

## Student raising money to send local youth to Outward Bound

Helensville college student Fletcher Clark is raising \$4000 to send a young local to Outward Bound - and he's asking people to chip in.

The Year 13 Kaipara College pupil and student peer support leader completed a 21-day 'Mind, Body & Soul' Outward Bound course at Anakiwa, in the Marlborough Sounds, late last year.

Bound is helping people without getting anything in return," says Fletcher.

"It was an amazing experience and I want someone else to have that opportunity. I'd like to give back and let someone else experience what I've experienced."

As well as the half marathon, Fletcher is doing other small local fundraisers, and when *Helensville News* spoke with him in February

he had already raised about 10 percent of the \$4000 needed for the scholarship.

He is running most nights to prepare for the 21km half marathon, and plans to join the local gym. He competed in the Stirling Sports 11km run on February 23, and will enter the Tough Guy and Gal Challenge at Woodhill Sands in June.

The Mind, Body & Soul course Fletcher completed covered a wide range of activities, including kayaking, team sailing, canoeing,

a ropes course, rock climbing, running, abseiling, tramping, camping, environmental and values learning, goal setting, and service projects. It included two nights of 'solo' bush camping.

For Fletcher the highlights were the sailing, and the gains felt at the end of a tough tramp where "everyone was physically and mentally drained".

"Not only did I meet so many amazing people and complete many adventurous activities such as tramping, sailing, rock climbing, high ropes etc, I learned a lot about



• Fletcher with his Outward Bound team mates

myself and the environment.

"The major thing I learned was that the mind is much stronger than the body, it can push the body to do almost anything as long as you want it to," says Fletcher.

"I also learned self respect, a lot of self confidence [and] discipline, and the course also motivated me to do better at everything - 'aim for greatness, not good'.

"It helped in leadership-type roles at school, as well."

He says he also learnt how to look after and save the environment to help preserve New Zealand for generations to come.

Locals wanting to help Fletcher raise the scholarship money can donate at: [givealittle.co.nz/cause/marathonforacause](http://givealittle.co.nz/cause/marathonforacause).

More information is available on a Facebook page Fletcher has set up at: [www.facebook.com/Outwardboundsscholars](http://www.facebook.com/Outwardboundsscholars) hip.



• Fletcher Clark

He describes it as "the best thing that has happened to me", and now wants to share the experience with another local school student who would benefit from an Outward Bound course.

While not big on sport or fitness before attending Outward Bound, Fletcher has decided to enter the Auckland Half Marathon in November and would like locals to sponsor him. The money will go directly to Outward Bound for a scholarship so another young Helensville person can attend the course.

"One of the values [taught] at Outward

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# editorial

Done and dusted for another year - the Helensville A&P Show is a gigantic year-round effort on behalf of a relatively small band of volunteers, plus the large number of extra helpers on the day. It's our town's biggest annual event.

Now those volunteers and helpers are breathing a sigh of relief, because another hugely successful show has gone off without a hitch. The weather looked dubious early in the morning, but a couple of showers didn't put a damper on the event or keep the crowds away.

This year's show was notable for its commemoration of the start of the First World War, with a special tribute at the official opening featuring Prime Minister John Key, the RNZAF band, and representatives of the Helensville RSA, scouts, keas, cubs, and guides. Hearing the Ode of Remembrance read in Māori and English, and the names of local fallen read out by the young participants, was moving for many of those watching.

The show was a hit with visitors, especially the cooking demonstrations by Annabel White and Pete Brennan in the Relish the Taste tent, and the wide array of trade stands.

You can read about two special awards given out at the show on page 8, and see a selection of photos on page 9. And there are lots more photos on our Facebook page - just search for 'Helensville News'.

- Dave Addison, Editor

## Rodney in the Spotlight Expo

A small but steady stream of people took the opportunity to meet with Rodney Local Board members and Auckland Council staff at a Spotlight on Rodney Expo at the Kumeu showgrounds last month.

The aim of the expo, and a second one held at Mahurangi College in Warkworth on March 1, was to garner feedback from the community both on the board's draft annual plan and on its plan to develop a strategic vision for the area.

Locals were able to browse around 25 stalls covering a broad range of council departments and local community groups.

Information was provided on issues such as special housing areas; the boat ramp study; the North Rodney swimming pool assessment; northern regional parks; libraries; infrastructure and environmental services; community development; Auckland Transport; and the council's Annual Plan.

Community groups on hand to spread their word included the SH16 Business Improvement District (BID); the Kaukapakapa Community Plan; both Helensville and Kumeu Arts Centres; the

Integrated Kaipara Harbour Management Group; and Muriwai Surf Club.

Workshops and presentations were held on a number of issues including the proposed SH16 BID; waste management; community development and special housing areas. Rodney Local Board held two panel discussions.

Feedback on Rodney Local Board's plans for 2014-17 close on Friday, March 14. Feedback can be submitted in person at the board office in Orewa, online at [www.aucklandcouncil.govt.nz/haveyoursay](http://www.aucklandcouncil.govt.nz/haveyoursay) or via the Rodney Local Board's Facebook page.



• The Kaukapakapa Community Plan stand

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# Lions Club, Council partner to extend Riverside Walkway

The Helensville Lions Club and Auckland Council have joined forces to extend the Kaipara River walkway in Helensville.

The extension will run from the current platform at Creek Lane to a new exit onto Commercial Road, between the old Helensville Post Office and BNZ bank buildings.

Lions President Yvonne Hilton says the club decided to adopt the walkway extension as a project to help mark the club's 50 years celebrations. The club has pledged \$10,000 towards the cost, and Lions members will do some of the construction work.

The Rodney Local Board has given its blessing to the walkway extension, taking out a further lease from Kiwi Rail to allow the extension and allocating \$30,000 for the construction.

The site has already been cleared of the overgrowth. A retaining wall has been completed, and some boundary fencing erected. Steps climbing up the bank to the old Post Office have been framed up but not finished.

The next stage is the formation of the walkway itself, with landscaping to follow.



• A retaining wall and stairs are already well under way

No completion date has been set for the project as it relies largely on volunteers. It is expected a call will be put out to the local community to pitch in and help, most likely with the landscaping. Anyone who would like to volunteer should phone project co-ordinator Rod Brown on 420 7114, or contact

any Lions Club member.

The Kaipara River walkway currently runs from Mill Road, opposite Mitre 10 and follows the Kaipara River to behind the Helensville shops at Creek Lane. It was built as a joint project by volunteers and the then Rodney District Council.

The long term plan was to follow the railway line as far as the Helensville Railway Station - however that would require a pedestrian safety extension to be built on the rail bridge over the Te Awaroa Stream.

Helensville Lions Club was formed in 1963 and with help from the community has been involved in many major local projects, including the Helensville ambulance station, Rautawhiri Park, smoke alarms in homes, playground equipment and the helipad at Rautawhiri Park.

Yvonne says it is fitting the club has a project to mark its 50th anniversary and to say thanks to the many local people and groups that have helped Lions both physically and financially over the years.

## Waitoki School garage sale

Waitoki School is holding a garage sale on Saturday, March 29 from 9am to midday.

There will be bric-a-brac, clothing, toys, books, small appliances, vintage items and a craft table, as well as a sausage sizzle and drinks for sale. The sale will be undercover, and funds raised will go towards purchasing new IT equipment for the school, including laptops, PCs and tablets.

Items to donate for the sale can be dropped off at the Waitoki School Hall from March 17 to 28, from 8.30 am - 3.30pm.

## march madness



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## College puts out call for unwanted classical music instruments

After more than a decade's absence, classical music is set to make a resurgence at Kaipara College – and the school is calling on locals to donate unwanted instruments.

“Our goal is to have a performing string quartet and full chamber orchestra in the college by the end of 2015,” says college Head of Music, Nick Roberts.

In 2003, the college music department assessed the condition of each of its classical instruments. The cost to restore the collection was significant, so the decision was made to sell it and instead focus on modern genres.

As a result of that decision the number of music students grew and the school's academic results in the subject improved significantly. Kaipara College is now recognised as one of New Zealand's leading contemporary music schools.

However, there has been a continued growth of interest in classical music, especially following a senior students' tour group travelled to Europe in 2011.

“Young musicians are now requesting classical tuition and group work,” says Nick. “The music department has decided to reinvest in the classical programme with the goal of augmenting the existing programmes.”

The next stage is to develop a library of classical musical instruments. Nick says the department wants any string, brass, woodwind or percussion instruments that are no longer wanted.

They will initially be assessed, restored if necessary and if suitable, placed in a collection for all interested students to use.

The college recently

made a major start to the collection, purchasing a refurbished Bechstein grand piano for the school hall using funds raised through an appeal on the school's 'Friends of the College' Facebook page.

The piano was located at the NZ School of Dance in Wellington and was moved to its new home by two parents of college students.

Nick says cost is a major barrier to the school getting back into classical music.

“To start a small classical group, for example a basic string quintet, is the cost of around \$6,500 and a woodwind quintet a little more. This makes it very difficult for many students and their families to consider taking part in classical music.”

Anyone with unwanted instruments they would like to donate should phone Nick on 420 8640.



• Kaipara Colleges newly-installed Bechstein grand piano



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# 300 competitors + 600 sheep make for successful sheepdog championship

More than 300 competitors and their dogs fought for honours in the Northland Centre Sheepdog Championships at the Inland Road farm of Andrew and Erica McKenzie last month.

The Bayleys-sponsored event was hosted by the 85-year-old Helensville Sheepdog Trial Club, which is one of the country's oldest. It was the first time in 28 years the trials had been held at Helensville.

The three-day competition involved months of preparation for the organisers, club president Duncan McNab and his wife Jinny.

Competitors were entered in maiden, intermediate or open sections, with heading dogs taking part in Long Head and Short Head and Yard events, and huntaways competing in Zig Zag Hunt and Straight Hunt trials. The dogs worked around 600 ewes loaned by the McKenzies for the competition.

Entrants came from as far afield as Cape Reinga and Hastings, and the event was judged by three judges from Poverty Bay.

Competition was intense and the final scores were very close.

Duncan, who began going to dog trials as a young shepherd in 1975, explains that many of those now involved are people wanting to preserve an event that was very important to the founding of New Zealand agriculture - trialling began so farmers could get the measure of the best dogs and make purchases that would improve their bloodlines.

Today there are plenty of locals who still take a keen interest in dog trialling as a sport.

Competitors at the Helensville competition were pleased with the smooth running of the event and said the sheep were both well prepared and responded well to the dogs. They also enjoyed the social side of the trials, which included a Saturday night dinner at the Grand Hotel.

Duncan and Jinny were delighted with the event's success.

Everything used was sourced in Helensville and many in the community made a contribution, either as sponsors or



• A competitor in action at the sheepdog trials  
- Photo: Helen Martin

hosts. That was rewarded by the fact that, with so many out-of-towners staying for the weekend, money was brought into the community.

Says Duncan: "Dog triallers are a pretty hard audience and to get such good feedback from everyone was very gratifying to all those who had a hand in it. That definitely made the hard work worthwhile."

- Helen Martin

## Hospice shop after help

Helensville's Hospice Shop is keen to hear from anyone who can spare a few hours daily or weekly to volunteer at the shop in Mill Road. Hospice shops help provide funding so hospices can provide care free of charge. Phone Jane on 420 8950.

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# Makarau team get into stride for Oxfam Trailwalker

A team of four locals calling themselves 'Makarau Madness' are on track to compete in the Oxfam Trailwalker walk around Lake Taupo in April.

The four neighbours from the Makarau Valley area - team leader Sandi Wendt, Gael Riley, Charlotte Naden and Crispin Caldicott - recently completed a 'dress rehearsal' walk in Riverhead Forest in what Crispin called "blazing hot conditions".

Consisting of four separate trails over two days, they completed the 50km Oxfam Trailwalker half course in a combined time of just under nine and a half hours - an effort that pleased the quartet.

The Oxfam Trailwalker 2014 takes place round Lake Taupo over the first weekend of April. 300 teams from around the world, each of four people, must complete the 100km course within a 36 hour time limit.

Funds raised through sponsorship will go to help Pacific Islanders affected by recent fierce storms. The aim is to raise \$1 million.

Makarau Madness is concentrating its sponsorship efforts on local businesses, and hopes to draw in as many small firms as possible.

"So far we've had a few very generous donations, including one from the UK. We



• The Makarau Madness team, from left: Charlotte Naden, Sandi Wendt, Gael Riley and Crispin Caldicott

are confident the businesses of the Kaipara area will be as generous, for what is a great and worthwhile cause," says Sandi Wendt.

All four team members admitted to a few stiff muscles after the 50km trial walk, but were pleased with the bonding opportunity the event provided.

Sandi, who completed the ancient 800km El Camino de Santiago pilgrimage route in Spain in only 33 days last year says: "we've all been training hard since late December, and as we've got fitter we've enjoyed it all the more.

"But we need to do quite a few more long walks before then."

# Call for tutors to help at SeniorNet

Helensville SeniorNet is looking for computer-literate locals with a bit of spare time to help with tutoring.

Based at 1 Rata Street, Helensville SeniorNet is a non-profit organisation which provides computer lessons to locals over the age of 50 - but to be able to provide those lessons, they need help.

Tutors can choose the hours they work to fit in with their 'clients', and lessons are held over two-hour sessions, once or twice a

week. Each set of lessons total eight to 10 hours.

"We are a very friendly group and have a lot of fun as we learn," says team leader Jennie Williams. "There are no exams or competitions - just promising to pass on as much knowledge as we have at our finger tips."

Knowledge of Microsoft Word and Excel; email; the internet; TradeMe and Facebook are the main skills looked for in tutors, though

Jennie says help with the Windows 8 system would be welcome.

Anyone interested in helping out should call in at the SeniorNet rooms, or phone 420 8440, or contact Jennie at home on 420 7392.



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# Kindy gets more relevant name

It's out with the old and in with the new - name that is; River Valley Kindy has been rechristened Parakai Kindergarten.

Head teacher Sharon Williams says the new name "gives us a sense of identity, and is more culturally appropriate."

She says a lot of people, newcomers to the area in particular, didn't know where the Fordyce Road kindergarten was, as there is no actual 'River Valley' anywhere in the district.

New signage was expected to be in place by the time you read this.

The kindergarten is the only one whose building is owned by the Northern Auckland Kindergarten Association, and has recently undergone a \$200,000 extension and makeover. Among the new facilities is a comfortably furnished Whanau Room, which is available for use by community groups for koha. Currently Plunket holds clinics there each Tuesday.

With large new offices built, the original office site has been converted to a 'focus room' where children can have quiet time. A new kitchen features a low worktop for the children to use during their weekly




• From left: Bailey Winters, Sharon Williams, Natalia Penetana-Wilson and Paige Valk play in the kindy's new Whare-Nui

baking sessions.

Parakai Kindergarten now has six staff - four teachers, a teacher aide and an administrator.

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## medical centre notes

March is an exciting month for us here at the Kaipara Medical Centre with our new male GP, Dr Ivan Gannaway now in-situ at the practice. Ivan will be taking over Dr Richard Davies' patients and is enjoying Helensville and the South Kaipara since he has moved into the area.

Our two new female GPs, Dr Hollie Shine and Dr Sherine Tobias, are starting work here with us this month too. Hollie has recently moved into the area, while Sherine comes to us from the UK via a recent stint at Bundaberg in Australia.

It's Helensville's month for the National Breast Screening Programme, with the mobile breast screening unit in the Mitre 10 carpark from March 3 to 20. We urge all women aged between 45 and 69 to get a free breast exam via this national breast screening programme to check for signs of early breast cancer.

It is recommended breast screening is done every two years. The screening programme detects tiny cancers that can't be felt, and while it doesn't prevent cancers from forming it does reduce the chance of dying from breast cancer by approximately one third. To make an appointment please phone 0800 270 200.



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# Top honour for former show secretary

Former Helensville A&P Association secretary/manager Gaylene Ashton was awarded the Royal Agricultural Society's Medal of Excellence (level 2) at the A&P Show on February 22.

It's the Society's second highest honour, and matches one awarded last year to Helensville's Richard Bradly.

"It's a complete and utter surprise and a huge honour," says Gaylene.

Gaylene has been involved with the Helensville Show since entering the baking, craft and floral sections as a primary school child. When she applied for the show secretary job in 1996, one of the reasons she gave was a desire to repay the community for her childhood experiences of enjoying and taking part in the Helensville A&P Show.

As with many 'show' people, Gaylene's family has a long history with the Helensville Show. Her great grandmother, Annie Ellett, was the first woman appointed to the Helensville A&P Association committee; today Gaylene's children Jonathan and Michael are the family's fifth generation to be involved with the show.

When Gaylene took over as show secretary in 1996 – a role she held until 2011 – she inherited an archaic system of manual records and management.

During her time with the show she introduced computer-based administration



• Gaylene Ashton

and entry systems; a revised sponsorship format which saw a big increase in income for the A&P Association; organised funding for a website; and generally put the show's running on a professional basis.

She was a major motivator behind the success in 2002 of the 100th Helensville A&P Show.

Major changes at the show during her tenure included negotiation of a new long-term lease; transferral of the grounds

ownership from the local racing club to Auckland Council; and the implementation of an 'executive' committee organisational format.

Despite the hefty workload, Gaylene still managed to enter the show every year, be it in the floral section, photography or baking.

Not content with just running the Helensville Show, Gaylene frequently helped out secretaries at other shows in the Northern District, supporting new personnel, inputting data and sharing her wide knowledge of the rules and structure. She also organised practical training days for other Northern District secretaries.

From 2003 to 2007 Gaylene also took on the role of district secretary to the Northern District Council of the Royal Agricultural Society. That involved frequent meetings in Whangarei, attending an annual conference, and on several occasions chairing the secretaries' meeting at the RAS conference.

In 2007 – while still Helensville A&P secretary/manager – she became part-time secretary for the Auckland A&P Association, the organisation that runs the mammoth Auckland Easter Show.

Gaylene retired from both the Helensville and Auckland show roles in 2011, although she is still to be found in the Helensville show office in the days prior to the annual show, and running the equestrian tent on show day.

## Beekeepers Club

A Rodney Beekeepers Club was founded in Helensville last month.

28 people, mostly hobbyists with small numbers of hives along with a few people keen to start keeping bees and several experience beekeepers, attended the formation meeting at Farmlands in Mill Road on February 12.

Experienced beekeeper Brian Alexander was chosen as club patron.

The club is looking for a small block of land which they could use as a club apiary, for about 6-10 hives.

Meeting times and more information is available by phoning either Peter McNab, 420 6179 or Claude Buchanan 420 9719.

## Voice of A&P Show honoured



• Yvonne Hilton with A&P Show president Jordan Bradly and Show patron Hec Aitkenhead

'Voice of the Show' Yvonne Hilton was also honoured at this year's A&P Show, with the Helensville A&P Association's Outstanding Service Award for her 24 consecutive years as show announcer.

Hilty, as she is known to almost everyone, was the booming voice for every announcement at the show, from the next entertainment on stage to the location of the office, the whereabouts of the toilets or the alert of a lost child.

She developed a routine of wandering the grounds reporting on the various activities and chatting with people as she went. Hilty retired from the announcer's role after last year's show, and currently serves at the Lions Club president.

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# A&P Show in pictures



• Competition was fierce in the Junior Farmer competition



• Butch family dog show



• RNZAF band



• River Valley Winemakers & Brewers Guild celebrated its 30th anniversary



• Cattle - and competitors - come in all ages



• It's all concentration in the wood chopping arena



• Emma Rose (9) of Pukekohe on Deeplake Fascination, with three of the four champion ribbons she won



• Prime Minister John Key tries out a classic 1949 MGTC sports car

• All photos © 2014 Helensville News 2011 Ltd



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# 500 horses compete at Woodhill show jumping

Around 300 of New Zealand's top show jumping riders - plus international entrants from Australia and other countries - competed in a prestige three star event at Woodhill Sands late last month.

Between them they rode 500 horses in the Aon Insurance 3 Star Oceania Championship Show Jumping, Show Hunter and Derby Show over the weekend of February 22 and 23.

Northland rider Nekeysha Lammers on Airborne Magic won the Woodhill Sands Pony Grand Prix. Local rider Sara Brooks placed sixth on what was a very technical course. The Alltech Horse Grand Prix was won by Mathew Gilmour on Cuba D'esquermes Z.

Spectators and competitors were treated

With five rings in action over the two days, the event was the premier show in the lead-up to Australasia's biggest equestrian event, the 'Horse of the Year' competition being held in Hastings later this month.

Local riders were well represented in the top-level field, including Maddison Bult of Kumeu; Sara Brookes of Waimauku; World Cup rider Lisa Coupe from Kumeu; and Waimauku-based Australian rider Jono Smith.

The major winner of the three star show jumping was Olympian Katie McVean riding Dunstan Springfield; Northland rider Amanda Wilson took out second place.



• Waimauku-based rider Jono Smith in action on SP Vision

to an entertaining slalom relay race on the Saturday evening.

The race featured drawn teams, each with an adult on a horse and a youth on a pony. The horse riders raced horse riders from another team over a mirrored course, relay-tagging the pony riders who then raced each other. With a mirrored course spectators could easily see who was leading in what was an exciting, fast paced and competitive event.

McVean and World Cup winner Samantha Macintosh of Cambridge were hot favourites going into the show.

## Big Nui music festival at Wainui School

Wainui School is holding a music festival dubbed 'Big Nui' on Saturday, March 29.

The family-friendly event will run from midday to 10pm on the school grounds, and will feature a diverse musical lineup including folk, jazz, blues, pop, alternative and hard rock.

Headlining the acts are Jason Kerrison, Don McGlashan and Mice on Stilts, with support from a wide range of other groups including the Kaipara Jammers, The Symphony of Screams, Bond Street Bridge, Kara Gordon and the Wreckage, Radio Glo, 71 Sunset, Small Boys, Fanau, the Maria O'Flaherty Trio, Lee Gray and the Beat, The Dirt Road Orchestra and DJ Jake Male.

Organisers are hoping up to 1500 people will attend the fund raiser for the decile 10 school, some of the proceeds from which will go towards music education.

Tickets cost \$8 for children aged 5 to 12 years; \$20 for youth 13 to 17 years; \$35 for adults; and \$70 for a family pass for two adults and two children. Tickets will be available on the day, or can be pre-purchased through [www.eventfinder.co.nz](http://www.eventfinder.co.nz).

The music festival will also have a free children's program with a range of entertainment and featuring 'rotten pirate' Captain Festus McBoyle; rides; stalls and buskers. Food and drinks, including alcohol, will be on sale during the day. No alcohol will be allowed to be brought into the event, and no glass will be allowed on site.

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# Public bench carving project gets green light

Helensville's own self-proclaimed 'mad woman carver' Denise Marshall has at last been given the go-ahead - and funding - for her project to carve public benches for Helensville.

"It's finally happening!" she says.

In the December 2012 *Helensville News* we revealed Denise's dream to install a series of carved public benches around the town, carved with the help of locals.

Now, with the help of a \$12,000 grant from the Rodney Local Board and a suitable venue at Peacemakers in Fordyce Road, Parakai, she is ready to start.

For most of March, and beyond if the participants wish, Denise will run a free community woodcarving workshop at Peacemakers.

The workshop is open to any locals who either want to learn to carve, or who have carved before and want to try something big and three-dimensional. The outcome of the workshop will be a series of carved seating benches to be sited in various reserves around Helensville.



• 'Mad carver' Denise Marshall

Each bench will consist of a simple design with a carved upright tree trunk at each end, with a thick slab of wood in between as the seat.

"We may be able to do some simple shallow carving on the seat part, but most of the work will be on the uprights," says Denise.

"The level of detail and complexity will depend on what the volunteers feel inspired, or able, to do."

Initially each volunteer will get a small piece to practice on, which they can then take home as a piece of sculpture.

Peacemakers has undercover space available for carving, as well as outdoors space with shade available. Morning and afternoon tea will be provided courtesy of the Helensville Lions Club. Volunteers will need to bring their own lunch, or something to share. The council funding means all tools and materials will be provided.

Initial workshop dates are March 8, 9, 15, 16, 22, 23, 29 and 30, from 10am to 4pm daily. Weekdays will be available once Denise has an idea of what days people are available.

Anyone wanting to take part in the project should phone Denise on 420 8800, email [madwoodcarver@gmail.com](mailto:madwoodcarver@gmail.com), or text 021 205 7172.

## New venue for Children's Day Out

Helensville's annual 'Children's Day Out' has a new venue this year. The Helensville Women & Family Centre organised event is now in its seventh year and will be held at Te Whare Oranga ō Parakai (the former Parakai Tavern) on Sunday, March 16, from 10am to 1pm. In previous years it has been held at the Helensville War Memorial Hall.

The free, fun family event aims to promote the key message 'Treasure Our Children' in line with the National Children's Day Out - Te Rā O Te Tamariki.

Activities aimed at children aged up to 12 years will include a bouncy castle, music performances, and Zumba. There will be stalls by a number of local community organisations plus primary and pre-schools.

For more information contact Michaela Salmon at the centre on 420 7992 or email [michaela@hwfc.co.nz](mailto:michaela@hwfc.co.nz).

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# First outing for new adventure club

Abseiling down a 50m waterfall was the highlight of the new Helensville Outdoor Pursuit Club's first outing late last month.

Eight members of the club, which was formed late last year by Parakai's Jana Mills, went to Piha where they did a steep 35-minute bush trek before descending into a canyon via a series of abseils.

After the final 50m waterfall drop they arrived in a narrow volcanic gorge filled with pools, caves and jumps.

Jana, who has a Diploma in Fitness Training and national certificates in sports, fitness and outdoor recreation, says she saw a need for a club where people could get together, meet new people, get adventurous and accomplish challenges with each other every few weeks.

So far locals from Makarau, Kaukapakapa, Parakai, and Helensville have joined the group.

"I found there were a few like-minded people within the community - hard working and motivated folk who wanted to experience some positive and adventurous activities in their free time," she says. "I thought, why not bring them all together?"

"Not only will people feel alive but they will gain confidence and maybe get motivated to keep fit in between our challenges, if they don't already follow a fitness regime. But really the main focus is just all about having fun and releasing endorphines."

Says club member Paddy Moore: "What drew me to the group were the different events and that I would be doing them with a group, as its more fun with an adventurous and happy bunch of go-getters."

The club's next event will be kayaking the Puhoi river on Sunday, April 6.

## Annual fishing competition

Kaipara Cruising and Sportfishing Club holds its annual fishing competition on Saturday, March 8. Entry cost is \$40 per angler, and there will be prizes for first to fourth places in five categories - snapper, kahawai, kingfish, gurnard and travally. Winner of the major prize draw will get a charter trip with Helensville's Ali-Kat Charters



• From left: club members Hemoata, Ray, Cushala, Jana, Josh, Paddy, Charlotte, Hilda after descending a waterfall

"It's a little less of an adrenaline rush," says Jana, "but still a great outdoor experience for all fitness levels."

There are 40 spots available for that 2.5-hour event, and at the time of going to print half had already been filled. It will finish with lunch at the Puhoi pub.

The club doesn't have an official membership procedure yet. Facebook members can join the 'Helensville Outdoor Pursuit Club' group where members discuss ideas for events and give feedback, or anyone can phone Jana on 021 509 990 for more information.

## Helensville Aglow

The next meeting of Helensville Aglow is on Friday, April 11 at 7.30pm in the Helensville War Memorial Hall.

The speaker will be Pastor Tricia Webb, and there will be singing and supper. Men and women are welcome. Enquiries to Marilyn Gray 420 4346.

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# 21 years for Waioneke golf tourney

Waioneke School holds its annual fundraising golf tournament at South Head Golf Course on Friday, April 4.

Organised by the school's Parents, Teachers and Friends Association (PTFA) it's believed the event has been running for



• The J&H Contractors team of David Ruzich, Scott Narbey, Justina Ruzich and Jeff Bradly entered the tournament for the first time last year

21 years. Although evidence only goes back 19 years, people who have played in the tournament since it started claim 21 years is the correct figure.

Originally supported mostly by local farmers, businesses and contractors, the event's popularity has spread to where there are regular team entries from Henderson, Albany, Hibiscus Coast and central Auckland.

Helensville's PGG Wrightson is the longest-running supporter. Technical Field Rep Joe Heng says his company is the only one that has participated every year since the tournament started - and they'll be back again this year.

Money raised from this year's tournament will be used to help upgrade

technology in the school.

"For the first time we have broadband internet, so it is time to upgrade computers and software for the classrooms," says PTFA president and tournament organiser Nicola Young.

"We would like to see each classroom get a new laptop or maybe even an iPad so they have access to the same learning tools other schools are already accustomed to."

Golfers taking part in the tournament will be able to compete in various contests such as a putting challenge, longest drive and closest to the pin. There will also be spot prizes.

Over the years the Waioneke tournament has made a name for itself for the quality of the food on offer, and this year's event promises to follow that tradition, with sausages, venison, mussel fritters, homemade scones, cakes, and bacon and egg pies on offer.

There will be raffles, silent auctions and organisers promise no-one will go home empty handed.

The range of playing and sponsorship options start at \$280 for a team of four, including food and drinks on the course. Non-playing sponsorship options are also available.

To book in a team or for more information phone Nicola on 420 2016 or email the school's PTFA secretary on [ptfa.waioneke@gmail.com](mailto:ptfa.waioneke@gmail.com).

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There will be raffles, silent auctions and organisers promise no-one will go home empty handed.

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## Holistic Health Expo

The annual Holistic Health Expo is back again this month after a year's absence. It will be held on Sunday, March 16, from 9:30am - 4pm at Marie Narbey's Pine Tree Retreat property at 74 Higham Road, South Head.

There will be stalls and exhibits, live music, food, local arts and crafts, clothing, toys, herbs and plants, crystals, jewellery, mediums, healers, readers, New Age books and gifts.

Visitors will be able to try out Reiki healings, Footspa D-Tox, Bowen Therapy, Reflexology, and Readings.

They will be able to view the spiritual gardens and sanctuary and the labyrinth walk, while children will be able to enjoy the rabbits and guinea pigs.

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## Ice hockey gives way to real estate

Leaving the world of ice hockey and moving into real estate sales is a major career change - but that's exactly what Monique Rowe has done.

Monique opened her Mike Pero Real Estate office in Commercial Road last month after purchasing the company's franchise for a huge area from Tapora in the north and spanning right around the Kaipara Harbour to encompass Ahuroa, Kaipara Flats, Woodcocks, Waitoki, Kaukapakapa, Helensville, Parakai and South Head.

It's a far cry from her earlier life, where she represented our country both here and overseas playing ice hockey for the New Zealand Ice Ferns.

Ice hockey is a little-known sport in this country, so to further herself Monique moved to the home of the sport, Canada, where she played until retiring from the game a couple of years ago, then moved into coaching and refereeing.

After returning to New Zealand she was involved in several house purchase deals, and when she moved to her present home in Ahuroa it made sense to get into real estate sales.

"I found I loved it," she says.

She worked for another company before choosing to move to Mike Pero Real Estate in the Snells Beach/Sandspit area, and subsequently Helensville. With her sports background Monique describes herself as a team person, so the team-based approach

Mike Pero Real Estate operates under appealed to her.

## CAB can help with complaints

Locals don't know how to complain effectively.

That's according to Helensville Citizens Advice Bureau (CAB) manager Joy Florence, who says her office is getting a lot of enquiries from locals who don't know how to sort out a problem they have with a service provider - whether it's a retailer, trades person, employer or employee, tenant or landlord, or a utilities provider.

"It seems," says Joy, "a lot of people don't know how to complain effectively, or aren't sure if there's a specific complaints body they can go to if they aren't able to sort things out with the other party."

"CAB volunteers have access to huge information resources including a database with over 40,000 organisations - so if we don't have the answer we will be able to point you to someone that does," says Joy.

She says working with people face to face is one of the great strengths of the Helensville Citizens Advice Bureau.

"It's such a rarity these days to be able to access help and advice from real people in your own community," she says.

She invites locals with any issues to pop into the Helensville CAB at 27 Commercial Road or phone 420 7162.

## Op Shop raising funds for local St John gear

The Helensville St John Op shop in Commercial Road is actively promoting St John first aid courses this month.

Some of funds raised through the shop have been used to buy two automatic defibrillators as back-up in Helensville's ambulances. Also purchased were two special baby manikins for St John youth members to practice CPR on; St John cadet and leaders' uniforms; and finally fees to help local St John members further their education.

The Op Shop is currently seeking more volunteers. Applicants must undergo a police check and commit to a minimum of three hours work a week. Contact Peggy at the Op Shop or phone 0800StJohn and asked to be put through to the Helensville Opportunity Shop.



• Monique Rowe

She says the company distinguishes itself in a number of ways, including support for local communities, up-to-date television marketing, one of the lowest commission rates and having in-company access to mortgage finance and insurance.

Now the hunt is on for three sales people to join the Helensville office - an office which Monique is decorating with paintings by local artists, which follows the company ethos of supporting local causes.



## A&P Show demo recipies

Thank you to all of you that took the time to come to the Relish the Taste tent at the Helensville A&P show. As promised here are the recipes for the food I demonstrated.

### ■ Salsa Verde

- About 12 tomatillos
- 2-3 Serrano or Jalapeño Chillies
- Juice of a lime
- 1 teaspoon of salt
- 1 teaspoon of sugar (optional)

Wash the tomatillos and quarter, cut the tops off the chillies and halve lengthways. Place everything in the food processor and blend until smooth.

- juice of a lime

Have all the ingredients diced and waiting. Place a large pan on the stove on a low heat, add the oil. Shuck the corn, stand each cob on it end and cut the corn off the cob with a sharp knife.

Add to the pan and stir to make an even layer. Stir a few times to fry the corn evenly, add the toasted cumin, garlic, onion and cook for another minute. Remove from the heat and add the diced chilli and tomatoes, shake these into the corn and leave to cool. Once cool add the salt, oregano and lime juice.

### ■ Salsa Romana

- 6-8 Roma Tomatoes
- 1 red onion, diced
- 3/4 cup of shredded basil
- 3 cloves of garlic, chopped
- 3 tablespoons of EV Olive oil
- 1 teaspoon of salt



Dice the tomatoes into a bowl, stir in the rest of the ingredients.

### ■ Tomatillo Paste

- 12 tomatillo
- 6 Serrano chillies
- 2 medium onions
- 6 cloves garlic

Place all the ingredients in a roasting tin and roast at 200° for about 30 minutes. The skins of the tomatillos will blister and blacken a little. Remove from the oven and place everything in a blender or food processor and blend to a paste. Pot and freeze for use later.

### ■ Rancho Corn Salsa

- 3 ears of corn
- 2-3 diced chillies
- 2 tablespoons EV Olive oil
- 2 medium onions diced
- 2-3 large tomatoes diced
- 2 cloves garlic chopped
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- Bunch of oregano

### ■ Braised Pork and Tomatillo

- 2 kg pork shoulder, diced
- 300-400 ml of tomatillo paste
- 1 can of coconut cream
- 300ml of stock
- 2 teaspoons smoked paprika
- salt to taste
- 1/2 cup chopped coriander

Use a large casserole dish. Sear the pork

pieces in a pan and add to the casserole, sprinkle with the smoked paprika. Heat the stock, tomatillo paste, and coconut cream in a pot. Bring to the boil and pour over the meat. Cook in the oven at 150° for up to three hours.

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## U3A MEETING

The South Kaipara branch of U3A holds its next meeting at the Helensville War Memorial Museum on Friday, March 7 at 1pm. The main speaker will be librarian Matthew Kerr, and there will also be a short talk on 'Hearing Dogs' with Russell Lewin.

U3A is an international organisation for retired people to encourage further learning and to tap into the reservoir of knowledge, skills and experience that older people have.

The March meeting is by gold coin entry, and afternoon tea will be supplied. Phone Jenny Hunt on 09 827 8861 or email [jennyintouch@vodafone.co.nz](mailto:jennyintouch@vodafone.co.nz) for more information.

## FIFTH SUNDAY CONCERT

St Cuthbert's Presbyterian Church will hold its 'Fifth Sunday of the Month' concert at the church in North Crescent, Kaukapakapa on Sunday, March 30 at 2.30pm. Entertainment by Robin Goudge and friends on the harp, cello and piano. \$10 per person or \$5 for Friends of St Cuthbert's. All proceeds go to maintenance and restoration

of the church. Phone Daphne Stevens on 09 426 6383 or 027 434 4941.

## KAUKAPAKAPA MARKET

The next Kaukapakapa Village Market is on Sunday, March 16 from 8.30am to 1pm. There will be stalls, live music and food. For more information or to book a stall phone Sarah on 0274 831 542.

## KKK SCHOOL GOLF

Kaukapakapa School holds its Ritchies Golf Tournament fundraiser on Friday, March 14 at Helensville Golf Course. The event costs from \$360 per team, with both playing and sponsorship-only packages available. Players receive free food and drink on-course, and finger food in the clubhouse after their round has finished. There will be prizes for everyone, plus an auction, raffles and other fun activities. For more information email Tracy Bronlund at: [tracyb@bpl.co.nz](mailto:tracyb@bpl.co.nz).

## COMMUNITY PATROL TRIVIA NIGHT

The South Kaipara Community Patrol is holding a Trivia Night at the Helensville War Memorial Hall on Saturday, March 22 from 7pm to 9pm. Tickets to the fund raising event are \$15 per person, and the evening will include table prizes, raffles and a door prize. For more information phone 420 7408.

## RADIO FLIERS OPEN DAY

Locals have the chance to see radio controlled planes up close at the Hibiscus Coast Radio Fliers Club's free open day on Sunday, March 23. It will run from 10am to 3pm at the Wainui Pony Club, Wainui Road. No dogs please.

## TENNIS CLUB CENTENARY

Helensville Tennis Club will celebrate its 100th birthday on Sunday, April 6 at Rautawhiri Park. The day will include playing tennis and refreshments. All former members, players and any new people interested are invited. More details next month. Phone Mili Sipa on 027 429 5497.

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



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