

A&P Show to commemorate start of First World War

The Helensville A&P Show on Saturday, February 22 will feature a special tribute to the First World War to mark the centenary of the start of the conflict.

Details of the commemoration were still in the planning stages as *Helensville News* went to print, but the Royal New Zealand Air Force band was confirmed, as was a Defence Force bugler, who will play the Last Post, and other Defence Force personnel.

The Show will be officially opened at around 10am by Prime Minister John Key, who is expected to give a First World War-themed speech.

It was planned to have the Ode of Remembrance recited in both Maori and English by returned service personnel. Two minutes of silence will be observed following the Last Post. That will be followed by playing *The Rouse*, and then singing the National Anthem.

Local organisations such as the RSA, Scouts and Girl Guides were to be invited to participate.

The Helensville & District Historical Society will have a WWI-themed display on hand, and there will be a display of vintage military vehicles.

The show's commemoration will be part of a nationwide series of such events planned

for the next four years, to remember the First World War, which ran from 1914 to 1918. Ten percent of New Zealand's then population of one million served overseas; more than 18,000 died and over 40,000 were wounded. Nearly every New Zealand family was affected.

Further changes are afoot at the A&P Show this year.

The main stage has been moved from its former location beside the race track to the grassed area off the end of the show office. That will help separate the noise from announcers in the equestrian rings and that generated by acts on the stage, while providing a grassy, shadier and more attractive site for people enjoying the stage events.

Similarly, the large 'Relish the Taste' marquee is being relocated from that site to a new position at the north end of the trade displays.

Relish the Taste will this year feature cooking demonstrations by nationally-recognised chef Annabel White and our own Peter Brennan,

Organisers are hoping to entice the Prime Minister to a barbeque steak cook-off.

For the second year a limited number of free trade stands have been offered to local community groups; the successful applicants this year are: South Kaipara Landcare; Helensville Lions; Peggy Purl; CAB Helensville; Parent Aid; and the McCosh Charitable Trust.

Last month we reported how the A&P Show will be a zero-waste event for the first time this year, funded in part by a \$3000 grant from Auckland Council's Waste Minimisation Innovation Fund (WMIF).

As well as aiming for a waste-free event, the show will be smoke-free. These initiatives have been aided by the Auckland Council WMIF scheme and Rodney Local Board funding.

An informal survey on Facebook by show organisers found about 80 percent of locals



• Vintage military vehicles on display at a previous Helensville A&P Show

were in favour of the show being smoke-free. The organisers hope visitors to the show will follow the spirit of the event by refraining from smoking.

■ For more on the show see pages 8 and 9.

Next book fair in May

The Lions Club next book fair will be held over the weekend of the May 24-25.

It will follow on from the successful pre-Christmas fair last year which raised \$4700 for local causes. 2013 was the first year the Lions Club had held two book fairs.

Funds raised from the book fairs are distributed to local organisations or members of the community in need of assistance.

Books will be accepted throughout the year; large quantities can be collected, and smaller lots left at the Helensville Information Centre. For more information phone Chris on 420 8527 or Hilty on 420 8122.

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editorial

I apologise - I'm blowing my own trumpet this issue, with an article about my eldest daughter's achievement (see page 10). I wasn't going to run the story simply because of her being my daughter - until a couple of people pointed out I would print it if it was about anybody else. As much as anything, it nicely deflates the argument of those who say you can't get a good education in small local schools.

We've also got a piece on another young woman who is taking the world by storm - snowboarder Christy Prior, of Kaukapakapa, who in just a few day's time will be representing our country at the Winter Olympics. That's on page 13.

Being February we naturally have lots of coverage of this month's A&P Show - see the front page and pages 8 and 9. It's the biggest one-day show in the Northern District, and our town's single biggest event - so go along and have a fabulous family day out.

Like many locals, *Helensville News* popped down to the circus when it called into town recently and met one of the performers (page 6); another great family event for our town.

- Dave Addison, Editor

letters

Through the wonders of the internet universe, I just came across Andrea Mullin's December 2012 letter congratulating you on 150 issues of Helensville News and mentioning me and how it all started.

It was wonderful to hear that the community newsletter is still going so strong (even Town Talk!), and you are doing such a great job.

My life has taken various twists and turns since I lived in Helensville and started the newsletter, but it was certainly an important period for me being a part of that community. Andrea's letter brought back many memories of my time there and all the various community initiatives we were involved in at the time. The newsletter was my most personal project.

It's great to know the newsletter is in such good hands now - and it's a wonderful sign of the health of that community that it has gone from strength to strength.

I live in the Waikato now - and my local community has a wonderful local on-line newsletter that I value very highly as a relatively new resident. We all lead such busy lives now, and newsletters are a great way to build and keep communities connected.

Thank you for keeping this particular legacy alive.

- Bernie Walsh

founding editor, Helensville News

Course for small block holders

Mark Anderson of Helensville Vets will hold a six-week course for small block owners, starting next month.

The course will cover common animal health issues in sheep, cattle, calves, horses and pigs, along with worm control, animal handling, and the legal requirements associated with owning animals on a small block of land.

Classes will run for two hours, once a week for six weeks, with a field day at the end so participants can put some of the

theory they have learned into practice on a small block.

Participants will receive extensive written information and product samples to go with Mark's verbal and visual presentation. The course will be held in the meeting room at the Helensville Veterinary Clinic, and costs \$500 per person. Numbers are limited.

Mark says the courses were popular when held previously, but they haven't been held for several years.

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Local hotrods on show at Kumeu



Rick Croft of Helensville checks out the 1952 Ford F2 pickup truck owned by fellow local Dave Swale, which was on show at the Kumeu Hotrod Show last month.

Dave says he was honoured to have his truck chosen as one of the prestige indoor exhibits at the show, which featured vehicles from a number of other local people. The indoor exhibits are by invitation only, and Dave had to supply photographs of his truck to the show committee for approval.

Dave has owned his truck - the same as one that appears in the movie Forrest Gump - for about five years. It came from a ranch in Texas, near the Mexican border, and Dave says it was in "a very bad state. It was a real mess".

He completely dismantled the vehicle himself, then with the help of a number of mostly local craftsmen completely rebuilt it, including fitting a Ford Mustang 302 Boss V8 engine. Dave says his truck, which he drives regularly, is unusual in that it is fitted with a rare, longer-than-standard eight foot deck.

A member of the Kaipara Classic Car Club, which he was representing at the hotrod show, Dave also owned a 1956 Ford F100 pickup for 22 years, which was also chosen for indoor display at the Kumeu show 10 years ago. He sold that vehicle just last year.

Visitor numbers to the show were well down on last year, with around 30,000 people attending over the two days - 10,000 less than previously.

Art Centre planning busy 2014

The Helensville Art Centre has been able to plan a packed year of subsidised exhibitions, classes and workshops after receiving all the grant money they asked for from Creative NZ.

Events will include '3 for All' exhibitions in March and August where locals can exhibit works for just \$3 per item for adults or \$1 for children. Art Kaipara will exhibit in April and September, while in May there will be a 'Fabric of Art' show with works produced using fabrics and fibres. In June will be a photographic exhibition called 'Reflections'.

The 2014 programme will get underway after the Art Centre building in Karaka Street undergoes some renovation work this month.

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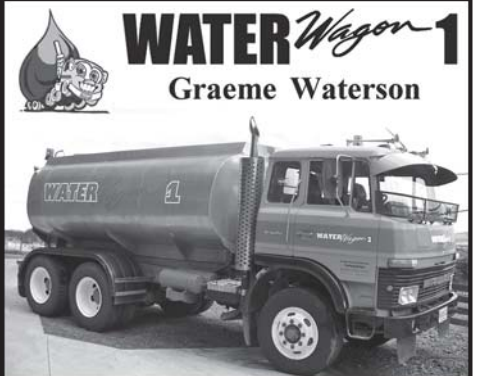
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Farewell to Betty Wishart

Betty Dorothy Wishart
November 1, 1914 – January 8, 2014

Betty was born at Marton in the Manawatu, the youngest child of Harry and Kate Merson, and shortly after the family moved to Raetihi where she spent her formative years with brothers Mac and Jack and sister Mollie.

Father Harry owned a sawmill in Raetihi, which was destroyed in the great forest fire of March 1918 – a fire rated as the most destructive ever in New Zealand. One of Betty's earliest memories was of her and her siblings being roused from their beds, hurriedly dressed and rushed to the railway station, and hearing the continuous sound of the relief train whistle as it came down the smoke-filled line. They were billeted in Ohakune while Harry stayed behind, trying to salvage what he could and managing to save the family house.

After her father's death in 1920 the family moved to Auckland. Betty spent her secondary school years boarding at Wanganui Girls College and after several menial jobs managed to get a position at George Courts in Karangahape Road. There she was a keen participant in all their staff sporting activities, especially marching, biking and swimming.

Betty was then accepted at New Plymouth Hospital for nurse training. After qualifying as a Registered Nurse in 1943 she transferred to Whangarei to train as a midwife.

On January 8, 1945 she married Alex Wishart who was managing the Bell Block for the Lands and Survey Department, preparing the land for subdividing into rehabilitation farms for returned servicemen. Alex himself was a returned serviceman,

having been invalided home after being badly wounded in the battle at El Alamein.

The Wishart and Merson families had been friends before the war and one of Betty's friends, Joan, married her brother Mac who then settled in Helensville setting up an electrical business.

Alex and Betty were allocated one of the blocks of land adjacent to Old North Road, and developed an Angus cattle and Southdown sheep stud.

Betty had two daughters, Sue and Patsy,

and then aged 40 found she was pregnant with triplets. Things were not easy on the Bell Block in those days, with no electricity despite power pylons running through the farm. Alex applied to the Waitemata Electric Power Board stating his wife's condition and the power was connected straight away.

Multiple births were handled very differently in the 1950s and the triplets were delivered naturally; Bob and Sandy arrived safely but unfortunately the other baby did not survive.

Alex died suddenly in December 1956 and Betty was left with four

children and a farm to run. Fortunately there was a strong sense of community on the Bell Block farms with the farmers all being returned servicemen and Betty received plenty of support. She remained on the farm until 1981, Doc Roy managing the property for the last 20 years.

Betty was never one to let the grass grow beneath her feet. She was active in many local organisations including the school committee, calf club, Helensville A&P Association, St. John, the Historical Society and Scouts, where she was the secretary from 1967 to 1973.

In the 1960s she provided board for pregnant unwed women for 'The



• Betty Wishart

• To Page 5



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Roses Festival in early March

The Running of the Roses is no more - instead, welcome the Lions Roses Festival.

Helensville Lions Club will hold its sixth annual fundraising event on Sunday 2 March, an event which after five years has been rebranded.

As in previous years it will take place at the Riverside Reserve in Mill Road, from 10am to 3pm.

Locals can enter the renamed 'Race of the Rose' by buying a \$5 raffle ticket, which will give them the chance to win one of seven major prizes: an overnight cruise in the Bay of Islands; one week's use of timeshare accommodation worldwide; four theatre tickets; a cruise to Riverhead; Tiffin Tea with champagne; six bottles of wine; and \$100 cash.

Tickets can be purchased from Lions Club members in Helensville, at the Helensville A&P Show on Saturday, February 22, or at the festival itself.

Unlike previous years, tickets will no longer come with a rose as that was found to have caused confusion in previous years, with some people thinking they had to be there in person to throw their rose into the river - or even swim with them!

Numbered roses corresponding to the raffle tickets will still be dropped into the river however, to 'race' downstream - this year that's expected to happen around 2.15pm. As in previous years, the first roses across

the line will be the prize winners.

The rebranding comes with a new more family-friendly format for the day, with entertainment set to include Maypole dancing, live music and singing, food and craft stalls, numerous children's activities, a fancy dress competition and parade, and a Fun Run - more details of which will be released closer to the time.

Spot Prizes will be drawn at intervals throughout the day.

For more information on the event phone Pauline on 420 6208 or go to 'The Lions Roses Festival' Facebook page. For stall holder enquiries email Sarah Legg at: sarah1@maxnet.co.nz.



• Selling tickets at last year's Running of the Roses

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Farewell to Betty Wishart (continued)

• From Page 4

Motherhood of Man' until they were ready to go to Bethany Home and have their babies.

She was an enthusiastic member of the Motor Neurone Disease Association, Birthing New Zealand, and a long-time supporter of the Women's Division of the RSA, where she was made a life member in 1998 and became their patron.

Betty had many interests and was always busy with some type of handcraft; there weren't many that she hadn't tried. She was also an accomplished pianist and would while away afternoons at the piano.

However her real love was spending time fishing.

She joined the Auckland Lady Anglers Club in 1973 and rarely missed a trip out, especially on the Kaipara. She was happy fishing anywhere at any time, and took part in competitions all over the country with varying degrees of success. Ironically she rarely ate the fish she caught as most was given away to friends.

The parting accolade of a guard of honour given to Betty at her funeral by the members of the Auckland Lady Anglers Club was a fitting tribute to a great lady and fisher-woman.

Betty is survived by her four children, nine grandchildren, 15 great-grandchildren and five great-great-grandchildren.

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Circus comes to town

Showing the moves that thrilled crowds in Helensville recently is 21-year-old circus performer Jaine Mieka (right).

Jaine was part of the troupe working for Circus Aotearoa which played four shows in the 'Big Top' at the Helensville showgrounds.

In her second year with the company, which tours the whole country and last performed in our town in 2010, Jaine is an aerialist who performs group acrobatics including the hanging hoop, net and silks. Hula hoops are her solo act.

She loves touring with the Raglan-based circus, and as well as seeing the sights in the North Island she performed throughout the South Island as part of the 'Great Southern Tour'.

The troupe ends up in some far-flung places; a 2012 visit to Fox Glacier on the South Island's West Coast was the first circus visit there for more than 40 years.



The circus usually spends a week in each town it visits, allocating the first part of the week setting up and practicing, and then holding its performances on Fridays and the weekends. Jaine says it takes two days to put up the Big Top, and all the performers are called on to help.

Circus Aotearoa, which has toured New Zealand from December to June

each year since 2008, is an animal-free circus providing a modern cross of traditional and theater based acts in a classic 'touring circus' format. It has put on more than 800 90-minute performances in the 554sq.m. Big Top, which can seat 240.

A typical line up of acts includes various aerial performances, juggling, unicycles, contortionists, hula hoops, swinging and static trapeze, clowns, foot juggling and manipulation, chair stacking and balancing, acrobats, magic, and slack rope walking.

Adult ADHD support group

Helensville's Men and Family Centre is to set up a support group for adults with ADHD (Attention Deficit Hyperactivity Disorder), at the suggestion of counsellor Brett Lambert.

The group will be facilitated initially by Andrew Connolly.

"As a counsellor I often get asked if diagnoses like ADHD are helpful," says Brett, "or whether they make things worse by excusing the person's socially difficult behaviour. I usually reply that 'it depends!'"

He cites the case of a 58-year-old man who was diagnosed with ADHD just two years ago.

The man describes his entire life as "a struggle". When he was diagnosed he "felt a tremendous relief that I could finally put a name to this 'thing' that had caused so much

devastation and sorrow in my life."

Contact the Men and Family Centre, phone 420 8263 or visit www.mfc.org.nz for further information.

Workshop on adobe technique

Warkworth architect Graeme North will hold a workshop at Peacemakers community garden on building a raised garden bed using adobe techniques. The workshop will be on March 1 from 9.30 to mid-afternoon.

The cost is \$15 per person for the day. Morning and afternoon tea will be provided but attendees should bring their own lunch. Spaces are limited to 24 people so early bookings are advised. Phone Simon Webb, 021 980 773.

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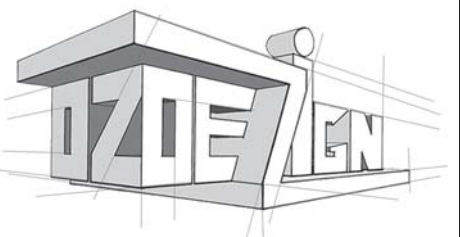
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Shared 80th birthday celebration

Hec and Clare Aitkenhead (right) enjoyed a joint 80th birthday celebration with around 100 friends and family members in Helensville last month.

The couple were born in Helensville and lived here almost their entire lives, only leaving in January last year to retire to the Peninsula Club at Whangaparaoa.

They return to the town regularly - Hec to check on the family farm in Fordyce Road, Parakai and to attend Lions Club events, and Clare to the museum where she has been a regular helper for many years.

The joint birthday afternoon tea was held at the Lions clubrooms at Rautawhiri Park, and was notable for the fact it was neither Hec nor Clare's birthday.

Hec actually turned 80 in January last year, but with their move to Whangaparaoa a celebration had to be put on hold. Clare doesn't turn 80 until the middle of March, but they wanted to hold the celebration before eldest grand-daughter Courtney Addison went overseas.

Historical Society president John Smith made a brief presentation to the couple on behalf of the society, and Richard Bradly



spoke on behalf of the Helensville A&P Association, an organisation both Hec and Clare have been deeply involved with most of their lives.

medical centre notes

It's the beginning of an exciting new year and we are very pleased to announce you'll be seeing some new faces at the Medical Centre this year.

In February we welcome Dr Ivan Gannaway to our team of GPs. An experienced New Zealand practitioner, Ivan has been working on the North Shore for the past few years and is looking forward to his move to the Kaipara Medical Centre.

He will be joined by Dr Hollie Shine, who will be joining our practice in March. Many people will remember Hollie fondly from when she worked here as a registrar two years ago. She was only with us for six months at the time, but she excelled and was well liked by all, so we are delighted she is coming back to us in 2014 as a full time GP, having recently moved into the local area.

We hope to be able to announce another GP starting at the Kaipara Medical Centre in March/April in next month's update in the Helensville News.

As we welcome new team members, we regrettably wave goodbye to our colleague Dr Richard Davies, who is moving to take a post at the City Mission Medical Centre in Auckland. We wish him all the best in his new role, which he starts in February after returning from his honeymoon.

We wish you all a great start to 2014 and remember to pop in or call the Kaipara Medical Centre if you'd like to find out more about any of our new GPs or wish to make an appointment.

- Dr Phillip Barter, Clinical Director



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Big lineup for this year's A&P Show

Visitors to this month's 112th annual Helensville A&P Show will notice a few changes around the grounds, with two of the most popular show highlights - the main entertainment stage and the Relish the Taste food marquee - both moving to new homes.

The stage, which will again feature music from popular band The Groove Diggers, has been moved to the former Relish the Taste site while the Relish marquee moves to the main trade area.

An added bonus at Relish the Taste this year will be cooking demonstrations by top New Zealand chef Annabel White, along with those by Helensville's own Peter Brennan.

Being a true agricultural and pastoral show, the 2014 Helensville Show will do what it does best - highlight the farming aspect of our community through displays and competitions of animals, including cattle, sheep, miniature donkeys, horses, poultry and working dogs. Many of the trade stands will be farming-themed, plus there will again be a Junior Farmer competition for local school children.

The show will also host the Northern District Young Farmer competition.

The Zipline Flying Fox returns as a highlight of the Cookie Bear Roadshow, which will again feature a wide range of rides,



• Equestrian action at last year's A&P Show

mostly for school-aged children.

One of the biggest crowd-pleasers from the past three shows was the 'Grand Sheeplechase' sheep racing by Sheep 'n' Show, which returns but in a new location - around the side of the racetrack nearest Railway Street. They will also be demonstrating sheep shearing.

Also returning will be the popular 'Water Walkers' Zorbs.

After an absence last year the crowd-pleasing vintage military vehicles will be back on display as part of the show's First World War tribute. They'll be joined by a display of shiny MG sports cars.

The youngest visitors to the show will be pleased to see the return of the McDonald's Travelling Farmyard, where they will be able

to touch and feed sheep, pigs and goats. Carmel's face painting will see them decked out in all sorts of colourful designs.

Clydesdale-drawn carriage rides will give show visitors a good look around the grounds, and Helensville Pony Club will have pony rides for the children.

Woodhopping is one of the show's most popular spectator sports, and the North Harbour Axemen will be in action again this year. Other returning regular competitions include highland dancing and sheepdog trials.

Other regular features will include demonstrations by Brightside Spinners, and the River Valley Amateur Winemakers & Brewers Guild which this year will be celebrating its 30th anniversary and 29th year at the show.

As usual there will be free tractor rides from the public carpark, accessed through Stewart Street, and an EFTPOS cash out facility will be available at the show office.

Entry to the show is by cash only - EFTPOS will not be available at the gate. Entry: adults \$10, school children \$5, pre-schoolers free, family pass (two adults and up to four children) \$25.

Show manager Caroline Anderson thanks the show's sponsors and supporters for their help in putting on what will be a fun-filled day for local families.

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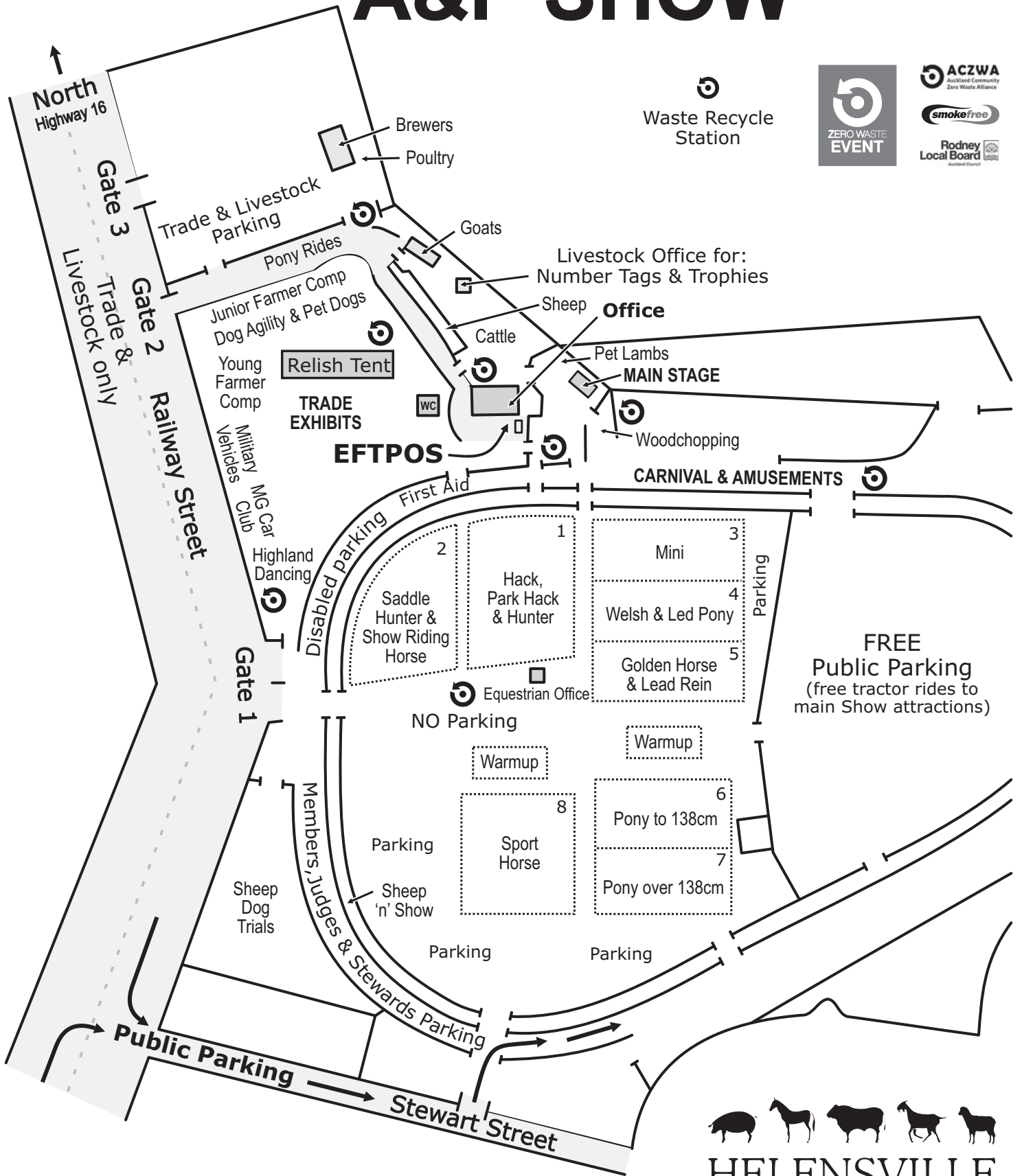
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From Parakai to Copenhagen

Young Helensville woman Courtney Addison is proof that growing up in a small town and attending local schools needn't stop you achieving your goals.

23-year-old Courtney has just been awarded a three-year PhD fellowship to the University of Copenhagen in Denmark, where she will carry out research into gene therapy for the university's Department of Food and Resource Economics.

Courtney, eldest daughter of *Helensville News* editor Dave Addison, grew up on the family farm in Fordyce Road, Parakai, attending Sunny Days Early Learning Centre, Parakai School and Kaipara College.

After leaving college she enrolled in Unitec's sports science degree course, but after only two weeks made a judgement call that was not for her.

She switched to the University of Auckland instead, completing a Bachelor of Arts degree in 2011. The next year she graduated with an Honours degree, and in 2013 completed her Master of Arts in medical anthropology, researching and writing a thesis on Chronic Fatigue Syndrome.

During the course of that study last year she attended a major international anthropology conference in Barcelona, Spain, where she presented a paper on her research.

Courtney was short-listed for the PhD fellowship in November last year, and offered the position in



• Courtney Addison

December. She leaves for Denmark in early March.

As part of her research project she will be expected to spend six months at another university in a different country, at this stage undecided.

While obviously excited at the prospect of travel and living in Denmark, Courtney says she will miss her home, farm and horses.

At this stage she says it is too early to say what she will do once she has graduated with her PhD.

Māori Medium Unit opens this year at Tau Te Arohanoa Akoranga

Tau Te Arohanoa Akoranga, the satellite campus of KingsWay School based in Awaroa Road, is opening a Māori Medium Immersion Unit this year.

"It has long been the vision of staff and whanau to provide a learning environment where those who wish to reach fluency in Te Reo Māori me ona tikanga have the opportunity to do so," says Principal Jan Porter.

Several students enrolled at the end of last year following the closure of Te Whare Kakano, the Māori Medium Unit at Parakai School, wanting to continue learning in an environment where Te Reo Māori was an option.

"We were also approached by Te Kahuiti Morehu of Ngati Whatua o Kaipara to see if we would be interested in having a Māori Medium Immersion Unit in our kura," says Jan.

"With our special character being bilingual education, it was something we had been seeking to develop for some time."

Groundwork for an immersion class had been going on for a number of years. Whaea Huria Koroi worked with the school from 2005 to 2009, teaching the staff and students Te Reo Māori me ona tikanga (Māori language and culture).

With the school roll growing, the support of KingsWay School and having a teacher able to teach a Māori Medium Immersion class, Jan says Tau Te Arohanoa Akoranga is "excited to be able to offer this to our community this year".

Matua Regan Taia will be the kaiako (teacher) for the class.

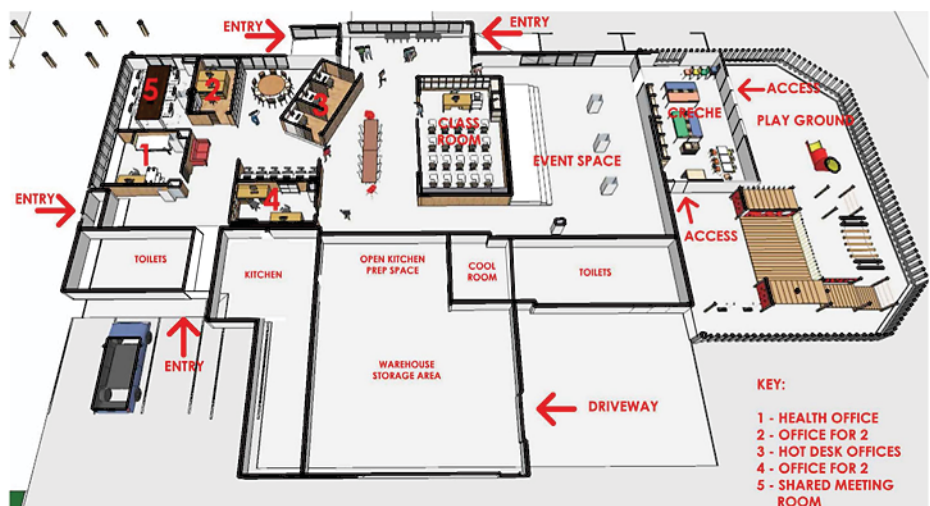
Last year the school completed a three-year professional development programme called He Kakano through Waikato University and Te Wharewananga o Awanuiarangi which saw it gain insight towards raising the academic success of Māori students as Māori.

Open Event at Te Whare Oranga ō Parakai

We'd like to invite all interested members and groups in the community to join us at Te Whare Oranga ō Parakai on Tuesday 25 February from 5pm – 7pm for an exciting reveal of plans and designs for the building and its potential uses for our community.

Manager of the Helensville District Health Trust, Charm Torrance will open the evening by sharing the Trust's strategy and vision for Te Whare Oranga ō Parakai. Strategic Broker and Steering Committee member Arohanui Grace will talk to the facility's future uses, with Peter Brennan presenting plans for the South Kaipara Food Revolution that will be based at the site. Finally representatives from Unitec's architecture and design faculties will present detailed plans of the intended design and layout renovations for Te Whare Oranga ō Parakai. Redevelopment and construction will commence later this year. Light refreshments will follow and provide an opportunity for all to mingle, ask questions and discuss any ideas. We hope to see you there.

Te Whare Oranga ō Parakai
11 Parakai Avenue, Parakai
Tuesday 25 February 5pm – 7pm



Draft plan visual from Unitec for Te Whare Oranga ō Parakai.

New Faces at the Kaipara Medical Centre

2014 is off to a roaring start at the Kaipara Medical Centre. We are very pleased to confirm two permanent Doctor appointments to the team. The new community mixed ownership model of the KMC and the great staff and facilities based in a thriving rural community have attracted some excellent applications.

We are delighted to confirm that **Dr Hollie Shine** joins the Kaipara Medical Centre next month. Many of our clients will remember Dr Shine from her time working as a Registrar for six months at the Kaipara Medical Centre around two years ago. Dr Shine joins **Dr Nicole Badie** who remains with us on contract for a few more months. **Dr Ivan Gannaway** is our second permanent appointment and starts this month. We hope you will join us in welcoming our new GPs to the community.

Helensville Birthing Centre Board

The Helensville Birthing Centre is commonly regarded as New Zealand's best birthing centre. It is a separately governed entity wholly owned by the Helensville District Health Trust. The Birthing Centre's Board meets on a quarterly basis for up to two to three hours on a week day. We are looking for two new Directors to look to join this Trust Board in 2014.

If you feel you have something to offer the Birthing Centre and its future we'd like to hear from you. We are especially interested to hear from those who have a background in business, social enterprise, nursing or midwifery.

Please contact Charm Torrance at ctorrance@helensvillehealth.co.nz

Successful Power Project Rewiring

A big thank you to Craig Scobie of Scobie Contractors Ltd for his work in late 2013 to rewire the main power services to both the Helensville Birthing Centre and Kaipara Medical Centre.

Thanks to Craig the Birthing Centre was only required to close for one day, which we made good use of to accommodate carpet layers and painters for some interior refurbishment. This minimal disruption to services could not have been achieved without Craig's efficient management of this contract.

We are now confident that both our main power supply and our back up on site generator can provide an uninterrupted power supply to these essential service businesses.



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Lots of changes at Palm Springs

Locals who haven't been to Palm Springs Thermal Pools at Parakai recently would be surprised at the changes there.

Two major developments have been introduced recently and are proving a hit with visitors to the pools.

Most noticeable is a new garden pool area, where swimmers can relax in a serpentine-shaped rock pool with waterfalls and surrounded by lush native bush.

The area around this pool has been carefully landscaped to provide a relaxing setting, and the whole area is screened off from the main pool complex.

Michaela Lee, who has managed Palm Springs for 10 years, says: "People love the environment with the plants and waterfalls."

The other new feature is a special shallow baby pool for the littlest swimmers. Parents can sit in the shallow water to keep an eye on their children as they play in the pool and jump around the fountain.

The main outdoor pools have been cleaned and tidied up with new tiles, plaster and paint so everything is fresh for the new year, says Michaela.

She is keen to stress the health benefits of the natural mineral water at Palm Springs.

The geothermal water at Parakai has been used for therapeutic purposes for around 150 years, and she points out the healing properties of the hot natural mineral waters are still widely recognised by doctors, physiotherapists and other health professionals, who couple them with proper

exercise to aid rehabilitation from sport injuries among other ailments.

While the thermal water at Parakai can reach over 65°C, it is cooled and filtered before entering the pools. One of the large outdoor pools and the three outdoor spas run at about 40°C which is considered ideal for relaxing in, while the other big pool is kept at 34°C, suitable for exercise or water games.



• The new garden pool with waterfalls

Hunt dogs go on show in Helensville

Locals will have the chance to see as many as 60 hunt hounds being judged at the Northern Region Hound Show at the Helensville Showgrounds on Saturday, February 15.

The show will be open to the public at no charge.

The Hound Show is being hosted by the Waitemata Hunt, which has been part of the equine community in North West Auckland for more than 65 years. Waitemata Hunt was asked to host the event by the New Zealand Hunts Association, says Waitemata joint hunt master, Charlotte Porter.

The Hound Show will involve dogs from up to 10 hunts in the northern region, with judging of the 50 to 60 hounds starting at 11am. They will be judged by Barry Beatson, a former president of the NZ Hunts Association and former master of the Dannevirke Hunt.

Hounds are judged on specific criteria for hunting harrier hounds, with 12 classes for the hounds and a special horn blowing class for huntsmen.

It will be the annual show for the northern region. Winners will not go on to compete at national level as the national competition is only held every other year.

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Gold medal win for KKK snowboarder in leadup to Winter Olympics

Snowboarder Christy Prior of Kaukapakapa (right) has won the gold medal at the last qualifying event before the Winter Olympics, which start in Sochi, Russia this week.

The snowboard slopestyle win in Stoneham, Canada on January 18 was 25-year-old Christy's first five-star World Cup win and puts her in a strong position heading into the Olympics.

Christy, picked as one of New Zealand's best chances for a medal at the games, won the International Ski Federation (FIS) World Cup event in a snow storm, taking a convincing win with a score of 89.75 ahead of Dutch rider Cheryl Maas in second with 85.25 and Austrian Anna Gasser in third with 84.25. She had placed second in her qualifying heat which allowed her to leap frog the semifinals competition and go straight into finals.

She describes herself as "relieved and really thankful" to have achieved such a good result. Winter Performance Programme Director Ashley Light says: "this result indicates that Christy is now starting to fulfil her true potential."

The win makes her only the second snowboarder from New Zealand to win a World Cup event.

Currently ranked seventh in the world for women's snowboard slopestyle, Christy gained a series of podium placings during the 2012 and 2013 seasons including second place at the TTR 5-star Super Girl Pro, first at the Czech World Cup Big Air, second at the Burton High Fives TTR 5-



star, first at the Billabong Bro Down TTR 4-star, and first at the US Open Rail Jam. She was awarded the 'Ms Superpark Standout Award' for 2013.

Christy says that she is both honoured and humbled to be representing New Zealand at the Winter Olympics, and is excited and nervous in equal parts.

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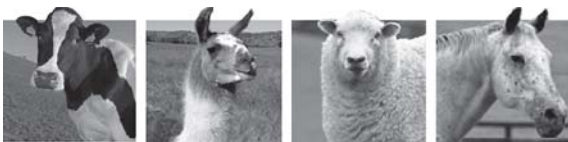
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Course numbers are limited. Held in the meeting room at the Helensville Veterinary Clinic, and there will be a field day on a small block at the end of the course to put some theory into practice.

Course Fees: \$500 (incl GST)

To register or find out more information please contact the clinic.



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Local 'drop in' meetings on BID

Two local 'drop in' evenings – one in Parakai and the other in Helensville – will be held this month so business people can find out more about the proposed North West Business Improvement District (BID).

The BID project, being promoted by the recently-formed North West District Business Association, is aimed at linking the seven townships from Kaukapakapa and Riverhead, in a drive to boost economic development.

Business Association members are hosting the events in the lead-up to a ballot in March that will determine whether the BID goes ahead. All business owners and commercial property owners in the targeted areas are eligible to vote in the ballot.

The Parakai drop in session will be in the private rock pool function area at the Parakai Springs hot pools on Thursday, February 13 from 5pm to 7pm, while the second meeting will be at the Helensville Pioneer Museum in

Mill Road on Tuesday, February 25, also from 5pm to 7pm.

A third drop in meeting will be held at Waimauku on Thursday, February 20 at the Full Moon Café from 5pm to 7pm.

There will also be a more formal public meeting at Provenance Matua Valley, 791 State Highway 16, Waimauku - the former Bees Online restaurant - which will feature a guest speaker and a presentation of the



Growing together
NORTH WEST
 Business Improvement District

North West District Business Association's intended business plan on Tuesday, February 4 from 6.30pm.

All business and commercial property owners from Kaukapakapa, Helensville, Parakai, Waimauku, Huapai, Kumeu and Riverhead are invited to attend. Contact BID campaign manager Robynne Pringle at Robynne@ballyhoo.net.nz or phone 021 909 415.

More information is available online at: www.northwestbusiness.co.nz

Community Christmas lunches set to continue

Helensville's annual Christmas day community lunch looks set to become a permanent fixture.

Last Christmas local Raewyn Mercer stepped in at the last minute to run the event after the previous organisers were unable to

because of other commitments. Now she says the community event is "here to stay", and she is already preparing for this

year's lunch.

Raewyn has set up a lunch register for local families and individuals at Heartlands at 102 Commercial Road. People can either register in person between 10am and 3pm weekdays, or by phoning 420 9761.

She says last year's lunch turnout was low compared to previous years, most likely because of prior publicity that it had been cancelled. But she says community support for the lunch was "extremely encouraging".

"Christmas lunch deserves its place in our community, and it is here to stay."

Call for submissions on draft annual plan

Submissions on Auckland Council's draft Annual Plan for 2014/2015 close on Monday, February 24. The draft plan includes local board agreements that highlight each of the boards' local priorities, projects and advocacy issues.

More information on the draft plan and how to make a submission is available online at www.annualplan.aucklandcouncil.govt.nz.

Courgettes (continued)

• From Page 15

Split courgettes down the middle and run a spoon down them to scoop out any seed parts and to create a trench. Lay them in your dish, skin side down and sprinkle liberally with some cooking oil, salt and pepper and bake for 15 minutes @ 180 degrees.

Meanwhile, make the sauce. Put the diced onion, garlic, and oil into a pot and cook gently for a couple of minutes. Add the vinegar and sugar, then the water and tomatoes. Cook for 15 minutes then add the chopped fresh herbs, salt and pepper and take off the heat.

In a bowl combine the mince, onion, garlic, chillies, sunflower seeds/peanuts, spices, breadcrumbs, salt and pepper. Mix together with your hands until thoroughly combined.

Remove the courgettes from the oven. Once cooled enough to handle, fill the trench of each courgette and mould extra stuffing to reform the shape of a whole courgette. Place them back in the dish, skin side down and surround with tomato sauce. Bake at 180 for another thirty minutes. Baste a couple of times during cooking by spooning the sauce over the courgettes.

After 30 minutes remove from the oven and cover with a light layer of grated cheese, sprinkle on a few breadcrumbs and return to the oven for another 15-20 minutes.

with Kaipara chef, Peter Brennan

Getting inventive with courgettes

Courgettes: it always seems like a good idea at the beginning of the season to get a few courgettes underway. Trouble is at some stage they all start producing and you are collecting too many. The family only like so much of one thing so I have had to get inventive.

■ A simple fresh pickle that keeps for at least a week in the fridge

- 2x small to medium courgette
- 2x carrots
- 1x medium beetroot
- knob of fresh ginger
- salt and pepper
- 1/2 cup cider

Grate all the vegetables into a bowl. Heat the vinegar and melt the honey in it. No need to boil it. Once combined tip onto the grated vegetables, season with salt and pepper. I usually do this in the afternoon if we are eating it that night. You will end up with more juice after a few hours, just tip it all into a jar and keep it in the fridge for a week or more.

Another simple but easy thing to do with courgettes is to cut them into strips and lay on a tray, sprinkle with salt and pepper, smear on pesto and cover with sliced or grated parmesan. Bake in a hot oven until cheese is coloured and bubbling. Eat them straight away. If you have a couple of larger specimens this is a great way to use them up.

Courgettes any size. Enough courgette that when cut in half lengthwise they make a single layer in an oven dish.

■ Sauce

- 500g x fresh or canned tomatoes, crushed to pulp.
- Enough water to make a sauce. (about 1/2 cup, add more if needed.)
- 1 x medium onion diced
- 3 x cloves garlic chopped
- 1 tablespoon of cooking oil
- 1/2 x cup chopped basil or oregano or both.
- Tablespoon of vinegar
- Tablespoon of brown sugar
- Salt and pepper

■ Courgette stuffing

- 300g x mince lamb or pork
- 3 x cloves garlic chopped
- 1 x medium onion diced
- 2-3 fresh chillies
- 1/2 cup sunflower seeds or chopped peanuts
- Heaped teaspoon paprika (smoked if you have it)
- 1/4 teaspoon of 5 spice, or cinnamon
- 1/2 cup bread crumbs
- Salt and pepper



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■ JUNIOR RUGBY REGISTRATIONS

Local primary-age children can register for Helensville Junior Rugby at the A&P Show on Saturday, February 22 or at the Rugby Club clubhouse in Awaroa Road on Wednesday, February 26th from 4pm to 6pm. There will also be a fun Open Day at the club on Sunday, March 2 from 10am to 2pm; children should bring a towel and change of clothes.

Junior rugby fees are \$65 per child for the season, and families are eligible for discounts. Eftpos will be available at the registration days. All paid registrations on those days will also go in a prize draw. For more information phone Roxanne Mulvaney on 420 4458 or visit the club's website at www.helensvillerrugby.co.nz.

■ KAUKAPAKAPA SCHOOL GOLF

Kaukapakapa School will hold its annual fundraising Golf Tournament on Friday, March 14 at Helensville Golf Course. The team cost starts at \$360, with both playing and sponsorship-only packages available. Billed as a fun-filled fundraiser for the school, there will be free food and drink on-course during the tournament, plus finger food in the clubhouse after the game. There will also be prizes, an auction, raffles and various fun activities. For more information or to book in a team email Tracy Bronlund at: tracyb@bpl.co.nz.

■ PLAYCENTRE OPEN DAY

Helensville Playcentre in Stewart Street is holding an open day on Saturday, February 8 from 9.30am to 1pm. There will be a barbeque and plenty of play equipment for youngsters to try out. The open day is being held so locals can see what goes on at the playcentre and to try and boost the roll.

■ PARAKAI FARMERS MARKET

The Parakai Farmers Market is back in regular action for 2014, open from 9am to 1pm each Saturday at Te Whare Oranga o Parakai, beside Parakai Springs hot pools. Stalls include fresh fruit and vegetables; chutneys; bread; smoked fish; plants, soaps and women's summer dresses. To book a stall phone Roxy on 022 131 0297.

■ KAIPARA LANCERS MUSTER

The Kaipara Lancers Rugby League Club holds its annual muster at 3pm on Sunday, February 16 at Rautawhiri Park.

Interested coaches, managers and players are invited to register for their chance to be part of the next team. Those attending should bring sneakers and a water bottle for a light, friendly game of tag.

For more information phone chairman Ian Collis, 021 038 6369 or 4207477; or co-coaches Mark McDonald, 021 377 643 or 420 8578; or Paddy Moore, 021 0231 5189 or 420 5036.

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Helensville News - Publication Information

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ISSUE DUE OUT TUESDAY, FEBRUARY 4th 2014

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