

Medical centre locally owned again



The Kaipara Medical Centre is back in local ownership.

The Helensville District Health Trust has purchased the practice from former owners Peak Primary, with the official handover taking place on February 1.

Trust chairman Dianne Kidd describes the purchase as "a significant acquisition for the community".

It was funded largely from Health Trust reserves, built up over recent years from the successful operation of the Helensville Birthing Centre.

To add to the good news, Dr Phill Barter has returned to the Kaipara Medical Centre team as Clinical Director after leaving briefly in January to join the new Silverdale medical centre.

"The Helensville District Health Trust members and the staff of the Kaipara Medical Centre want to say a huge thank you to Dianne Kidd for her hard work, skill and dedication in securing the purchase of the centre for the community," says Charm Torrance.

Peak Primary has owned and run Kaipara Medical Centre for the past three years. They are a New Zealand and overseas owned company which owns 13 other medical practices in this country, with the aim being to gain economies of scale through the administration side.

You can read all about the purchase in the Healthy Helensville column on page 9.

Demolition and renovation work gets underway on old dairy company site

After years of sitting idle and being little more than a visual eyesore at the southern entrance to Helensville, the old Kaipara Dairy Factory property is to get a new lease on life.

Demolition work has begun on a number of the buildings on the 1.3ha site - work which owner Stephen Pryor says will see about two thirds of the structures knocked down.

Mr Pryor, whose company Buttermill Lane Ltd purchased the property in December 2011 for \$425,000, says a report by a structural engineer determined that a number of the buildings were unsalvageable.

"We are keeping about a third of the structures, including the original dairy company building by the railway lines," says Mr Pryor.

It will be mainly the buildings in the middle of the site which will go, with those at the opposite end of the property (nearest to Firestone) to undergo renovation work.

Some of those warehouses will be utilised by film industry related companies with which Mr Pryor is associated, and he will "lease out a couple of others".

The original, art-deco dairy factory building will remain in its present condition for the time being.

"The original dairy factory is of no use for ourselves, but I believe it's a great building," says Mr Pryor.

He says he has already had "some interest" from other companies in that building, and expects it will eventually either be leased or sold.

Mr Pryor was unable to put a timeframe on the work.

"Our original plan was to have the demolition work completed by now," he says, explaining that the rebuilding work in

Christchurch created a shortage of demolition equipment which has led to the holdup.

"We were ready to go a while ago. I can't give a fixed [completion] date now, but I'm hopeful it won't drift on too long.

"There are a number of stages to the work. The current economic climate is not conducive to [doing the work] in one big bang. But the first stage will see the site tidied up."



• Demolition work underway on the old dairy company buildings

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editorial

Two things of major importance to the Helensville community happened in February. Firstly, we welcomed the double good news that the Kaipara Medical Centre has been brought back to local ownership with its purchase by the Helensville District Health Trust, and the return of popular doctor Phill Barter (read more on page 9).

And after decades sitting as a vacant eyesore at the south entrance to our town, we were delighted to see the start of demolition and rebuilding work at the old Kaipara Dairy Company site (see front page).

These are both great news and augur well for the future of our town and community - a community which came together just a few days ago, as it has every year for the past 110 years, to celebrate our annual A&P Show. The weather gods smiled on us once again, and a great time was had by everyone who either visited, competed at, or helped run our town's largest annual one-day event. Check out our article on page 10, and photos on pages 11.

Congratulations to Pauline Denton from Kaukapakapa, who won the *Helensville News*-sponsored Original Writing section at the A&P Show; we had hoped to reproduce her story 'Loss' in this issue but couldn't because of space restrictions. Look forward to that in the April issue.

Finally, on page 3 we have an article about Marketville, a new retail initiative which looks set to give a boost to the Commercial Road shops.

- Dave Addison, Editor

Locals asked for input into Unitary Plan

Locals have been given the chance for input into Auckland Council's draft Unitary Plan.

Auckland councillors voted on February 20 to put the draft plan out to Aucklanders from March 15, so that they can have their say on the planning document that will be the key tool in Auckland's future development.

A video explaining how the plan will help shape Auckland and why it is important to get involved can be viewed at www.aucklandcouncil.govt.nz/unitaryplan.

One issue raised by the plan which could affect a number of Helensville residents is a provision for increased heritage protection by managing the demolition of pre-1944 homes in areas yet to be surveyed for their historic heritage and historic character value.

Another of potential local interest will be the Rural Urban Boundary (RUB).

It is the council's intention for up to 40 per cent of the 400,000 new dwellings needed over the next 30 years to be located in rural towns and villages, greenfield areas and other rural areas. The RUB will provide land capacity for 160,000 new dwellings and 1400ha for new greenfields business land.

The Auckland Council website says investigations are underway in the west

(Whenuapai, Kumeu, and Huapai) and north (Warkworth and Silverdale West) to allow for growth of up to 35,000 dwellings.

While no specific mention is made of Helensville or Parakai, a further 70,000 dwellings will be developed "in general rural zones, towns and settlements, such as Waiuku and Wellsford".

City-wide, probably the most contentious issue will be planned rezoning which will allow multi-storey buildings in 10 'metropolitan' areas - one of which is nearby Westgate.

Deputy Mayor Penny Hulse says: "[The Unitary Plan is] a critical document for our communities, tackling many, sometimes difficult, issues. We want as many people as possible to have their say to ensure we get a plan for all Aucklanders."

She says the informal engagement period will give people the opportunity to try out the draft plan online, including new user-friendly digital maps, to see what's proposed for their own home and community.

Auckland Council will provide a range of opportunities for people to have their say, including local roadshows and events throughout Auckland. Feedback forms will be available online and in libraries.

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'Marketville' to provide local outlet for craftspeople & artisans

Two young Helensville women are opening a shop in Commercial Road where artists, designers, cooks and crafts people can sell their creations.

The aim is for Marketville, opening in the old \$2 Shop premises at 52a Commercial Road on Thursday, March 28, to have a 'market place' type atmosphere, rather than the more 'warehouse' style approach of Craftworld at Westgate.

Anita Ruhe-Hodge and her business partner Cassie Harrison are both experienced business women, although new to retail. After having children neither wanted to continue working in the city, so they planned a business which would allow them to stay and work in the area.

"Our aim was to create something really special that connected us with the community.

"Helensville is a great historic town and we want to do our bit to get it on the map. Supporting local talent is an added bonus."

When *Helensville News* spoke with Anita more than a month before the store's opening, they already had 11 people signed up and a number more about to. The shop will cater for around 70 crafts people in total.

Interestingly it isn't just locals who are taking part. Two of those already signed up are from Christchurch, another from Tuakau, and several have come from Craftworld at Westgate and the now defunct Kumeu market.

"We've been quite surprised at the level of response so far, seeing there is no shop yet" says Anita.

"One of the main [reasons for] starting this was so Cassie and I could be with our boys," explains Anita, "but equally, I wanted to be able to do something that could enable other people to earn income while doing what they love to do.

"It makes the product special when you know that someone has enjoyed making it and that they are proud of their craft. And if we can help them earn something from doing what they love, then we are already winning!

"We think we have a really good chance of being very successful," she says, adding



• Anita Ruhe-Hodge and 7 month old son Jackson

that the long-term plan would be to expand the concept to other small towns.

Among the products already booked for a place in the store are jewellery, baking, beads, glassware, wooden toys, honey, children's dresses, nappy covers, children's puzzles and macadamias.

All prospective vendors are vetted by the Anita and Cassie to ensure only suitable, quality products are stocked. Further, all products will be placed throughout the store by them to make sure the shop has eye appeal and stock is positioned in the best possible location to increase sales.

The vendors will pay a monthly fee as low as \$24 to have their product on display, and then a commission on any product sold.

Marketville will have a partial food licence to allow them to sell food stuffs, and all food products sold will be produced in commercial kitchens.

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Local histories feature in photography project



• 'Helensville c1865', one of two Helensville-based images in David's exhibition

Locals – and locales – from Helensville, Parakai, South Head and Kaukapakapa feature in a photography exhibition currently showing in Northcote as the culmination of North Shore photographer David Austin's Masters in Design degree.

Called 'Small Town Revelations', the exhibition is billed as "a dramatised photographic retelling of small town histories, myths and legends." It's on at the NorthArt gallery in Norman King Square, Ernie Mays Street, Northcote from 10am - 4pm until March 13.

David has spent the past 18 months travelling the Kaipara region, developing seven different Kaipara stories as revealed by the locals he met along the way.

The result is seven large scale tableaux – photographs 1.8m wide by 50cm high – which reflect a local history, myth or legend and came about through a creative collaboration and contribution with Kaipara locals. Helensville is represented twice, along with Parakai, South Head, Kaukapakapa, Pouto Point, and Baylys Beach.

"During the course of the project I met with many Kaipara locals, from Baylys Beach in the north to Woodhill in the south and all points in between, most of whom revealed to me a myriad of fascinating local histories that for them represent a local

identity," says David.

"Some of these histories were the formal and well known, and some others were events of the past that are perhaps to be considered more quirky, personal and idiosyncratic. Yet all were related to me as being just as important as the next story – and therein lies the most fascinating thing about this project.

"It was the local residents themselves who as the storytellers did not differentiate between the formal and the idiosyncratic; the big and the 'little' histories, as I called them, were the same.

"I chose to illustrate a select number of those revelations."

After deciding on which story and what part of it to illustrate, the construction of the images – in reality works of art – each took five to six weeks to create.

The process involved multiple photo-shoots, with each character, prop, sky and background photographed at separate times. They were then carefully layered up digitally to make an image that reflected the particular story

being told.

"I utilised a mix of locals and volunteer actors to play the characters in the works," says David. "It was a complicated and drawn out process, but a lot of fun to make. I met and worked with a lot of people to make each

• To page 5



• David Austin

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CAB has advice for prospective flatters

The Helensville Citizens Advice Bureau is recommending locals who are considering going flatting contact them beforehand for advice on their rights and responsibilities, and the potential pitfalls involved.

The CAB can provide a sample flatting agreement for use by flatmates which sets out things such as who is responsible for the bond; rules about pets and toll calls; how housekeeping is to be shared and how disputes should be settled.

The advice is free and confidential, and is being offered as part of CAB Awareness Week from March 18-24, which this year will focus on the rights and responsibilities of renters and landlords in relation to tenancies.

Rental and flatting enquiries are in the top five of all enquiries received each year by the CAB, with around 11,000 annually.

The Citizens Advice Bureau has been operating in New Zealand for more than 40 years and today operates in more than 90 locations throughout the country run by more than 2600 trained volunteers. Information is provided face-to face and by telephone, and in keeping with modern times there is a live online service through the www.cab.org.nz website.

Helensville CAB is at 27 Commercial Road, phone 420 7162.

Photography project (cont)

• From page 4

image happen."

"I intend to carry on and develop work for the Small Town Revelations project (beyond the Masters course) as personal work in due course, as I find local histories a thoroughly absorbing subject. The Kaipara is so incredibly rich in its history - both in terms of the big and the 'little' histories, from the long past to the more recent."

The 'hyper-extended', exaggerated landscape format of the finished photographs was deliberately chosen says David as it plays on the themes of the unreality of photographs representing history and also importantly small towns being found in actual landscapes - the sorts of things David had to consider and discuss theoretically through the Masters degree side of his work.

With final image file sizes a gigantic 2GB each - about 500 times the size of a normal digital camera image - David says his works could easily be blown up to billboard size.

"I had thought about doing this around



• A small portion of 'Helensville c1865', showing Helensville locals Robin and Margaret Truman, both regular re-enactors playing the parts of Helensville co-founder Isaac McLeod & Mrs James Hand

the Kaipara and might still experiment with doing this at some stage in the future," he says.

David became a professional photographer in 2005, and now runs Island Bay Photography, focusing on advertising, editorial, illustrative and portrait photography.

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Experience brought to leading role at retirement home

Sharyn Gray brings 20 years of industry experience to her role as manager at Craigweil House in Parakai.

She began as a caregiver, then owned her own retirement home connected to a retirement village in Epsom.

That was followed by management roles at three retirement homes of varying sizes in the North Island, before she headed off to try a few different things, including running a cafe and catering business. She was asked to come to Parakai to take on the manager's role and help with the transition into the new hospital and dementia facilities.

"Everything is up and running and we are building up occupancy," she says.

The rest home is full with 27 residents, while the hospital and dementia wings, each able to cater for 20 people, are about half full already.

She says the expansion has been good not only for the older people, but for everyone in the area.

With a staff now numbering 47, Sharyn says "we have given opportunities for employment to many local people."

There is a registered nurse on site 24 hours a day, seven days a week.

"[It's about] continuation of care now - we can do everything here," she says.

All meals for Craigweil's residents are home cooked on the premises, with an abundant vegetable garden providing some of the produce used.

New signage will be appearing on the Parkhurst Road frontage in the next couple of weeks. Sharyn says a lot of thought has gone into the design of the signs, mindful of the balance needed between making the property visible and protecting the privacy of those who live there.

People are welcome to call in to view Craigweil's facilities.



• Sharyn Gray (centre) with Craigweil residents Mike and Jackie

Group being held for young fathers

The Helensville Men and Family Centre is holding a free 10-week course to give young fathers the opportunity to connect with other young fathers.

This group is specifically designed for fathers aged 24 years and under, and has been structured to be engaging, thought provoking and fun.

The fathers will have the chance to learn a variety of topics including how to communicate effectively with their partner and child; life skills; understanding relationship changes; and how to access community support, relevant agencies and other resources.

The course will be facilitated by Men & Family Centre director Andrew Connolly, and will be held in term two this year.

For more information or to sign up for the course, phone Andrew Connolly at the Men and Family Centre 4208263 or 0272826305.

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Four runabouts and 13 launches - three of them from Dargaville - homed in on Shelly Beach mid last month for the Kaipara Cruising and Sportfishing Club's annual regatta. The boats raced in a series of handicapped events, with the runabouts competing in the morning and the launches after the lunch break.

Once all the events were over, competitors and event officials went to the club's rooms in Mill Road for prize giving, dinner and an evening of entertainment.

medical centre notes

It's good to be back! Dianne Kidd in her Healthy Helensville column in this issue (page 9) will give the full rundown of recent events with the change in ownership of Kaipara Medical Centre, but I would like to thank everyone for the welcome back (and the fond farewell in January), and also to Silverdale Medical for their kindness in allowing me to perform a U-turn and return to Helensville.

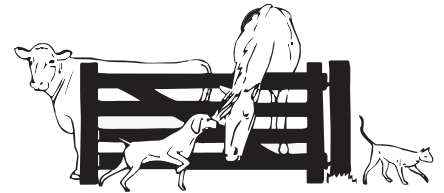
Despite the good weather we have been enjoying, the flu season is approaching, and from what the Northern Hemisphere experienced it is likely to arrive earlier and harder this year. So, more than ever this year, we would encourage people to get their Flu vaccinations: The earlier the better.

We are expecting the delivery of the vaccines at the beginning of March. As soon as we have a definite arrival date, we will start to take appointments. It is free to everyone over 65 and to those under 65 with certain chronic conditions such as asthma, COPD, heart disease and diabetes. If in doubt please contact us to check eligibility. For those who of you who are not eligible for funding the vaccine is still available at a cost of \$32. The more people who are vaccinated, the better it is for the whole community.

This year we are looking to be involved in community health promotions: already we are lining up talks by GPs and nurses at the Parakai 'Green Prescription' exercise programme, and would welcome invitations from other interested groups.

As part of our commitment to improve our services, we are working to build up a list of practice nurses who would be willing to assist our team on a casual basis. We need to have these extra nurses to cover for holidays and sickness. Please see the advertisement at right for details.

- Dr Phillip Barter, Clinical Director



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Local school children get free swimming lessons

All year three to six pupils at Helensville and Parakai primary schools are receiving 10 free swimming lessons from trained swimming instructors at the Parakai Springs Swim School, courtesy of funding through the Greater Auckland Aquatics Action Plan (GAAAP).



• Local school children taking part in their free lessons

Auckland Council's 'More Kids in Water' programme is part of the GAAAP programme. It involves children from 112 decile 1-6 schools across Auckland, and began in 2011 - but this is the first time our local schools have benefitted.

Says Parakai School principal Sean Valvoi: "Being surrounded by water and knowing New Zealand children's affinity for water activities, it is so important that they are competent swimmers. We were excited to hear that most of our students will receive fully funded swimming lessons from specialised instructors. Our class teachers are helping to support these instructors."

Added Helensville School principal Eileen Brunton: "The instructors are

positive and encouraging; our children are making great progress with them. Since our teachers also get in the water and take groups of students at the same time, we are seeing better results from our swimming program than ever before."

The programme is facilitated by Sport Auckland for the four Auckland Regional Sports Trusts and has cross-sector support from 27 aquatic organisations, including Auckland Council.

"I think we are so very lucky to have this opportunity," says Parakai School parent Tanya Glover, "as many of the families in the area would not even contemplate being able to afford swimming lessons."

The Parakai Springs Swim School offers additional swimming lessons for all ages at various times throughout the week. Email swimschool@parakaisprings.co.nz or phone 420 8998 for more information.

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'Cougars' at KKK market

The March Kaukapakapa village market is on St Patricks Day, Sunday March 17, and will feature Irish-themed entertainment from The Cougar Chorus, a group of local women (pictured below) accompanied by musician Mike Trent, who perform everything from the Andrews Sisters to the Pogues.

There will also be Irish treats served by Melanie from the kitchen, and it is expected stall holders will join in the fun by wearing something green.

For more information or to book a stall, phone or text Sarah phone on 0274 831542 or freephone 0800 831 542, or email her at sarah1@maxnet.co.nz.


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0204 007 9983



• The Cougar Chorus with Mike Trent

Health Trust acquires the Kaipara Medical Centre

The Helensville District Health Trust Board is very pleased to confirm that effective 1 February 2013, it purchased the Kaipara Medical Centre (KMC). Dianne Kidd, Chairman of the Trust says this is an important initiative for the South Kaipara community. The KMC currently employs six doctors with a nursing and administration staff that totals 26. It is an essential service delivering health care to over 6000 clients in a widely dispersed rural region. Local ownership will ensure that the KMC can also work with the many other health entities, including Waitemata Health that all operate from this busy and successful health campus in Commercial Road. The recent acquisition of 1 Porter Crescent will ensure that much needed administration space for the Trust comes on stream shortly.

The Trust was able to fund this acquisition largely from funds that have been accumulated over several years of successful ownership and management of the Helensville Birthing Centre which is also a wholly owned subsidiary of the Trust.

Importantly, all staff have been re-employed, including Dr Phill Barter who is now warmly welcomed back as our Senior Medical Director. We are absolutely delighted with this timely appointment. As many of you will know, doctors Adrian and Maryanne Gane have been providing additional services to support the KMC over this hectic period which included some much needed holidays for several key staff.

Special thanks and acknowledgement to the hard working project team who



John Issott, Selina Halewood and Phill Barter, the new management team.

have worked closely with the Trust over the acquisition period to ensure a smooth transition. Charm Torrance (Manager of the Trust) and Dr Maryanne Gane have put in some long hours behind the scenes and will continue to act as the support team for the KMC in the ensuing months.

Peak Primary Ltd (the previous owners), own and operate 13 other medical practices across New Zealand. We were fortunate that the management and owners of Peak were receptive to the Trust's approach to buy the KMC late last year. This has enabled the Trust to work towards its vision "to be the healthiest rural community in New Zealand".

Although Roger Bowie, Managing Director of Peak acknowledges it was initially of the view that Peak could and would fit into our rural health model, we were able to persuade Peak to accept an offer and consequently both parties

aspirations have been met, as well as the fundamental, mutual concern, to ensure continuity of care for the community. Dianne Kidd acknowledges and thanks Peak's Management and Board for their part in owning and delivering this vital service to the South Kaipara community over the last 3 years.

She notes also that this is now the start of a journey to work on ensuring excellent service delivery and improved health outcomes for our community. We can be very proud of the professional expertise and experience our staff have and we look forward to working with them and our community in the future.

A smooth transition has ensured business as usual for the KMC. We have also secured the ongoing VCLA funding which allows us to continue to offer patients low fees.



Number 1 Porter Crescent, recently purchased by the Helensville District Health Trust.

Porter Crescent house renovation underway

Renovation of no. 1 Porter Crescent, recently purchased by the Trust, is well underway. This will not involve any structural changes but will modernise wiring and plumbing and revive old features.

The Women's Centre staff who are currently upstairs in the Alison McKenzie Community House are looking forward to moving into ground floor accommodation to improve access for their visiting families. They will share the premises with other women's health services yet to be confirmed. We hope to have the house ready for its new occupants by the end of March.

A&P Show puts on another great day for our town

Perfect weather saw locals and townies alike turn out in their droves for Helensville's annual A&P Show on Saturday, February 23.

Show president Jordan Bradly estimates the crowd was a "good 6000".

They were treated to all the usual rural treats which have made our show the biggest one day show in the northern district.

Indoor entries were spectacular, with the hall packed with baking of all sorts, preserves, floral arrangements, vegetables and the vast range of children's entries. In the room next door, show visitors were able to look at around 850 entries in the photography competition plus of a wall full of paintings.

Entrant numbers were well up in the horse

section of the equestrian events, but down from last year in the pony section.

There were good numbers of entries in the livestock sections, and spectators enjoyed watching the handlers take some quite enormous animals through their paces.

The carnival area is always popular with the younger set, and this year there was the added attraction of Laser Skirmish and the Zipline Flying Fox adding to the regular Cookie Bear Roadshow sideshows.

The show was opened by Prime Minister

John Key, who then presented Life Membership awards to long-serving show members Hilary Bott and Thelma Faulkner, and Outstanding Service awards to Adelia Hackett and Jackie Milina.

Finally Mr Key presented show stalwart Richard Bradly with the Royal Agricultural Society of NZ Medal of Excellence, a rare honour given for 50 years of outstanding service both to the Helensville A&P Show and more than 15 years service with the Northern District Council of the RAS.

Fire care needed says local fireman

Helensville Volunteer Fire Brigade station officer Mark Anderson is urging locals to be particularly careful to prevent fires in our current near-drought conditions.

"People do need to be careful," he says. "It's a lot easier for things to catch fire, and [fires] spread a lot faster."

He says it's not just the ban on all outdoor fires locals should be aware of - which includes rubbish fires and even solid fuel barbeques. There is also a risk from using machinery such as tractors, ride-on mowers, chainsaws, weed eaters, motorcycles and farm quads.

A recent grass fire at Woodhill was probably caused by a motorcycle, he says, and it is "certainly not unknown" for tractors to burst into flames when being used to mow dry paddocks, which can ignite when grass comes into contact with the hot engine.

Similarly, small block owners should be aware of the potential danger of mowing overgrown, dry paddocks with a ride-on mower, most of which have a hot exhaust underneath.

"Think about what you are doing," says Mark. "Fire protection can save a lot of damage and embarrassment."

He says having a five litre garden sprayer filled with water on hand could enable a small fire to be put out straight away. Having to rush off to get water instead could see the fire spread out of control in the time it takes to return with the water.

"Until we get some decent rain [people need to] be very careful."

Mark says locals, particularly on rural properties, should also make sure fire engines can access their properties and that

driveways aren't overgrown with trees. Similarly, clear street numbering - especially for right-of-way properties - can save valuable time on a callout.

Community garden firewood fundraiser

Peacemakers in Parakai is selling firewood with all profits going to the Community Garden in Fordyce Road.

The wood is mostly privet with some 'old man' pine, and has been split and dried for a year. It's being sold for \$70/cu.m. delivered and stacked to properties in Helensville and Parakai.

Phone 420 7043 or mobile 027 282 6305.

'Pinetree' at launch of Western Pioneers

Colin Meads - the All Black legend better known as Pinetree - will be in Helensville on Friday, March 22 for the launch of the north-west rugby champion team Western Pioneer's 2013 season.

He will be guest speaker at the event in the Helensville Rugby Club rooms at Rautawhiri Park, starting at 6.30pm. Long playing club members will be recognised, and the team's management and new captain introduced.

The Western Pioneers, made up of players from both Helensville and Kumeu, are the reigning North Harbour premier title holders.

For tickets to the launch event, phone Jodi on 420 8360.



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• Highland dancing is always popular



• Simple pleasures for this youngster



• Size is no barrier when it comes to the dog agility competition



• Wood chopping is always popular with the crowds



• Richard Bradly with his RAS Medal of Excellence, presented to him at the show by Prime Minister John Key.



• New this year - the Zipline flying fox



• Sideshow rides of all shapes, sizes and styles provided a day full of fun for the younger show visitors



• Prime Minister John Key cuts the first lock of hair from Kalib Lawes' head. Kalib, who had grown his curly head of hair for five years, cut it all off at the show to raise money for cancer charity Canteen. After raising around \$1300 prior to the show, he sold 25 cuts to audience members for \$10 each, who then lopped off all his hair. Hairdressers then shaved the remainder, leaving Kalib, a former Kaipara College head boy, with a lot less hair, but Canteen with more cash



• A pet lamb in the calf club section about to jump off a ramp

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Waterslides raise \$95,000+

Hurling down a 650m long water slide - the longest in the world - certainly seems to have appealed to Aucklanders.

1500 people trekked to Woodhill for the sold-out two-day event over the weekend of February 23-24, in the process raising around \$95,000 for the charity 'Live More Awesome'.

The waterslide - along with two shorter ones - was set up by Jimi Hunt and Dan Drupsteen, founders of the charity which aims to raise awareness of depression.

The narrow, luge-style slide, which featured a tunnel under a farm fence and two big drops, was carved out of the farm paddock by digger and lined with plastic.

Many riders couldn't make it past the 200m mark on the slide, stopping in a section with little slope and a buildup of silt, however Dan Drupsteen said a number of people had reached the 550m mark.

Tickets to the R16 event cost up to \$84 each for a full day, but that included unlimited rides on the 650m mammoth slide plus on two smaller slides - a 90m slide with a big jump into a pool at the end, and a 60m 'nana' slide - and a range of other entertainment, including live music and 'soap soccer' on a slippery, inflatable soccer pitch.

When Helensville News called in, the jump slide was proving the most popular.

As well as buying tickets to ride on the slides, a number of people either made \$6 donations or spent \$12 on 'Rubber Ducky' - a race down the slide for rubber ducks carrying their purchaser's name; the winning duck



• 200m gone, 450m to go....

was to be mounted, engraved and sent to its purchaser.

Jimi Hunt says depression debilitates and kills many people in this country.

"Live More Awesome is all about smashing depression in the face. We are here to encourage people to get in a much better space regarding depression, inspire others to get help and get well for life."

Snowboarder wins in Colorado



Competing with a barely healed broken collarbone sustained in late December, Kaukapakapa snowboarder Christy Prior has won the women's section of the TransWorld Snowboarding Trans Am snowboarding competition at Keystone Mountain Resort, in Colorado.

Despite having no prior experience at the Keystone Trans Am Park, commentators say Christy "made it look as if she had designed every feature" for the competition, held on February 10 (NZ time).

The next round of the Trans Am was to be held at Mt Bachelor in Oregon on February 23, followed by Northstar California on March 2.



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Local makes successful 'spectacle' of herself in modelling competition

20-year-old Helensville legal secretary Grace Pengelly (right) has been named one of seven New Zealanders with the most 'specs appeal' in a nationwide modelling competition by a leading optometry chain.

Grace was selected as a finalist in the Specsavers 'Spectacle Wearer of the Year' competition by judges Christina Hendricks, an actress on the award-winning television series *Mad Men*, and fellow glasses-wearer Kate Hawkesby.

Grace the other six finalists were chosen from hundreds of Kiwis who uploaded photos of themselves to the Specsavers Facebook page.

"I am thrilled to be a finalist in this modelling competition. What a surprise and what an honour," says Grace.

"I entered to show people that you can still be sexy when wearing glasses and it doesn't make you a geek," she says.

The annual competition aims to find the country's most stylish wearer of glasses and

Arthritis group meeting

The next meeting of the Helensville arthritis support group is at 10.30am on Thursday, March 14 in the Helensville Hall meeting room. Tea and coffee will be served, and a gold coin donation to cover costs is appreciated. For more information phone Merle on 420 8774 or Judy on 420 6058.



give them a chance to fast-track their way to a modelling career.

As a finalist, Grace won two pairs of glasses from Specsavers, \$500 cash and \$500 for the charity of her choice.

"I chose to support the Breast Cancer Foundation with my prize because my aunty went through breast cancer and survived, and a work mate is also going through it at the moment. I have always appreciated the great work they do," says Grace.

The winner, who was to be announced just before *Helensville News* went to print, will receive a trip to Los Angeles with a friend to meet Ms Hendricks and take part in a photo shoot, and will also receive a 12 month modelling contract with 62 Models & Talent, run by Sara Tetro of 'New Zealand's Next Top Model' fame.

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Running of the Roses raises \$4000

The local community is \$4000 better off after another successful Helensville Lions Club Running of the Roses event.

And four locals were among the six big winners on the day, taking home some of the event's major prizes.

The day started with the setup of a 'Carnival Village' at the Riverside Reserve, which opened at 10am with a wide variety of stalls - boosted in numbers this year by some from the now-defunct Kumeu

market. Stalls covered everything from books to plants, clothing and jewellery.

Entertainment was provided by Maypole dancers from Meadowbank School, French Dancers, Ukulele Union, Graham McCardle's country music group, Foster Watkinson on saxophone and Kevin Kench on guitar. For the younger set there was a bouncy castle, treasure hunt, 'Whack the Rat' and pony rides. Food included the Lions sausage sizzle, ice creams and other refreshments.

The only downside to the day was the cancellation of a family fun run from Springs Road in Parakai, organised by Tu Tangi Ora Kaipara Collective, due to health and safety paperwork not being correctly filed.

The 'roses running' went like clockwork in the early afternoon, with the roses cast into the Kaipara River from the stern of the launch 'Caitlin'. Lions President Ed Hayhoe waited downstream on the Coastguard launch to retrieve the



• Maypole dancers from Meadowbank School

winners.

To enter, a \$5 raffle ticket is purchased, and the buyer receives an artificial rose. Another rose with the same number is cast into the river with all the other roses to be floated to the winning post by the tide.

"Some, alas, came to grief on mud banks or mangrove trees," says Ed, who joked that one of those was his own. "But the first six were safely harvested and the results announced by [the] Lions' resident MC, Yvonne Hilton."

The six major prize winners were:

1. Trip for two to Rydges Hotel, Wellington with a \$100 meal voucher - Rodelio Aproso, Northcote;
2. Mobile phone account from Get Talking - Brian Sweet, Helensville;
3. 32" LCD TV - Michael from Rimu St, Helensville;
4. One night luxury stay for two at Sky City Grand Hotel - Teena from Mitre 10, Helensville;
5. Day pass for two adults and two children to Rainbows End - Ushvin Rae, Albany;
6. Riverhead boat trip for two with \$30 meal voucher at the tavern - Graham Clark, Helensville,

The good oil

• From page 15

Kouka extra virgin oil with her bread. She was astounded to learn that the oil was local, and rated it one of the best she had ever tasted.

When it comes to olive oil there are many grades.

Extra Virgin is the free-run oil that is released with a light press; Virgin oil is full pressed; Pure is virgin oil that has been filtered to remove the molecules that burn at a lower temperature. So, pure olive oil is olive oil for cooking with, virgin and extra virgin are raw eating oils, full of antioxidants etc and not recommended for cooking with.

Pomace is the olive oil that is extracted using chemicals and heat after the good oil has been removed. I use this for furniture polish and for painting onto metal pans I don't want to rust; it's not really a good eating oil.

Something to be aware of is the labelling: 'product of' and 'produced in'. These are two very different things. Olive oil 'produced in' Italy may not contain any Italian oil at all. The olives could have come from anywhere in the world and were simply pressed and packaged in Italy, or indeed just packed. If it says 'product of' Italy then you have the real thing and you will know because it will be very expensive. Italy does not produce enough indigenous olive oil for its own domestic supply so, ask yourself: how is it possible to have Italian olive oil on supermarket shelves all over the world?

If you want to do something positive for your health eat olive oil every day, especially NZ oil.

The good oil

Fats and oils are an essential part of our diet. They provide energy, fats are easily stored by the body for use at a later date, they keep joints lubricated, they feed our brain, which itself is made of fat, and they enable a range of cooking methods that as humans, we all enjoy.

Over the past few decades fats have been singled out as a potential evil in our diet.

It is easy to have too much, but some good oil in the diet will help to normalise metabolism and will satisfy the cravings for more food. To avoid fats and oils altogether often leads to imbalance and ultimately to weight gain, especially if you consume an excess of carbohydrates to compensate.

How often do you pick up an item at the supermarket that carries the proud claim of being 99% fat free, only to discover that it contains excessive sugars instead.

We have become more aware of the types of fats; we understand that too much saturated fat - those that are solid at room temperature - can lead to high cholesterol. This fat can build up in the veins and arteries in the form of plaque, which is an identified contributor to stroke and heart disease. However, eating too much carbohydrate will lead to the formation of triglyceride fats and plaque building up in the place of cholesterol.

Nowadays the range of oils available is mind blowing. All have claims put in place by marketers, and as we have all learned that animal fat is evil, we have embraced the notion of eating oil from seeds. What if these oils were actually not that good for us, or just as importantly not as good for the environment?

Many of the seeds grown for oil are genetically altered hybrids. They are planted year in, year out in the same fields after the addition of man-made fertiliser chemicals, then once harvested they go through complicated processes that require the addition of non-food chemicals in order to extract a thick paste which must then be processed and bleached back into a usable oil. Any nutritional value is severely reduced in the finished product.

...which brings me back to the good oils.

Olives have been harvested and pressed for such a long time that no one really knows where they originated from. Long before Rome used olive oil as a trading currency, it was being consumed throughout the Middle East, North Africa and the Greek empire.

Olive oil is volatile in that it reacts easily with air and will become rancid in a very short time if left exposed to the atmosphere or subjected to light. This is because it is a living food, it contains anti-oxidants and vitamins, and because of the deep root systems of the olive, it contains minerals mined by the trees.

In New Zealand we grow olives very well; our oils are world class. In Kaukapakapa we are fortunate to have Ti Kouka. They have been growing olives since 1999, a mix of Italian 'Frantoio' and Greek 'Koroneiki' cultivars. They won silver in 2010 National Awards for their extra virgin oil. Recently we had an olive oil trader from Europe in the restaurant who tasted Ti

• To page 14



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■ FISHING COMPETITION

The Kaipara Cruising & Sportfishing Club holds its annual fishing competition on Saturday, March 9. Entry costs \$35 per person, with tickets available in person from the club's rooms in Mill Road after 5pm Thursdays to Mondays, or phone and leave a message on 420 8052. Alternatively phone or text club secretary Rhonda Fletcher on 021 252 0402 or email her at rhonda.fletcher@clear.net.nz.

■ HELENSVILLE AGLOW

Helensville Aglow next meets on Friday, March 15 at 7.30pm at the Rautawhiri Park Lions Lounge. Men and Women are welcome. The speaker will be Marilyn Jaquiere, one of New Zealand's finest wildlife artists whose paintings are in prestigious collections throughout the world. She will have a selection of her art on show and will talk about her life. Enquiries to Marilyn Gray, phone 420 4346.

■ PONY CLUB ODE

Helensville Pony Club will hold a One Day Event at the Helensville showgrounds on Sunday, March 17. There will be classes for Pre Intro, Intro and Pre Training levels. For more information email Michelle at arabian99@xtra.co.nz.

■ KAIPARA LANCERS RUGBY LEAGUE

Player registrations for the Kaipara Lancers close on March 15 for children aged from six to eight years to play Mini Football, 12 to 13 years to play Mod Football and 14 to 15 years to play Junior grade. Training has already started, and is held on Tuesdays at 5:30pm at Rautawhiri Park. For more information phone or text Trisya Hemana on 021 0523 604.

■ MODEL AIRCRAFT OPEN DAY

A free model aircraft open day will be held at the Wainui Pony Club field, Wainui Rd, on Sunday, March 24. No dogs please. For more information phone Nigel Grace on 420 3182.

■ ANNUAL BAPTIST CHURCH GALA

River Valley Baptist Church will hold its annual gala on Saturday, March 23 from 10am at 1 Fordyce Road, Parakai. The event will feature cheap rides and a bouncy castle, plus free face painting, biscuit decorating and one free lucky dip per child. There will also be food, produce, baking, second hand clothing and bric-a-brac stalls. The aim is to provide a fun family day close to home that doesn't cost an arm and a leg. For more information phone Shirley Wood on 420 2559.

■ RURAL WOMEN NZ MEETING

The Kaipara Provincial branch of Rural Women New Zealand is holding a meeting for local women interested in making a difference in their rural community. There will be a range of speakers, and those attending will find out what Rural Women NZ (formerly the Women's Division of Federated Farmers) does and what the benefits of membership

are. The meeting is at Alison McKenzie House, 51 Commercial Road, Helensville on Sunday, March 24 at 2pm. For more information phone Christine on 420 4042.

■ STORY TIME AT LIBRARY

A 'Light up your day' story time will be held at Helensville Library on Saturday, March 16 at 10.00am. The free event will feature glow sticks, stories and music. For more information phone Helensville Library manager Sally Hardwick on 420 8163.

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