

Call to establish North-West Business Improvement District

About 40 local business people turned up to a meeting in Helensville to learn how a proposed Business Improvement District (BID) could benefit our area.

The meeting was organised by the North West District Business Association, which was formed recently through a merger of the Helensville and Kumeu Coast and Country business associations.

It featured a presentation by BID management specialist Gary Holmes followed by a question and answer session.

The new association wants to see a BID set up which would stretch along Highway 16 taking in Kumeu, Huapai, Waimauku, Helensville and Kaukapakapa, with side-shoots to Riverhead and Parakai.

If the BID goes ahead it will be the first of its kind to represent a disparate group of rural towns, rather than than one specific area in the city.

There are already 46 Business Improvement Districts in Auckland - 40 of them retail-focused and the remaining six large industrial ones. None are spread out over such a large area as that proposed for our district.

Currently BID campaign manager Robynne Pringle is visiting business owners

in the proposed BID area to explain the proposal and to answer any questions.

Then in March next year all business owners and commercial property owners in the BID area - a map of which is available on the business association's website at www.northwestbusiness.co.nz - will vote in a formal ballot to decide whether the BID will proceed.

A minimum of 25 percent of eligible voters must vote, and the BID will only go ahead if 60 percent of those vote 'yes'. A campaign aimed at informing and encouraging businesses to vote will start in the New Year. Rodney Local Board is funding the ballot.

The BID would be financed by a targeted 'base' rate of \$250 on commercial properties plus a small percentage of the property value.

Business association vice-president Phelan Pirrie says with a proposed total rate target of \$180,000 per annum, most businesses would pay around \$200 to \$300 a year. Unlike general rates, that money would go directly toward business improvement in the BID area.

Based on a business survey held last year, the association has produced a strategic plan which would see the BID, if it goes ahead, focus on three main areas -



• Gary Holmes addresses local business people at the Helensville meeting

marketing and branding of the area; improving the look and feel of the towns and villages; and advocating and lobbying for improved public transport and infrastructure.

The association believes a BID will strengthen each of the business settlements between Riverhead and Kaukapakapa.

Housing boom for Helensville/Parakai?

The Helensville area could be set for a mini housing boom if Auckland Council's Unitary Plan is adopted in its current form.

There was an outcry when the initial draft plan was released in March this year allowing for no new residential growth in the area.

Two large blocks of land, one above Rautawhiri Road in Helensville and the other in Fordyce Road, Parakai, had been zoned as 'future urban' for many years, and hopes they would be opened up for development were dashed when the draft plan retained the status quo.

However, those concerns appear to have been addressed in the current iteration of the plan, which is open for formal public submissions until February 28 next year. The whole block in Fordyce Road, and roughly half of the Rautawhiri Road block, are now shown as 'single home' zones, opening the land up for development.

Inside...

- Radio station seeks local input ... Pg 3
- Rail Museum opens Dec 1st ... Pg 4
- Spring Fling turns 13 ... Pg 5
- Farewell to two old residents ... Pg 6
- Lions to hold Xmas book fair ... Pg 8
- Healthy eating options ... Pg 10
- Running of the Roses revamp... Pg 11
- Nor-West Forum to launch ... Pg 13

PREMIER

One stop - we do the lot!

■ COLLISION REPAIR
■ MECHANICAL REPAIR
■ TYRES

Call today for an appointment or FREE quote!

PH 09 420 8806

www.tyrepower.co.nz

Tyrepower

ma



www.facebook.com/helensvillenews

■ www.helensvillenews.co.nz

■ www.helensville.co.nz

editorial

It looks like it will be pretty much business as usual following the recent Auckland Council elections - both city-wide and on our local front.

As we all know, Len Brown was re-elected as Mayor of Auckland, and Penny Webster was also returned as the sole Rodney District councillor for the Auckland Super City, defeating her only rival by around 3000 votes.

On the local front, there is only one new face on the Kumeu subdivision of the Rodney Local Board - Muriwai businessman and vice-chairman of the new North West District Business Association, Phelan Pirrie. He replaces former board chairman, Bob Howard.

The local board has two returning Helensville representatives on it, Brenda Steele - who was the highest polling candidate in the Kumeu subdivision - and Thomas Grace. The fourth member is Warren Flaunty, of Taupaki, who narrowly edged out Bob Howard.

As well as the general business of running our area, our local board will no doubt be deeply involved in the continuing saga of the Unitary Plan ... so good luck to them.

On a lighter note, hands up who knew Helensville had it's own radio station (see page 3)? I for one didn't, and was pleasantly surprised recently to meet Paul Napier, who runs the station as a hobby. He's looking for local support, and I think this is something locals should really get behind. How about it?

- Dave Addison, Editor

Kids day at museum lives up to 'fun' billing



Annalia Morton (centre) and Elyse Pryor (right) both aged 11, came all the way from Howick to take part in Helensville Museum's recent heritage-based Activities Day.

They're shown here with helper Jo Burgess, who helped the girls dress little peg dolls.

Held in conjunction with the Auckland Heritage Festival, the day included a broad selection of traditional-style games including marbles, tin-can stilt walking, sack races and various crafts. Children could also take part in mock trials in the museum courthouse, and watch demonstrations of spinning and butter making.

Brainwave Trust presentation

A presentation on the Brainwave Trust, which aims to raise public awareness about new findings in brain research which emphasise the importance of early experiences on infant brain development, will be held by HIPPY South Kaipara in the Parakai Primary School hall on Thursday, November 7 from 9am to 11am. Entry is by gold coin donation. Contact Bernie Malizia on 420 7434 or bernie.hippy@clear.net.nz.



Rt Hon John Key

MP FOR HELENSVILLE

365 Main Road, Kumeu

P: 412 2496

E: john@johnkey.mp.net.nz

www.johnkey.co.nz

National
www.national.org.nz



Gifts



Jewellery



Clothing

The Paua Room

Come in and see all the new arrivals!

6 Commercial Rd, Helensville. Ph 420 9898

www.thepauaroom.com

JANA MILLS

35 years a local Rodney resident
'Knowledge of the area - knowledge of the people'



Award winning real estate sales and marketing consultant

PRESTIGE

MREINZ LICENSED AGENT REAA 2008

Prestige Realty (Hibiscus Coast) Ltd

Mob: 021 509 990

AH: 09 420 9953

Homebased Education & Care

Childcare in
Parakai and
Helensville



Call our
friendly
team now!

Ph (09) 424 2499 Wisia 0274 641 331

10 Walbrook Road, Manly, Whangaparaoa 0930

www.homefromhomechildcare.co.nz

CARPET LAYING & MAT EDGING

Carpet Mat Overlocking

Leesa & Paul Schultz

Ph 420 7441

Mob 027 200 7864



Helensville radio station seeks input from locals

Paul Napier has run Helensville's 'Holiday FM' radio station since 2005 - and now he has put the call out for more local input.

The station, which broadcasts at 106.8fm, is targeted at the 50-plus age group and is part of a string of volunteer-run stations operating under the umbrella of The Unforgettable Music Society Inc.

Society members run more than 25 low-powered FM stations from Leigh in the north to Taupo in the south.

As well as Helensville's station, Paul runs a sister station, broadcasting the same playlist at the same frequency, from Maygrove Village in Orewa.

Both play mainly 1960s and 1970s music, including genres such as country and jazz.

Helensville's station runs from a small room at the Parakai Springs hot pools, with the transmitter located at the top of the water slide. The free use of that room, and the Helensville Lions Club funding the annual broadcast license fees of around \$500, are the only way the station can remain viable.

Paul, who lives in Henderson, makes up playlists from his collection of around 21,000 songs, and each Saturday drives up to first Parakai, and then Orewa, to update the stations' music for the coming week.

"What I would like is local input," says Paul. "A group of people to supply say an hour's music, [maybe] a couple of advertisers.

"I'm not asking for money, just local interest if anyone wants to put something on air."

The little studio operates with mostly donated equipment, uses home-made software, and is set up for live broadcasts.

Because the station broadcasts using one of the low-powered FM frequencies set



• Paul Napier in his Parakai Springs studio

aside by the government for community radio use, it only has a nominal broadcast range of around 5km. However, Paul says it can be picked up as far away as parts of Kaukapakapa in the north and Woodhill in the south.

That means, living outside the area, Paul can't listen to his own station except when he is in the studio. He relies on locals letting him know if it goes off air - as happened recently when the main cable to the transmitter was accidentally cut.

As well as music Paul broadcasts local community notices, and has a couple of advertisers.

He gets together with the operators of the other Unforgettable Music stations occasionally, and they swap ideas and music files. The group includes a couple of technicians who are able to help with computer and equipment issues.

Although he doesn't live here, Paul came to run our local radio station because the Unforgettable Music Society was looking for small communities to broadcast in, and ours was deemed ideal. He ran the station for the first year from the Kaipara Cruising Club in Mill Road, before the room at Parakai Springs became available.

Anyone interested in contributing local content should email Paul at: paul@radioauckland.net.

Buy now for overseas posting

• New Stock
• Layby • Gift Wrapping
• Cards

ALLSORTS

NOVEMBER SPECIAL 
20% off selected coffee mugs

The Best Gift Shop in Town

44 Commercial Rd Phone / fax 420 8336

Beauty Elixir



100% ORGANIC SKIN CARE

Lash Perm with Tint \$50.00

- Facials, Pedicures & Manicures
- Lash Extensions
- Lash Perming
- Tinting
- Waxing



7 Karaka St, Helensville Ph 420 9775



WATER Wagon 1
Graeme Waterson



0800 KKK H2O 09 420 4688
027 280 2630

'Pure Spring Water Carriers'

Looking for quality residential care for your older loved ones in the Helensville/Rodney area

Our kind, considerate staff are available to care for your loved ones 24/7, and our new purpose-built hospital and dementia wing is now fully operational.

**We offer
Quality of Care,
Quality of Life**

CRAIGWEIL HOUSE

- CARING FOR THE OLDER PERSON -
COME TO VISIT AND VIEW OUR AMAZING FACILITY AT

143 PARKHURST ROAD, PARAKAI
EMAIL: INFO@CRAIGWEIL.CO.NZ



CALL US NOW!
Phone
420 8277

**Pyro Company
FIREWORKS @**

**VIDEO
EZY**

On sale 2nd - 5th November

Buy \$50 worth and get a FREE
New Release voucher!

84 Commercial Road Ph 420 7770

**KAIPARA
CONTRACTORS LTD**

**YOUR
LOCAL BUILDER**



STUART HUME

Experienced & professional
Full range of building services

Ph: 420 5782 Mobile: 027 275 2115
kaiparacontractors@gmail.com

**Gumboots
Early Learning Centre**



Special offer for Under 2's
2 x 6 hour days
for \$60*

* subject to availability and limited
to six months or when child moves room

www.gumboots.ac.nz

1157 Peak Road R D 2 Helensville, ph 411 9038

Rail museum to open Dec 1st

Helensville's new railway museum will open to the public on Sunday, December 1.

That date will mark roughly three years since the project was first mooted, with a feasibility study and planning taking around 18 months to complete, and a similar time spent on the actual building and setting up.

The museum has cost "well over \$200,000" says Helensville Railway Trust chairman Alan Hargreaves - and adds the project probably wouldn't have gone ahead without an initial \$30,000 donation from South Head deer farmer Roy Monk's Paeroa Trust.

The museum's meeting room has been named in Roy's honour.

The museum will be officially opened by Rodney Ward councillor Penny Webster at a special ceremony the day before the public opening.

It will be open from 10am to 3pm Thursdays to Sundays, and for groups by appointment. Entry will initially be by donation, though individual and family membership cards will be available from opening day for an as-yet undecided cost.

When *Helensville News* visited the museum recently it was still waiting on carpet and other interior decoration. The displays from the memorabilia room in the Helensville Station were to be moved across on November 2 as part of a major working bee.

The old memorabilia room will be reconfigured as the River Cottage Antiques store.

While most of the displays will be ready by the public opening, Alan says work on them will be ongoing.

Dominating the interior of the museum is the 1/64 scale working model depicting Helensville railway station and surrounds as it appeared in the 1940s, which was donated to the museum earlier this year following the death of its maker, Ross Hughes.

The model stretches almost the length of

the building, and above it on the walls are a series of historic photographs. Much of the remainder of the interior is divided into rooms which replicate those from the old station, including a waiting room and the station master's office.

The original railway telephone exchange is also on display after being gifted back to the trust by Rod Brown.

Alan and trust vice-chairman David Bott are keen to see more locals take an active role in supporting the museum.

"We are always on the lookout for people to go on the committee, and volunteers to help out on opening days," says Alan.



• David Bott (left) and Alan Hargreaves outside one of the new museum's displays

Cheese making demo

A cheesemaking demonstration evening will be held at the Father Sakey Centre at the Catholic Church in Helensville on Thursday, November 28.

Organised by Rural Women NZ and the New Zealand Cheese School, those attending will learn from cheese master Neil Willman how to make halloumi and mozzarella, sample a range of gourmet cheeses and taste wine pairings with the cheese.

The evening starts at 7pm and tickets cost \$25. Phone Joan O'Keeffe on 09 416 8157 to book.



**BLACK
PETE'S**
LICENSED RESTAURANT

HOURS:

Monday: CLOSED

Tuesday to Friday: 3pm - 8.30pm

Saturday & Sunday: 8am - 8.30pm

Phone: 420 8765

NOVEMBER SPECIALS

- Entree: Chilli Prawns with avocado & salad \$14.50
- Entree: Mini Spring Rolls \$9.50
- Main: Angus Beef Burger & chips \$15.00
- Main: Seafood Basket served with chips \$18.50
- Dessert: Cookies & Cream Cheesecake \$9.50

HAPPY HOUR: 6 DAYS, 4PM TO 6PM

167 Parkhurst Road, Parakai

Lucky 13th year for Spring Fling

The annual South Head Spring Fling festival will celebrate its thirteenth birthday at the Slater Road garden of Barb Ross on Sunday, November 10.

Barb held the event in her garden for the first time last year. It was the fifth location for the festival.

She has been developing her garden at her Haumoana Farm home at 9 Slater Road for the past 16 years, and it now features a fairy garden, a 'beach' area, a subtropical garden, and vegetable and succulent gardens.

Seating and beautiful vistas make it an ideal venue for Spring Fling.

Barb, who has lived at the property for 19 years, is no stranger to catering for large groups of people. She hosts cruise ship passengers who visit the sheep, beef and deer farm for a country experience including sheep shearing, mustering and a typical Kiwi barbeque. She has also run her own catering business for more than 20 years and has an 'A Grade' certification for her kitchen.

Barb will be providing a wide range of café style food at this year's Spring Fling. There will also be a Helensville Lions barbeque and a hot seafood stall.

"This year we have a focus on families," says Barb, "and a number of the stalls will be child-orientated, including pony rides, face painting, Old MacDonald's Farm,



• People relax at last year's Spring Fling

homemade sweets, toys, and clothing.

"There will be petting, feeding and looking at the animals including lambs, ducks, deer and more."

Barb expects about 30 stalls at the festival, which has a 'Jazz in the Garden' theme, with a band called 'The Gold Card Boys' providing live music.

The Waioneke School scarecrow competition will be held at Spring Fling for just the second time. Judging will be done by the public on the day for a gold coin donation, with proceeds going to the school.

As with previous Spring Flings stalls will cover everything from local arts and crafts and jewellery through to clothing and toys. There will be many plants for sale, including herbs, natives and bromeliads.

Ample free parking will be available in a paddock adjacent to the garden.

ANNA'S HAIR STUDIO

Open late Thursday night
& Saturday mornings

For those special occasions or just every day

MAIN ROAD, KAUKAPAKAPA

Phone: 420-5091



 plumbing

 roofing

 solar heating

 pump shop

 pool & spa

 filtration

Ph 420 9108

156 Main Road, Kumeu info@kpl.co.nz www.kpl.co.nz

After the Christmas Parade

Carols In The Park

SATURDAY 7TH DECEMBER 2013

IN THE ARENA AT PARAKAI SPRINGS

4PM - 8PM

(free entrance and parking via Springs Road)

Come and join in with live entertainment and Christmas Carols presented by our community church groups

Bring your friends, family and neighbours
& have a picnic

Come & Join the
Celebration!!!

Kids bumper boats,
water walking balls and more

Sponsored by



For enquiries contact
Parakai Springs on
0800 HOT POOLS (468 766)



Give your
child the
best start to
early learning

at a Christian based
Early Learning Centre.

- ★ Care and education from birth to 5 years
- ★ Specialised programme:
 - Language Lab (phonics)
 - Number Nuts (maths)
 - Super Science
 - Creative Art Works
 - Marvellous Music
- ★ Devoted Christian teachers
- ★ Amazing Resources
- ★ 20 hour subsidy available for 3 to 4 year olds

 **Reach Forward**
EARLY LEARNING CENTRE

Corner of SH 16 and Parkhurst Road, Helensville

Ph: 09 420 9810

info@reachforward.co.nz

www.reachforward.co.nz

HELENSVILLE LAW OFFICE



SELLARS & CO
Barristers & Solicitors

PHONE 09 420 9324
69 Mill Road, HELENSVILLE

Fax: 09 420 9325 Email: admin@helensvillelaw.co.nz

ACCOUNTANT

UHY Haines Norton
Chartered Accountants

- Farm & Lifestyle Block Specialist
- Business Planning & Development
- Financial Analysis

OFFICE MARK FOSTER
420 7972 021 220 5817

Office hours 9am - 5pm
2a Rata Street, Helensville
PO Box 17 Helensville



- ▶ Foot Pain
- ▶ Nail Problems
- ▶ Corns, Callus, Verruca
- ▶ Injuries - ACC Registered
- ▶ Diabetic Footcare
- ▶ Home Visits

Phone Linda for an appointment:
09 282 1227 021 202 9883

Men and Family Centre South Kaipara Tama Tu Whanau Ora

Youth Mentoring,
Programmes,
Courses, and
Counselling
for men, young
men and their
families.



Mon-Fri 9am to 5pm in Helensville

Contact Andrew on

Ph (09) 420TANE (8263), Mob (027) 2826305
andrew@mfc.org.nz

Helensville farewells two long

Helensville recently farewelled two of the town's grand old ladies, 97-year-old Ruth Granville and 87-year-old Cynthia McLeod.

RUTH ELIZABETH GRANVILLE Dec 28, 1915 - Sept 29, 2013

Long-time Helensville resident Ruth Granville passed away recently aged 97.

Born Ruth Remiger in Auckland on December 28, 1915 as a second generation New Zealander, her grandfather, Benedict Remiger, had emigrated from Bohemia (now part of the Czech Republic) in 1863 as a 12-year-old boy.

Ruth was the eldest of five siblings; her sister Cecily is now the sole surviving member of her family.

Her recollections were of a happy childhood, always having plenty of food, a warm bed and soft pillows made from the feathers of poultry she had helped her grandfather pluck.

She thought she was "just it" on the occasions she was given the reins to their horse and sulky on the way to Sunday mass.

Growing up in Puhoi Ruth enjoyed the local social occasions, and it was at a local dance she met Mac Granville, who she married on July 28, 1937 and then moved to Upper Waiwera with to run a small dairy farm owned by one of her aunts.

Daughters Noeline and Marjory were born at Upper Waiwera, followed by son John during the war years.

The Granville family moved to two different Kaukapakapa properties, then in 1949 shifted to Parkhurst where their second son, Peter, was born in 1955.

That same year they moved again, to a property on Fordyce Road in Parakai, where they remained for the rest of their married lives. Their third daughter, Colleen, was born there.

Mac Granville passed away in 1985, but Ruth remained in the family home until 2005, when she moved to South Head to be cared for by son John and his wife Lily.

Fordyce Road was where the family was finally able to own their own farm. All five children were married there, and it was a

popular visiting spot for their 11 grandchildren.

"Mum was world famous - in our family anyway - for her motherhood skills," says son Peter. "Whether it be her baking, her cooking, her sewing, her knitting or her preserving, she was just the greatest mother."

"Nobody could ever make apple tarts, peanut brownies or vegetable soup like Mum."

Peter says his mother had an "unshakeable belief in the need for fairness in everything that she did".

He says to describe her in a single sentence would be: "she was a good person".

He adds the family was very fortunate that Ruth kept relatively good health, apart from failing eyesight, throughout her old age.



• Ruth Granville

JESSIE CYNTHIA MCLEOD Jan 15, 1926 - Sept 29, 2013

Cynthia McLeod (nee Ball) was born in Papanoa in 1926, where from the age of five she walked three miles to school and back each day, summer and winter.

She moved to Helensville in her teens and at a dance there met Bryan McLeod. Romance bloomed, leading to a marriage which lasted a remarkable 64 years.

Their life together began without electricity at a South Head farm house built by Bryan's father. Their five children were born there, first son Graeme followed by four daughters: Bev, Raewyn, Kaye and Janette. Kaye unfortunately passed aged just 18 months, and Graeme says she was always in Cynthia's thoughts.

Graeme remembers his mother as a hard worker, clothing, feeding, protecting, and loving her children as she did Bryan.

"We grew up hard working but we never

• To Page 7



HELENSVILLE Physical Therapy & Rehabilitation CENTRE

We specialise in Sports Injuries

This year we are proudly sponsoring:

- Helensville Junior Rugby
- All Kaipara College students
- Kaipara Junior Netball members
- Helensville Under 20s Rugby members

Ask us about our special discounted rates

Ph 420 8899

10 Commercial Rd, Helensville

Book your FREE hearing check at Bay Audiology Helensville

Bay Audiology
Helensville Physical Therapy
& Rehabilitation Centre
10 Commercial Road
09 447 0280

Appointments essential.

bayaudiology.co.nz



time residents

• From Page 6

lacked for fun and adventure.”

Graeme fondly recalls summer holidays at Red Beach with his grandmother, or fishing on the Kaipara, water skiing at the lake or cooking up pipis at the beach.

“For all these escapades we never lacked for food and drink, suntan lotion and spare clothes thanks to Mum. She made sure there was always plenty of everything to go around.”

Cynthia's family were mad keen on skiing, though not so Cynthia herself. She was content making sure Bryan and the children had everything they needed before they set off. Bryan went on many overseas ski trips, and Cynthia always unselfishly encouraged him to go.

“I think she quite enjoyed that time and space for herself,” says Graeme. “She loved her home and having clean windows and

then loved to welcome Dad home again.”

Cynthia did enjoy travel, however. She and Bryan did a lot of globetrotting, visiting Africa, Egypt, Europe, and North and South America among other places.

Graeme says her expectations of life were simple, and she was “very thankful and grateful for the life she had [and] the contributions made to her by her family and friends.”

“[She was] a very special person who expected nothing and got much of the enjoyment for her life by giving to others.”



• Cynthia McLeod

medical centre notes

Attention all blokes: in November the Kaipara Medical Centre is focusing on male health checks.

Our team are busy checking through the records and contacting all male patients aged 45+ who have not had a basic heart risk assessment. This includes cholesterol, sugar levels and blood pressure checks within the last five years.

Having a basic heart risk assessment is nothing to be scared of or worried about. On the contrary, it simply allows us to find out if you have a higher risk of heart disease in the future so we can take proactive steps to reduce these risks as preventative measures. Please get in touch if you'd like to book in for an assessment, regardless of your gender, age or general health.

Also this month our attention is on the prostate. As we males get older, the prostate often enlarges benignly (non cancerous). This can lead to mechanical pressure on the urethra (the exit tube for the bladder) causing you to experience a hesitancy in starting to pee regularly, a deterioration in the flow of urine and dribbling and incomplete emptying of the bladder. Options to improve the flow can be via medication initially and then surgery to relieve the pressure from the prostate.

Prostate cancer screening has been in the media a lot recently, as there is still no national consensus on a definitive screening program. Here at Kaipara Medical Centre we currently follow the Australian Urology Society recommendations, which include a blood test (PSA) in your early 40s with annual blood tests and physical examinations of the prostate between the ages of 50 and 70.

So if you're a male over 40, please remember to book in for your prostate and/or basic heart risk assessment this month. Both are quick and easy, and you can rest assured going into summer and 2014 that you're looking after yourself the best you can.



 **Koast to Koast Electrical Ltd**

TOSHIBA 

 **Your local Toshiba Heat Pump Installer**

Ph: 420 2028 Mob: 021 417 992
koast.electrical@stratanet.co.nz


For all domestic and commercial electrical work



HELENSVILLE
Veterinary Service

Saturdays 9am to 12.30 pm.
Late night Thursdays - open to 6.30pm.
On call 24 hours.
PH: 420 8325

Rene Vos



Professional, Committed, Honest

Your House Sold Name

Rural & Residential sales
Mob: 027 275 4321 A/H: 09 420 7121

Barfoot & Thompson
Licensed under the Real Estate Agents Act 2008



53-65 Commercial Rd, Helensville. Phone: 420-8400 Fax: 420 7523
www.helensville.co.nz/doctors.htm

Our Vision: To make the South Kaipara District the healthiest rural community in New Zealand

Dr Phillip Barter

Dr Rakesh Dogra

Dr Richard Davies

Dr Aimee England

We are a **Very Low Cost Access** practice. That means adult fees for our registered and funded patients, for a standard 15 minute daytime appointment, are set by the Ministry of Health at just \$17.50. For those aged 6 to 17 years they are just \$11.50 and Free for under 6's. That compares with \$65 for adult, casual patients - so it's well worth registering with us!

For after hours, urgent medical attention, please phone the practice number above. Your call will be answered by our triage nurse, who will contact the duty doctor. FOR SERIOUS EMERGENCIES CALL THE AMBULANCE 111.



THE LIONS CLUB OF HELENSVILLE

CHRISTMAS BOOK FAIR

Helensville War Memorial Hall
Saturday 23rd Nov 9am-4pm
Sunday 24th Nov 10am-3pm

Lions to hold Xmas book fair

So many new books have been donated to Helensville Lions Club since their annual book fair in May the club has decided to hold a second, pre-Christmas fair this year.

The fair will be held over the weekend of November 23 and 24 in the Helensville War Memorial Hall. It will be open 9am to 4pm on the Saturday and 10am to 3pm on the Sunday.

"Since our last book fair the volume and range of books being received has increased dramatically," says the Lions Club's 'chief book sorter', Chris Clark.

There were more than 12,000 books on sale at the earlier fair, and Chris expects similar numbers will be available at this month's fair.

"This is an ideal opportunity to stock up with books for summer holiday reading or perhaps a Christmas gift from our range of quality books," adds Chris.

A major fund raiser for the club, the fair in May raised \$7300 - a big increase on the \$5800 raised in 2012. Those funds have gone into the Lions Club's Charitable Trust Account and will be used for local organisations or members of the community who are in need of help.

Chris spends much of his spare time sorting the donated books, which are stored in his shearing shed. Only the pick of the left-over books are kept after each sale, meaning with volume of new donations the range available is fresh at each fair.

"The books cover as wide a range of subjects as it is possible to imagine," says Chris. "We have again tried to make browsing as effortless as possible by

grouping popular subjects and authors.

Nonfiction is split into more than 12 categories, while fiction is alphabetic, with five special interest sections.

Books are either \$1 or \$2, with all children's books at 50c. Any remaining books on Sunday will be cleared at half price.

There will also be a good selection of DVDs, videos, CDs, cassette tapes, board games, vinyl EPs and LPs, computer games and jigsaw puzzles available.

For more information phone Chris on 420 8527. To donate books phone Chris, or Hilty on 420 8122 or Pauline on 420 6208.



• Chris Clark with books ready for the sale

River Cottage Antiques & Collectables

**RE-OPENING
DECEMBER 2ND**

*Items of interest and quality
furniture from bygone days*

Helensville Railway Station
Ph 021 420 749

Sean Gray Electrical Ltd

- For all your electrical requirements
- Repairs, maintenance & new installations
- Overhead to underground conversions
- Underground services to new homes
- New alarm systems

0274 784 396

Ph/Fax (09) 420 5122, (09) 420 8978
email: seangrayelectrical@xtra.co.nz

Antique store returns

An antique store which operated for almost 10 years in Helensville is opening again at the start of December.

Christine Roberts' River Cottage Antiques & Collectables will open on December 2 at the Helensville railway station, in the room previously used by the Helensville Railway Station Trust for its memorabilia display.

Christine first opened her store in January 2001 in the Old Post Office building. Five years later she and husband Malcolm purchased the building beside the Grand

Hotel and moved the business there.

After two and a half years there Christine "retired for six weeks" then changed her mind and reopened the business at the railway station, where she stayed for 18 months before closing the doors - she thought for the last time.

Now, at the age of 75, she has decided she loves the trade and "old and interesting things" so much she wanted to get back into it - hence the new incarnation of the shop.

River Cottage Antiques will be open 10am to 3.30 pm Wednesdays to Sundays.

CALL Your Friendly Bin Company!



**MR
BINZ**
Ph 09 412 9309

Quality Bin Service
Local experts!

www.mrbinz.co.nz | ph 412 9309

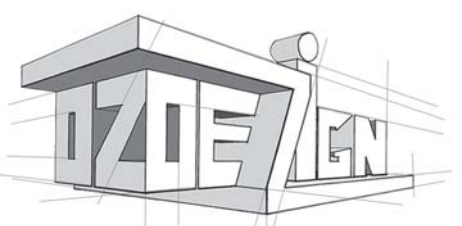
Helensville too hectic?
Pop over to Parakai for your
next hair cut at...

THE CUT OUT

Men - Women - Children

- No appointment needed
- Colours, Straightening, Curling
Hair Extensions, Perms
- Open Tuesday to Saturday

Ph: 021 294 5576
133 Parkhurst Rd, Parakai



JOHN OSBORNE NDAT(ARCH)

ARCHITECTURAL DESIGNER
OVER 20 YEARS BUILDING EXPERIENCE
COMPLETE DESIGN SERVICE
FOR FREE CONSULTATION
0274 946 950

Introducing Te Whare Oranga ō Parakai

Earlier this year the former Parakai Tavern was generously gifted by the Parakai Licensing Trust to the Helensville District Health Trust. We are very excited about creating a sustainable and valuable resource for the local Parakai and Helensville community and wider South Kaipara region as a whole.

The new name for the ex-Tavern building will be Te Whare Oranga ō Parakai, which translates as 'The House of Wellbeing'.

In 2014 the building will open in its new capacity, with plans underway for spaces for fitness, art, education, drop in support for the elderly and parents with young children. There are also plans underway for a South Kaipara Growers Collective where fresh produce from around the region will be gathered and distributed for the community. The recently launched Helensville + Parakai Farmers' Markets will tie into the Collective eventually. If you haven't attended one already, be sure to get along to Te Whare Oranga ō Parakai on a Saturday between 9am-2pm. to sample this wonderful new weekly Farmers' Market.

The Helensville District Health Trust are very excited to have Unitec involved in in the Te Whare Oranga ō Parakai facility. As the largest Institute of Technology in New Zealand, Unitec are committed to helping their students get great jobs and this project gives Unitec the opportunity to get their students involved in making a contribution to the community. We are currently in discussions with Unitec's Architecture faculty around a new design and renovation for the Te Whare Oranga ō Parakai building. This is a wonderful opportunity for our local community – and the Trust feels very privileged to be working alongside some of New Zealand's top architectural and landscaping talent via Unitec's landscape architecture faculty.

Your new event + meeting space

The Te Whare Oranga ō Parakai building has been cleaned and tidied and is available for events and meetings. To inquire about hiring or using the space, please contact: parakai@helensvillehealth.co.nz



Local chef and business owner Peter Brennan serves a young Farmers' Market customer.

Kaipara Medical Centre welcomes Dr Nicole Badie

We welcome a new GP to the Kaipara Medical Centre this month! Dr Nicole Badie has just arrived from Boston, USA to join our team in providing best practise medical care to our community. With a particular interest in public health, Nicole's experience will be a valuable asset to our growing team of Doctors and Nurses.

Women and Family Centre attendance at special Government House event

On Thursday 17 October four team members from the Helensville Women & Family Centre attended a very special 'Celebrate New Zealand Women' Reception at Government House. Hosted by their Excellencies The Governor-General, Lieutenant General The Right Honourable Sir Jerry Mateparae and Lady Jainine Mateparae, event attendees included women making a difference in business, politics, community service and

the arts. The Governor General praised all those invited for their desire to contribute and make change for the better in our society. He spoke of the 120th anniversary of women's suffrage in New Zealand and the progress made since 1893 for women and New Zealand as a whole. His speech closed with a wish for all invited, "May you all continue to be true to yourselves as we all, women and men, continue to make our society a better one for those that follow after us." We congratulate our Women & Family Centre team for their hard work and are thrilled that they have been recognised in this way for all that they do in our community.



Helensville Women + Family Centre team attending Government House event: Christine Salmon, Mihi Shaw, Tracey Roberts, Jenny Jackson.

Strengthening Families

The Helensville Women & Family Centre (HWFC) has been successful in securing the Strengthening Families Contract for our community. Aligned with other services already offered by the HWFC. Strengthening Families will work for families by helping to sort our life's challenges when they become too much to cope with. By bringing together different agencies that can help, the service will assist families and whanau with a range of concerns including the following:

- finding a warm, comfortable home for your family or whanau
- worries about your child's health or behavior
- making ends meet
- your child not doing well at school
- coping with stress at home

For more information or a referral form, please contact the HWFC on 09 420 7992 or email sfreferrals@hwfc.co.nz or pick up a consent + referral form from the HWFC at 1 Porter Crescent, Helensville.



EARLY BIRD BREAKFAST SPECIAL Saturday & Sunday

Choose any breakfast and
a coffee for only \$15

Order between 8am & 10am
Conditions apply. No loyalty cards. Offer ends 31/11/2013

Phone: 420 8765
167 Parkhurst Road, Parakai

Fotheringham & Scott PANEL BEATERS

WAINUI ROAD Phone
SILVERDALE (09) 426-7163

CLYDE - Mob 021 372 425
DON - Mob 021 425 952

Towing:

For all enquiries ask for Clyde or Don
After hours Towing & Service
Phone 420-5483 or (09) 425-9513

Pita Pit

FRESH THINKING • HEALTHY EATING

Opening in Helensville 25th November!



CORNER COMMERCIAL RD & RATA ST, HELENSVILLE

P. 09 420 7261 www.pitapit.co.nz

OPEN 7 DAYS:

MON-THU 7am-7pm, FRI-SAT 7am-8pm, SUN 8am-7pm

Local couple aim to provide health eating options

Helensville will get the country's 52nd Pita Pit store when local franchisees Alistair and Karen Watts open theirs in Commercial Road on Monday, November 25.

While it will be our town's first international food chain outlet, don't call it a 'fast food joint' - Alistair points out they prefer the term "quick service restaurant".

The Shelly Beach couple are keen to stress the healthy nature of the Pita Pit menu. Everything is cooked to order, nothing is deep fried and everything is served with lots of fresh salad and vegetables.

Pita Pit was started in Canada in 1995, and there are now stores throughout that country, the United States, Australia and New Zealand. There are about a dozen new stores set to open in this country during the next few months.

Alistair and Karen have lived in this area for 22 years, first at Kaukapakapa before moving to South Head, where they have a 60ha beef cattle farm. They recently moved into a new house at Shelly Beach, but still own the farm.

With Helensville the country's smallest location for a Pita Pit, Alistair expects half the store's business will come from people travelling through the town.

Acknowledging the risks associated with a venture like this, Alistair says: "We weren't



• Alistair and Karen Watts inside the rubble-filled shell of what will soon be the Helensville Pita Pit

going to die wondering; we'll give it a go. We're excited!"

Getting the shop set up has been a major task. The former Porcini Restaurant building has been completely gutted and has undergone structural strengthening.

The finished Pita Pit will be air conditioned and the design will feature giant historic images of Helensville on one wall.

It will have a coffee bar accessible directly from the footpath and which will sell organic iCoco coffee - the 'supreme award winner' at the recent NZ Coffee Awards.

And while it doesn't completely tie in with the 'healthy food' theme, Helensville's Pita Pit will also sell the range of NZ Natural ice cream.

Both Alistair and Karen have been undergoing extensive theoretical and practical training in preparation for the opening, working in as wide a range of Pita Pit stores as possible to gain experience.

They will be behind the counters when the store opens, along with a representative from Pita Pit's corporate office.

Alistair expects to employ 12 to 15 staff, hopefully all sourced locally.

The shop will be open 7am to 7pm Mondays to Thursdays, 7am to 8pm on Fridays and Saturdays and 8am to 7pm on Sundays. There will be separate breakfast, lunch and dinner food options.

They are both newcomers to the food industry, but Alistair used his experience in market research to assess the potential market before deciding to invest a considerable sum in the Helensville business.

"We were looking at Helensville and the current food offerings, particularly at the weekends. [There was] not a lot of fast but healthy food," he says.

"We wanted fresh and healthy," adds Karen, "something we would eat."

Call for donations of shoes and clothes

The Helensville Women & Family Centre will hold a Christmas bargain day at Te Whare Oranga o Parakai in conjunction with the Saturday Farmers' Market on Saturday, November 23.

Money raised will go towards the centre's Christmas hampers for needy local families.

The centre is looking for locals to donate any unwanted quality clothes and shoes which they can sell at the bargain day (note this year they will not be able to accept donations of household items due to limited space). To drop off or arrange a collection text Mihi on 021 464 289 or phone the Women & Family Centre on 420 7992.

Running of the Roses to get a major revamp

The Helensville Lions Club's popular annual Running of the Roses event will be given a make-over and re-launched next year as 'The Lions Roses Festival'.

To be held for the sixth consecutive year on Sunday, March 2, the re-launched festival will have a new format to make it a more family-friendly day with lots of entertainment, live music, stalls, events, attractions and competitions.

The Lions Club is hoping the festival will attract people from outside the Helensville area, and expect it will continue to be a major fundraiser for the organisation.

The event was first held on Valentine Day, February 14, in 2009 when red silk roses were given with a raffle ticket. The event included the rose race where matching numbered roses were dropped into the Kaipara river to drift downriver with the tide; the first six roses across the finish

Drop-In Centre opens

A Drop-In Centre has started in the lounge behind St Matthew's Church, 60 Garfield Road, Helensville each Wednesday morning from 9.30am to midday. It's open to anyone who would like a cuppa and biscuit, a chat or to play a game. Phone Meriel Connolly on 420 8293 or May Piesse on 420 7170.

line won the major prizes.

In conjunction with the race was a local fete, but many people were unaware that was on, so the Lions have decided to turn the event into a big attraction.

Organiser Pauline O'Neill says that she hopes families will come and spend the day at the event. There will be many activities to occupy children.

Organisers are currently looking for local groups, stall holders, musicians, schools and clubs who would like to participate in what is expected to be an exciting event.

The Roses Festival will include the familiar rose race; a fun run; market stalls; live music; entertainment; free children's games by the IN2IT crew; an exciting programme provided by the Get in 2 Life Youth Development Trust; a children's fancy dress competition; and spot prizes. It is expected a lot more attractions and activities will be part of the festival, and more details will be released shortly.

All money raised at the festival will go back in to the local community through the Lions Club.

For more information visit 'The Lions Roses Festival' Facebook page or phone Pauline on 09 420 6208. Anyone interested in having a stall should contact Sarah 0274 831 542 or email sarah1@maxnet.co.nz.



FREE CHILDCARE
for children aged over 3 Conditions apply

- 6 weeks to 5 years of age
- Dedicated, qualified teachers
- Interactive Literacy Programme
- Affordable fees
- 20 hours ECE & Winz help available
- Operating for 25 years in the community

Session Times:

- 8:30am to 3:30pm
- 7:30am to 5:30pm
- ½ day sessions for under 2s

130 Commercial Rd, Helensville
Ph: 09 420 7253

www.sunnydayspreschool.co.nz



ORION

DEVELOPMENT CONSULTANTS

► PLANNING ► SURVEYING ► ENGINEERING

412-2313

SOLD by JANA MILLS

35 years a local Rodney resident

'Knowledge of the area, knowledge of the people'

Parakai:



Helensville:



Award Winner



I am a local Helensville resident. Please feel free to call me any time to arrange a confidential market appraisal on your home.

Mob: 021 509 990

A/H: 09 420 9953

Office: 09 426 2420

Email: jana@prestigerealtyhbc.co.nz

PRESTIGE

MREINZ, LICENSED AGENT REAA 2008

Prestige Realty (Hibiscus Coast) Ltd

KKK Scouts again running Rodney Coast Challenge

The annual Canoe & Kayak Rodney Coast Challenge multi-sport race will be held on Sunday, November 24.

The event, which starts at Muriwai Beach, has been held for more than 20 years and was taken over as a fundraiser by the Kaukapakapa Scout Group in 1998.

The race attracts more than 500 participants each year. They do a 10km forest run, a 30km road cycle race, a 25km mountain bike race and an 8km kayak leg, finishing with a 150m sprint to the finish.

In conjunction with the main challenge event, for the first time this year there is also a separate 13km kayak race from Wenderholm

to Puhoi and back. That race starts at 10am at Wenderholm and heads up the river to the highway bridge below Puhoi before returning to Wenderholm.

Race director Graeme Hounsell says the race usually raises around \$5000 to \$6000 for Kaukapakapa Scout Group, with another \$2000 to \$3000 going to other organisations that help out on the day.

The money raised this year will be used to support activities for local youth, and to subsidise Scout camps, training, and other activities and events.

The Rodney Coast Challenge will start at 8.30am with a 250m run up the sand dunes at Muriwai Beach followed by a 10km run through the forest to Rimmer Road. Competitors will then jump on their bicycles for a 30km road cycle race from Rimmer Road onto SH16, heading through Helensville and Kaukapakapa to Makarau.

That will be followed by a 25km mountain bike stage on gravel roads which will head up the Makarau Valley then via Upper Waiwera to Puhoi Park.

There, competitors will swap pedals for

paddles, leaping into kayaks for an 8km dash along the Puhoi River to the Wenderholm Regional Park, where they leave the kayaks to run a final 150m sprint to the finish line.

Graeme says competitors are a mix of



• Competitors at the Muriwai start of last year's Rodney Coast Challenge

individuals and teams of two to four people, who share the different legs of the challenge. The fastest can complete the course in about two hours, with others taking up to five hours to finish the 73km total race length.

Entry forms for this year's race are available at www.rcc.org.nz.

First Kaukapakapa Festival week

A week long Kaukapakapa Festival will be held for the first time from November 17 to 24, featuring a series of special events based at local businesses in Kaukapakapa.

Organised by Destination Kaukapakapa, the week starts with a larger-than-usual Kaukapakapa Market day. Aiming for a 'festival feel' there will be more traders, and a range of entertainment including 'Ukulele Union' and 'The Musicians', along with side shows provided by the local school.

The festival will feature a Kaukapakapa Passport Trail.

Festival participants will pick up a passport to take to each of the participating businesses during festival week, where they will receive a stamp. Once five stamps have been collected, the completed passport must be delivered to any of the participating businesses by November 24 to go in the

draw to win a hamper filled with more than \$500 worth of Kaukapakapa prizes.

Passports will be available from participating businesses, the Kaukapakapa service station, and can also be downloaded on the 'Kaukapakapa Festival Week' Facebook page.

Throughout the week there will be special attractions and events at eight local businesses: Kaukapakapa Village Market, Gaye's Miniature Horses, Kaipara Coast Sculpture Gardens (which launches its new sculpture trail), Mataia Homestead, The Cow pub, Graze Café, Passionberry Strawberries and the Helensville District Golf Club.

Extra activities during the week will include a quiz night and free yoga sessions; details will be released closer to the time.

Anyone interested in having a stall at the market should contact Sarah 0274 831 542

B.J.WILSON BUILDERS LTD
alterations new work free quotes

LICENSED BUILDING PRACTITIONER
www.dbb.govt.nz
BUILDING CONFIDENCE

mb
Registered Master Builders

Barry Wilson
37 St James Ave
HELENSVILLE

T | 420 8535
F | 420 8550
M | 027 494 4995

SELECT HOME SERVICES

PEST CONTROL: Home or Business
WATER FILTRATION: Installations, Replacements & Repairs
HOME VENTILATION SYSTEMS: Suitable filter replacements
HEAT PUMP CLEANING: Heat pumps should be cleaned yearly
CHIMNEY & FLUE CLEANING: Professional clean & no mess
WATER TANKS: Cleaning & Repairs

09 421 0463
www.selecthomeservices.co.nz

HELENSVILLE
MITRE 10

Phone 420-8153

SUMMER OPENING HOURS
Monday - Friday: 7.30am to 5.30pm
Saturday: 8am to 5pm
Sunday & Public Holidays: 9am to 4pm

LAYBY NOW
for
CHRISTMAS

“Outdoor Furniture” “Swimming Pools”
“BBQs - Power Tools - Whiteware”
* * * * *

Christmas Lights - Solar Lights - Toys
New stock in now!

Nor-West Forum to launch

A new community forum will launch on Wednesday, November 27 to give local people and local organisations a way to communicate and collaborate to achieve the best outcomes for our community.

The Nor-West Forum is endorsed by Te Awaroa Residents & Ratepayers

Call to set up local book group

Helensville's Kura Geere-Watson wants to establish a book group in the town in association with The Readers Club, an organisation which operates and services book groups around the Auckland region.

Kura is keen to get the group started before the holiday season so a first selection of books can be distributed to members for summer reading.

Monthly discussion groups are growing in popularity, as is the phenomenon of the growth of book groups internationally says Kura.

The Readers Club gives people access to the latest in books in a wide range of categories.

For more information about establishing a Helensville group, phone Kura at 420 7724 or email her at kuragw@xtra.co.nz, or phone Lynn Dawson on 09 446 1269, or email lynn.readersclub@xtra.co.nz.

Association and the Helensville Lions Club. It is aimed at enabling interaction with the Rodney Local Board, providing a means for setting funding and planning priorities.

Covering an area from Taupaki in the south to Glorit in the north, it will provide an opportunity for community groups to gain broad support for their visions and projects.

It is hoped to attract participation by police; the North West District Business Association; ratepayer groups; education providers; Federated Farmers; Rotary and Lions; sports clubs, youth groups, health and social services; churches; and arts and cultural groups.

The Nor-West Forum will be launched at an event starting at 7.30pm in the Helensville War Memorial Hall, with a mix and mingle with refreshments from 7pm. It is anticipated venues will alternate between Helensville and Kumeu/Waimauku.

The launch will focus on the current second phase of the Auckland Council Unitary Plan consultation process, and organisers aim to have all local board members, plus councillor Penny Webster and possibly two council planners, in attendance.

There will also be an update from local Federated Farmers representative John Glasson, and a discussion of the Helensville Christmas Parade.

For more information email: norwestforum@gmail.com.

Burmester Realty is now FULLY INDEPENDENT

NO franchise fees means savings for you!

commission
ONLY 2.90%
up to \$500,000 - 2% thereafter plus GST

09 420 8360 8 Commercial Rd, Helensville

 **BURMESTER REALTY**
Licensed Under the REAA 2008

PARENT AID 

SUPPORTING PARENTS.
STRENGTHENING FAMILIES.

HANDS-ON HELP WHEN YOUR HANDS ARE FULL

Need some sleep, some time out or just need a hand? Parent Aid provides free, practical help in your home for parents of children aged 0-5 years. It's free, it's easy to book and we love to help, so don't hesitate to get in touch.

0800 222 402 09 420 7002
www.parentaidnorthwest.org.nz

Perfect day for Waka Ama regatta



It was all concentration on board the 'Laser' team as members of the Cooper family - above, from left: Taine, Tony, Keegan and Ryan - paddled their outrigger canoe during the Tu Tangi Ora-organised Waka Ama regatta on Sunday, October 6.

The sun shone and the wind stayed away to make for perfect conditions for the 16 mixed teams of five people who donned the supplied life jackets and paddled their canoes - with the assistance of experienced steerers from the Waka Ama Club - along a 500m race course from the Kaipara Cruising Club to the Creek Lane lookout, where a vocal group of about 40 spectators lent their support.

The teams raced two heats each and then a semifinal, with the top four teams competing in the final, won by the 'Parakai Springs Pools' team, made up of staff members from the hot pools.

"Everyone that participated on the day thoroughly enjoyed it and will be back to challenge next year," says organiser Mili Sipa.

"We definitely plan to make this an annual event and promote more local teams to participate."



Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

Helensville Birthing Centre is your local community facility. It provides a free service for women who choose to give birth in a low-tech environment. Alternatively, women who give birth in hospital can then transfer to us for the opportunity to rest and establish breastfeeding.

You are welcome to call in and have a look around, or browse our facilities online.

53 – 65 Commercial Road, Helensville

Ph: (09) 420 8747

Email: awright@helensvillehealth.co.nz

www.birthcentre.co.nz



United Travel

For the love of travel.

Whether you are after a Pacific getaway or an around the world adventure, our expert consultants have something to tempt even the most seasoned traveller.

United Travel Helensville

60 Commercial Rd (09) 420 8860
karen.reilly@travelunited.co.nz



Helensville Fitness Centre

Open 24/7 for our members
79 Mill Road

Ph 420 6303

www.helensvillefitness.co.nz



Your local gym where you
"Train when you want to"

CONCESSION CARDS • TRAINERS
GREEN PRESCRIPTION • PROGRAMS & SUPPORT

Both local markets going strong

Organisers of both local markets are thrilled with the response so far to their new ventures.

The first Helensville Market was held in the War Memorial Hall in early October; the next is on Saturday November 9, for which opening hours have changed to 9am to 1pm.

More than 20 stalls at the monthly market gave locals a wide range of products to choose from, including jewellery, art prints, children's clothing, soaps and candles, and cards and stationary.

Live musical entertainment is planned for the November market, and organisers hope to have a coffee stand and a stall selling fudge and coconut ice. Helensville Playcentre's stand was popular with face painting and playdough; the organisation will have a stand at the November market too.

The weekly Helensville Farmers' Market at Parakai has now been held for more than a month. Organiser Roxy Donaldson says around 300 people turned up for the initial market and fresh produce sold out; she was expecting another good crowd at the Labour Weekend market for which stalls were booked out.

Held at Te Whare Oranga o Parakai next to Parakai Springs, the Farmers Market is also open 9am to 1pm and along with the

range of gifts, art, crafts and clothing for sale is a venue for locals to purchase fresh produce, fish, breads and cheeses.

Barista-brewed coffee is on offer, and hot food including mussel fritters and taniwha burgers have been proving popular - as has the live entertainment by local musicians and DJs. Community fund raising events can be held being free of charge at the market.

"It has been a hard slog to get it [the market] off the ground," says Roxy, so all the hard work is finally making it all worth while for the community."

To book a stall at the Helensville Market, phone Arwen on 021 710 367 or Elsie on 027 201 1530. For Farmers' Market bookings, phone Roxy on 022 131 0297.



• Elke and Jason Everard and their children at their organic honey stall at the Farmers' Market

13th Annual Spring Fling Festival

- Jazz in the Garden -

SUNDAY, 10th NOVEMBER

10.30am - 4.00pm

Haumoana Farm, 9 Slater Rd, South Head

Come and enjoy a great day in an idyllic garden over looking the Kaipara Harbour.

- Live Music
- Great Food
- Local Arts and Crafts
- Clothing
- Toys
- Jewellery
- Farm Animals
- Pony Rides
- Herbs & Plants
- and much more!

Come and judge the Scarecrow Competition.
All proceeds to Waioneke School.

Enquiries to Barb Ross, 420 8487

haumoanafarm@clear.net.nz

LANDSCAPING

Free Delivery:

Bulk compost, garden mix, bark
(up to 5m³ Helensville or Parakai townships)

Bulk metals
(up to 2m³ to Helensville or Parakai townships)

Mention this ad and get 10% OFF
our bagged landscape products

Offers valid November 2013 only

BuildLink
MEMBER

Oikoumenel FOREST LIMITED

1 West Street, Helensville | Ph 420-8706 | Fax 420-8476

with Kaipara chef, Peter Brennan

A food revolution

No, I'm not talking barricades and guns, nor am I talking rates revolt, as appealing as that is. I am talking of a food revolution for the people.

South Kaipara is a huge area; we are a mixed bag of rural and town dwellers. Many commute out of the district for work; on their way home they do their shopping at the most convenient store, not in our villages. If they are young working parents the chances are their children attend day care facilities closer to their work place than home. Because of the global financial crisis, there is a steady flow of energy and ability from the rural area into the urban and city areas.

It is time to apply the hand brake and claw back our community for itself.

The best place to start is to look at what we have. We are rural in nature, we produce food and timber. Our farmers face challenges with our climate and soil, yet they produce fantastic results. Combined local knowledge and skill have turned our average land into productive land. We have award-winning breeders and we have a huge diversity of crops and animals. In short we are Auckland's 'bread basket', but nobody outside of here recognises that fact - yet.

It takes enormous resources to create a brand such as Matakana's. It takes huge support from politicians to ensure resources are spent in the area. Here in South Kaipara we have no-one taking an interest - it took seven years to build a toilet in Helensville and structure plans dating back as far as 1998 are currently used to stop tables wobbling in council offices! That's a structure plan our community paid a couple of million dollars for, and has now sat around so long it can't be used without costly upgrades and more consultation.

Meantime the people just wait, wait and wait. I don't know about you, but I have had enough waiting. Enter the revolution.

Step one: create a producers' and growers' collective. Open to all farmers, lifestyle property owners and town dwellers. Individually we face a lot of hurdles to create

an income stream from our individual small efforts. Put everyone together and offer some support and we will be amazed at what can be achieved.

A collective will generate income through mechanisms for collecting, selling and distributing fresh local produce.

It will encourage and foster people's abilities to add value to produce; enable education and training opportunities; share workloads; grow community pride, connection and collaboration; and nurture people in the greater South Kaipara through economic, social, cultural and environmental well-being.

We have already begun. The Helensville Health Trust recently acquired the old Parakai Tavern, now named Te Whare Oranga o Parakai. The first action has been to set up a farmers market which now runs every Saturday morning from 9am until around midday. It's been a huge success so far. Te Whare Oranga o Parakai has great facilities, covered spaces, refrigeration, warehouse space, car parking, easy access and a very central location in Parakai. A perfect drop-off place for produce prior to the market and excellent facilities for processing produce.

Step two: establish the South Kaipara Co-operative. As we grow we will include meat and grains into the mix, we will establish the 'South Kaipara Food' brand as a brand of excellence, and we won't rest until every restaurant in Auckland is using our produce - recognised for its quality and sustainable production practices. The co-op will become an employer and trainer to advance agricultural practices. Don't be afraid of these concepts - New Zealand's biggest company, Fonterra, is a co-op; in Australia they even have a ministry of co-operatives as they account for nearly 30 percent of Australia's national income.

Interested in getting involved? Talk to us at the Saturday Parakai market or email us at southkaiparafoodrevolution@gmail.com.

Viva la revolution!

RURAL AND RESIDENTIAL EARTHWORKS

- Land Clearing
- Farm Drains
- Driveways
- Ponds
- House/Shed Sites
- Footings
- Culvert Crossings
- Drilling
- Digger Hire & Skidsteer Hire
- Small to medium size earthworks and more - give us a call today.

GOOD RATES AND A TOP JOB

PH 021 313 813



dizzy heights
TREE SERVICES

Dion Mayes
Qualified Arborist

All tree work • Pruning
Hedges • Council Approved
Full Insurance • Tree Felling
Tree Chipping Service

Difficult Trees a Specialty

FREE QUOTES

0800 349994
0800 DIZZYH
021 527219 / 09 4205352

DRIVEWAY DEALS!

House & Shed Sites • Cattle Stops • Culverts
Driveway Repair & Re-surfacing • Farm Drainage
Wetland Restoration



Call us for a FREE quote

0800 4SWALE **SWALE**
EARTHMOVERS

or 09 420 8352. 103 Mill Road Helensville

Kaukapakapa Drainage

- Septic Tank Systems
- Drainage
- Truck & Digger Hire
- Pile Drilling
- Drain Unblocking

Reasonable Rates

30 Years Experience

Phone/Fax: 420 4149

Mobile: 021 926 301

Email: gary_lawton@clear.net.nz

Vision Landscapes

Geoffrey Sawyers
0274 817 478 • A/H: 420 8738
Fax: 420 8738
Email: visionlandscapes@xtra.co.nz

green gecko
landscapes ltd
design, build & maintenance

All Aspects of Landscaping

Water Features / Lighting / Irrigation
Retaining Walls / Decks / Fences
Concrete / Stonework / Paving
Planting / Lawns / Maintenance

Locally Owned and Operated

Ben Mayes 021 2854469/4205659

www.greengeckolandscapes.co.nz

info@greengeckolandscapes.co.nz

TRIVIAL PURSUITS

The Helensville A&P Association's Trivial Pursuits evening is on this Friday, November 8, starting 7.30pm in the Helensville War Memorial Hall. The cost is \$10 per person, with teams of eight to 10 players. There will be raffles and prizes on offer. Enquiries to Caroline Anderson, phone 420 7572.

GARDENING WORKSHOP

The next 'Second Friday' gardening workshop at Peacemakers is this Friday, November 8 from 10am at 116 Fordyce Rd, Parakai. The workshop will cover starting a garden on different soil types, and how to overcome the various problems and challenges. Those attending are asked to bring their ideas, experience and something for a shared lunch.

WOMEN'S FISHING COMPETITION

The Kaipara Cruising and Sportfishing Club is holding a women's fishing

competition this Saturday, November 9. First, second and third place prizes will be given for snapper, kingfish, trevally, gurnard and kahawai. Entry costs \$15 for club members and \$20 for non-members, with all entry fees being divided up for prize money. Weigh-in will be at 5pm at the club rooms. Tickets are available from the club, and there will be lucky ticket prizes.

SAVE THE CHILDREN

A selection of Christmas cards is available now at Helensville Library and the Helensville Information Centre, with proceeds going to Save the Children. The sale of the cards is being organised this year by Rose McKenzie. "I would like to thank all those who have helped me in the past," says previous organiser Gay Hildreth.

HELENSVILLE AGLOW

The speaker at the November meeting of Helensville Aglow will be Radio Rhema gardening expert Debbie Olsen, who will talk about Christmas planting and creating Christmas gifts with plants. This meeting is on Friday, November 15 at the Helensville War Memorial Hall at 7pm for dessert. Please bring a dessert to share. Enquiries to Marilyn Gray, phone 09 420 4346.

HUNT CHRISTMAS TREK

Waitemata Hunt will hold a Christmas Trek on Saturday, November 30 and Sunday, December 1 at Atiu Creek Regional Park. Suitable for all rider levels, it will cost \$80 per rider for two days or \$50 for one day. There will be a Mardi Gras-themed party on the Saturday night, and Sunday breakfast will be provided. Registration and information is available at www.waitematahunt.co.nz or phone Yvonne on 027 459 9423.

LOCAL BOARD MEETING

The first meeting of the new Rodney Local Board is on Monday, November 4, at 4.30pm at the Wellsford Community Centre, 1 Matheson Road, Wellsford.

classifieds & trade

Bark & Scratch Boarding Kennel

Short & long-term for both dogs and cats.
Ph 09 420 4277 www.macbark.co.nz

Driving Lessons

www.thedriving-school.co.nz
Ph 09 420 2524 / 027 322 8961

Helensville Drainage

For all your drainage and wastewater needs.
Ph: 420 9091
Email: hivdrainage@xtra.co.nz

Helensville Glass

24 hour service.
Ph: 420 8210

Helensville Wastewater

69 Mill Rd, Helensville
Ph: 420 9042
Email: hivwastewater@xtra.co.nz

Helensville News - Publication Information

December 2013 deadline: Friday, 15th November 2013

ISSUE DUE OUT TUESDAY, DECEMBER 3rd 2013

Editorial Enquiries, Letters to the Editor and Advertising:

Dave Addison - Ph: 420 7215 • Mobile: 021 178 5568 • Email: dave@helensvillenews.co.nz

Free Subscriptions to Online Edition:

Email: subscribe@helensvillenews.co.nz

2013/14 issue dates and deadlines:

Due out: Dec 3rd	Copy by: Nov15th	Due out: March 4th	Copy by: Feb14th
Due out: Feb 4th	Copy by: Jan 17th	Due out: April 1st	Copy by: Mar 14th

Editor & Publisher: Dave Addison, Helensville News Ltd, PO Box 59, Helensville 0840. **Editorial:** Dave Addison, 420 7215.

Design, Subediting & Layout: Dash Design, 420 7215. **Printing:** Rob McCorkindale, Print Matters, 0274 740 657.

Copyright: No material in this newspaper may be copied or reproduced without the publisher's permission.

Disclaimer: Every effort has been made to ensure the accuracy of information in this newspaper, but the editor and publisher accepts no responsibility for any errors or omissions.

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



www.facebook.com/helensvillenews

www.helensvillenews.co.nz

RAUNER BOOK KEEPING and COMPUTER SERVICES



BOOK KEEPING

- MYOB Specialists
- Monthly through to annual accounts
- Comprehensive taxation consultation

COMPUTER SERVICES

- Fault Diagnosis & Repair
- System Tune Ups & Upgrades
- Virus Protection & Removal
- New computer systems

P: 09 420 7835 M: 021 669 560

E: michelle@raunerservices.co.nz
69B Mill Road, Helensville



(Formerly Parakai Motordrome)

Quality auto service and
repair at country prices



WOFs - Brakes - Suspension

90 Mill Rd, Helensville
Phone 420 8177

BURNETTS



' MOBILE
0274 924 494

FIRST AUTO ELECTRICAL

Full Mobile Service

Specialists in Auto Electrical & Air Conditioning
Servicing Vehicles, Heavy Machinery,
Farm Equipment & Marine

Workshop ⚡ Parts ⚡ Accessories

Ph 09 420 8181

Mob 021 689 700

