even be some ships' chandlery eventually.

The move was spread over four days, using the big Mack truck of Phil Barnes to cart the massive lathes and other machinery, with help from friends Mark Thode, Rex Watson and Bill and Nina Rush to shift all the other equipment.

Helping Gordon out in the new workshop are foreman Carey Ardin, who worked for a number of years for Roger Lowry at his Helensville Engineering business, and local

speedway TQ Midget racer Mike Gurnett.

One of GFM's areas of specialty is the custom manufacture of explosives magazines - basically highly engineered, super-strong insulated cabinets for the storage of explosives. They can range in size from that of a small safe up to 20-foot container conversions, and GFM has

supplied them to businesses in both the North and South Islands, as well as exporting a number to Papua New Guinea.

The company's explosives and blasting division works mainly in the seismic and geological research fields, both in New Zealand and the Pacific basin.

"We did eight weeks in the Taranaki oil and gas fields which was fascinating," says Pauline, "and just recently built and fired a 100kg depth charge for Victoria University at Lake Moawhango in Waiouru for geophysics



• From left: Michael Gurnett, Gordon Clarke, Pauline Clarke and Carey Ardin

research."

GFM Flashbuilt has also carried out construction blasting in the Pacific islands, and does land blasting - such as stump shooting and swamp drainage - particularly in areas where machinery access is difficult.

Gordon says GFM is a strong supporter of the Auckland Speedway Riders' Club, sponsoring rider Jamie Moohan (formerly of Bikesport in Helensville), who now races a sidecar. The company also supports local TQ driver Steven Jeffries.

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with Kaipara chef, Peter Brennan

Proteins - from where, and how much?

We have a teenager who decided many years ago he preferred not to eat meat. Fair enough, he made the decision very early on as he rejected any meat when he started to eat solids, and things have never really changed. He has tried meat often enough but apart from a bit of crumbed fish he simply doesn't enjoy it.

I am sure that this behaviour has been repeated in many households, which can put a bit of strain on the poor cook of the house if everyone else eats from all the food groups. Often it is practical to just serve what is cooked minus the meat. Unfortunately, this can lead to an under supply of protein the bodies building blocks.

There are 20 long chain amino acids that the body turns into proteins. Eleven of those the body can make itself; the other nine come from foods we ingest. If you eat meat, poultry, eggs, fish, some cheeses and milk, then you can derive your proteins relatively easily.

If those items are off the menu then you can replace them with vegetable foods. However only five are considered to have

■ A quick reference:

- 100g red meat contains about 25g of protein
- 100g of chicken about 30g protein
- 100g fish about 22g protein
- Eggs about 6-9g per egg
- Cup of yoghurt about 10g
- 1/4 cup nuts between 2.5g and 9g
- 1/2 cup of cottage or ricotta cheese about 15g
- 30g parmesan cheese contains about about 10g
- 30g of soft cheese (brie etc) about 6g
- Cup of milk is about 8g.
- Cup of soy milk between 6-10g
- 1/2 cup of tofu yields about 20g of protein
- 2 tablespoons of good quality peanut butter gives about 8g of protein.
- 1/4 cup of seeds, (sunflower, sesame, pumpkin, flax etc) about 8g.

the complete list of proteins present - these include quinoa, buckwheat, hempseed, blue green algae and soybeans. This group is included in the list of 'super foods'.

Other vegetable foods have only some of the amino acids, so it is wise to combine various vegetarian foods to get the full compliment. As examples, eating beans with brown rice, corn with wheat, oats with milk (porridge), legumes such as lentils eaten with other grains or fresh spinach, stewed vegetables with chickpeas and lentils. Nuts, even peanut butter on wholemeal bread is a complete protein food. Whole grain pasta eaten with peas or broccoli, wholemeal pita bread with hummus and fresh salad.

All of these foods contain some of the amino acids but when eaten in combination they provide whole proteins.

If you eat dairy then grating cheese onto vegetable soup and eating the soup with wholemeal bread will complete the diet, or add tofu (fermented soybean protein) to a vegetable soup or stew.

If you eat meat then check out the size of the palm of your hand. This is the size portion of meat you need daily; your body can process extra protein if you eat more than this each day simply by burning the excess off as fuel for body function. Your body can't store protein in any quantity, so it is something you need to eat on a regular basis.

For teens, protein intake is essential - they are growing bodies and brains, and without adequate protein intake things grow more slowly. This includes nervous system function, the thing we use to create memory, and the repair of damaged skin, hair, nails, bones and muscles. Protein is also essential for the regulation of body functions.

■ How much do we need?

If you multiply your body weight (in kilos) by 0.8 this will tell you approximately how many grams of protein you need.

An 80kg man would need: $80 \times 0.8 = 64g$ of protein per day. A 50kg person would need about 40g of protein per day.

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■ A&PAGM

The Helensville A&P Association is looking for people to stand for two vacant positions on its executive committee at the annual general meeting on Wednesday, July 10. Nominations must be in by 5pm on Thursday, July 4; nomination forms are available at the showgrounds office. For more information phone 420 7572 or email info@helensvilleshowgrounds.co.nz. The AGM starts at 7.30pm in the main showgrounds building.

■ PLANTING NATIVES WORKSHOP

A free workshop on planting natives will be held at Kaipara Coast Plant Centre, 1481 Kaipara Coast Highway 4km north of Kaukapakapa on Saturday, June 8 from 9:30am to 10:30am. Join David Bayley on a walk around the plant centre and grounds to look at re-vegetation and wetland planting done over the last 20 years using a variety of techniques and plants. For more information

phone 420 5655, or to book a place on the workshop email admin@kaiparacoast.co.nz.

■ HELENSVILLE AGLOW

Pastor Peter McNab from Australia will speak on 'Living the Indestructible Life' at the next meeting of Helensville Aglow, which will be held on Friday, June 21, 7.30pm at the Helensville War Memorial Hall meeting room. For more information phone Marilyn Gray on 09 420 4346.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa market is on Sunday, June 16 with the later winter start time of 9am and finishing at 1pm as usual. A great selection of stalls, plus the Lions sausage sizzle, Kaukapakapa Play Centre raffle, coffee, food and live music. For more information or to book a stall phone Sarah on 0274 831542 or 0800 831 542, or email her at sarah1@maxnet.co.nz.

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Lions book fair draws crowds



• The annual Lions book fair drew it's usual crowds on Saturday, May 25 - with queues down Commercial Rd before the opening

Helensville News - Publication Information

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Letters to the Editor: should be kept to around 250 words and may be edited as space dictates.



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