

Have a go at CSI Helensville

Locals will be able to play 'CSI' at one of the interactive displays that will be part of the Community Crime Prevention and Safety Day at the Helensville Showgrounds.

Wendy Smith from the Police Scene of Crime Officers unit - New Zealand's equivalent of the United States' CSI - will be letting locals dust for their own fingerprints and take away their 'evidence'.

The event will be held on Saturday, November 15 from 10am to 3pm. Entry will be by gold coin donation, with visitors choosing which of three charities they want their donation to go towards - South Kaipara Blue Light, Angel Fund or OutWest Youth.

Speeding will also be encouraged on the day - but not in cars. Locals will be able to run on foot and get 'clocked' by a Police traffic laser, with a running total of the best times displayed on a blackboard. Also sure to be popular will be a demonstration by a Police dog unit, scheduled for midday.

A Police 'Booze Bus' will be on show, and visitors will be able to try on 'booze goggles' to find out how alcohol affects their judgement and behaviour. Auckland Transport will be promoting the new drink-driving laws which come into effect on Monday, December 1.

As many as 40 exhibitors will have displays on the day says organiser, local community constable Mandi Bell.

They will include health and safety

organisations such as WorkSafe and ACC; the Orewa Road Policing Unit; Civil Defence; Coast Guard; the Community Policing Hub; the New Zealand Drug Detection Agency; and local organisations such as South Kaipara Blue Light, South Kaipara Men's Trust, the Women & Family Centre and the South Kaipara Community Patrol with their new car.

Mandi says the event is planned as a "fun and interactive day that's sending positive messages about [people] keeping themselves and their properties safe."

There will be giveaways and several competitions. The details of those were still being finalised as we went to print, but will likely include bicycle safety, and trying to describe a mannequin after only seeing it for a few seconds.

The Lions Club will sell food and hold a sausage sizzle, and South Kaipara Blue Light will be selling special blue candifloss, with the proceeds going to Blue Light.

All the exhibits will be outdoors, but the main showgrounds hall will feature artwork from a local schools art competition being run in conjunction with the event.

All local school children will be invited to enter, in one of four age groups. The winners in each group, along with a parent, will get a



• A police dog display will be an event highlight - photo: Police Photography Section, Auckland

ride on the Police launch Deodar III on Sunday, December 7. Those entering will need to attend the Crime Prevention and Safety Day to find out if they have won.

Free community trade spaces at A&P Show

Local community groups, schools and not-for-profits are invited to apply for a limited number of free trade spaces at the 113th annual Helensville A&P Show, to be held on Saturday, February 28 next year.

It's a repeat of a successful community initiative run for the past two shows; this year six local organisations gain vital public exposure by being provided with the free trade stands.

Because the number of sites is limited, the A&P Association committee will choose the successful recipients once applications have been received. The sites on offer are standard, unpowered 3m x 3m square sites. Recipients will also receive two free adult gate passes. Vehicles won't be allowed on the sites on show day, and there will be some restrictions such as not being allowed to serve food, which would compete with paying trade stalls. As the show will again be a zero-waste event, successful applicants will have to abide by those rules as well.

Applicants should email show manager Caroline Anderson by Friday, December 5 at info@helensvilleshowgrounds.co.nz. Application forms can also be downloaded from the A&P Show's website, www.helensvilleshowgrounds.co.nz.

Inside...

- John Key interview ... Pg 2
- Cash available for gardens ... Pg 3
- Fire brigade 100th pictures ... Pg 4
- School calf club pictures ... Pg 6
- Changes mooted for buses ... Pg 7
- New St John committee faces ... Pg 8
- Christmas book fair ... Pg 12

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editorial

Helensville News was privileged to have an exclusive interview recently with Prime Minister and Helensville MP John Key. We asked him about the future development of our area, along with issues such as rural broadband and his ability to serve as our local representative alongside his prime ministerial responsibilities.

- Dave Addison, Editor

"We need to build more housing, and more affordable housing," said Mr Key when questioned about future development in the Helensville area.

Helensville received just one of the 80 Special Housing Areas (SHA) that have so far been jointly announced by the Government and Auckland Council, which will mean around 60 new houses in Rautawhiri Road.

But Mr Key pointed out it is not just a matter of building more houses. The infrastructure to support those, such as roading and schools, also needs to be put in place.

"Public transport is going to have to improve," he said.

He was also keen on the idea of a cycleway from Auckland to Helensville, believing it could be a good boost for tourism in the area.

The Government has set aside \$100 million over the next four years in a contestable fund for urban cycleways as part of the National Cycleway Project, and he says the New Zealand Transport Association and Auckland Council also have money available. The Government has not specified routes for urban cycleways, instead leaving it open for interested parties together with local authorities to arrive at the best solutions.

Responding to concerns about rural broadband, Mr Key said "it needs to dramatically improve."

He said the Government has another \$100 million available through a contestable fund for communities to improve their connectivity through fixed broadband to homes and businesses, with the expectation that communities, councils and service providers will bid into the fund. The fund will focus on enhancing connectivity in areas outside the ultra-fast broadband footprint.

Finally, following his re-election as the member of parliament for Helensville, *Helensville News* asked how well he felt he can perform electorate duties alongside being Prime Minister.

"Honestly with the time constraints I spend less time in my electorate than any other MP," he said. "The counter argument is that I have more influence."

Being represented by the Prime Minister means Helensville receives a much higher profile than it otherwise would, and he said he was lucky to be able to rely on quality staff in both his Kumeu and Wellington offices.



• Prime Minister John Key

letters

I was pleased to read in the October edition that Te Whare Oranga ō Parakai is to provide some basic education and training programmes from Unitec. Since the closure of the Rodney Community Learning Centre and some later training courses there has not been enough local opportunity for people requiring post-school education and training or re-training.

The success of such training is not just for the participants, but in many cases for their families as well, as people grow in confidence and are able to improve their education and find job opportunities.

- Wynne HaySmith, former co-ordinator, Rodney Community Learning Centre

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Cash available to set up gardens

Locals wanting help setting up a garden may soon get a helping hand, courtesy of Peacemakers in Parakai and the Hand Over a Hundy Trust.

Peacemakers has for the past few years run a community garden at its Fordyce Road property with locals having their own plot to grow vegetables and flowers with the support of experienced on site gardeners.

This method of community gardening suits a number of people, says Peacemaker's Andrew Connolly, with five locals having plots in the 2013-14 growing season.

"Others, however, have asked if Peacemakers can help them set up a garden at their place," says Andrew.

He says community gardening is increasingly popular with more than 70 community gardens around Auckland.

"It occurred to us", says Andrew "that assisting people to set up a garden at their place and inviting their neighbours to become involved could be a very good way to do community gardening."



• Locals work in a community garden at Peacemakers

Peacemakers decided to trial this model of community gardening as well as continuing supporting gardeners wanting a plot at the Peacemakers property.

"Then we heard about the 'Hand Over a Hundy Trust' which is supporting this very thing", says Andrew.

Hand Over a Hundy is a one-year challenge to young families to learn to grow and produce their own vegetable gardens.

They are sponsored a hundy (\$100) to buy the essentials for their gardens, with the challenge of not only learning the art of gardening but to produce more than they need to save or sell a hundred dollars worth and pass that on to the next family at the end of the year.

"Hand Over A Hundy is really looking forward to helping local families get started on what we hope will be a life-long gardening journey," says the Trust's Auckland regional manager, Nicole Curin-Birch.

"Being able to put fresh, home grown fruit and veges on the table is one the best gifts you can give your family."

Peacemakers can provide mentor support, and Hand Over a Hundy has funding for a few families.

"All we need now are some local families to take on the challenge," says Andrew.

Peacemakers is also looking for mentors who'd like to join in this project.

Contact Andrew on 027 282 6305 or email peacemakers@safetynet.co.nz, or visit www.handoverahundy.org.nz and www.peacemakerstrust.co.nz.

'Up cycling' evening at St John Op Shop

The Helensville St John Op Shop in Commercial Road will hold an 'Up Cycling' evening on Thursday, November 27 at 7pm.

Local Jo Dixey will talk about the growing awareness of the social and environmental impact of 'fast fashion'.

Jo will show those attending what can be made from their Op Shop purchases, how garments that will stand out in the sea of mainstream fashion can be made for a fraction of the cost of buying designer garments.

Entry will be by gold coin donation. People thinking of attending are asked to let the shop know so they have an idea of numbers. For more information phone Elaine on 420 9272.

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Brigade centenary in pictures



• Helensville's first fire engine, a 1936 Chevrolet now owned by the North Shore Vintage Car Club, leads the Helensville Volunteer Fire Brigade procession down Commercial Road to mark 100 years

Big crowds turned out to help the Helensville Volunteer Fire Brigade celebrate its centenary last month. Here are some images of the day's action.



• Local fire fighters demonstrate cutting the roof off a crashed car to rescue the occupants



• A spectacular demonstration of what happens when water is put on an oil or fat-based fire



• Crowds enjoy the fire appliances on show

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Community service by local boys group

Five supermarket trolleys were pulled out of the mud at the Creek Lane wharf last month (right) as a community service by local boys group, ICONZ. They used an anchor and a rope to hoist the trolleys out of the mud before returning them to Countdown.

Helensville ICONZ is a group for boys aged eight to 12 years that started in 2013. It features an action, adventure, leadership, activity and values-based programme designed to allow "boys to be boys".

The group meets weekly from 6.15pm to 7.45pm at the Helensville Christian Life Centre church in Commercial Rd, and currently 20 to 25 boys attend each week, with space available for a few more.

More information can be found at: www.iconz.org.nz.

An ICONZ for Girls group meets at the same time at the same venue.



Armistice Day remembered

The Kaipara Memorial RSA will commemorate Armistice Day (the end of the First World War) at 11am on Tuesday, November 11 by the flag pole on the Helensville Library forecourt, followed by a cup of tea at the RSA rooms.

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Poker Run to benefit Helensville brigade

Money raised by this month's 5 Station Poker Run will go to the Helensville Volunteer Fire Brigade.

The annual charity bike ride, this year on Sunday, November 16, normally attracts more than 200 motorcyclists from around the upper North Island and raises between \$5000 and \$6000 for the host brigade.

Funds raised this year will go towards covering the cost of the brigade's centenary celebrations (see opposite for photos).

The run is shared between the Helensville, Kaukapakapa, Kumeu, Muriwai and Shelly Beach fire stations, and last year the Shelly Beach Fire Brigade received about \$6000, which went toward upgrading medical and communications equipment.

The five volunteer fire brigades that take part in the Poker Run all work together on fire calls around the district, and the event is a way for members to get together in a social way, while raising funds at the same time, says organiser Stephen Spamon.

This year the 200km motorcycle ride will leave the Helensville station at 10am, calling first at Kaukapakapa station, then on to

Kumeu Fire Station via Waitoki, Dairy Flat, Coatesville and Riverhead.

From Kumeu the riders will head to Muriwai station, and then take Highway 16 and South Head Road all the way out to the Shelly Beach station.

They will arrive back at the Helensville station around 2pm for prize giving and a meal.

At each station the riders will go in the draw for a playing card. At the end of the ride, the entrant with the best poker hand from the five drawn cards wins the major prize - this year a night at City Hotel in Auckland paid for by local business Mr Binz.

Locals will be able to view the motorcycles at the station before and after the run; the best chance to see them in action will be to watch as they parade down Commercial Road behind a fire appliance at the start of the run.

Stephen says as an organised charity bike ride to support the local volunteer brigades, the riders "appreciate the support and patience given to us en-route from station to station".



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Helensville, Parakai calf club days



• Helensville Year 1 pupil Bentley Day with his pet lamb



• Kodi Reynolds (10) competes in the Parakai School Young Farmer competition



• Pet calf judging time for Ryan Uluinayau, a Helensville Primary Year 3 pupil



• Georgia Brown (10) sets up a hot wire fence at the Parakai School Young Farmer contest



• Oscar Oliver-Chambers and Paul Buchanan motoring at the Helensville School Ag Day

Fishy tales to be told

Keen fisherman and author Jim Allen will be at the Kaukapakapa Library on Sunday, November 16 from 10am to 1pm.

Jim has more than 70 years' fishing experience in many different forms of fishing, and has written several books to help people get as much enjoyment from the pastime as he has had.

His wife Jean will read excerpts from his books Fishing on a Budget, Fishing for Kids and Longline Fishing, and Jim will be on hand to answer any fishing questions.

For more information phone Sarah 0274 831 542 or email: sarah1@maxnet.co.nz.

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Changes proposed for bus services

Auckland Transport is planning changes to bus services in West Auckland - including Helensville - and wants public feedback.

Routes which serve Helensville, Huapai and Kumeu will both be affected by the

proposed changes. Under the new schedule, Helensville will have a bus (W79) every two hours to Westgate with more services during peak times. All buses to and from Helensville will be via Parakai.

Some peak services from Helensville will continue to the city, but outside peak times all buses (W78 and W79) will end at Westgate. Passengers would then need to change to another bus to continue to Auckland City or Henderson.

Auckland Transport is working with the developers of the new Massey North Town Centre at Westgate to create a new bus interchange, which will be fully integrated with the town centre and a short walk from the town square and new mall currently being constructed.

A more direct and frequent bus to the North Shore and an all-day bus service from Westgate to the city along the Northwestern motorway are two new features of the proposals.

The new network won't roll out until 2016.

Feedback on the new West Auckland Network closes on Monday, December 1. Locals can have their say on the planned changes at www.at.govt.nz/newnetwork. Forms are also available at libraries and council service centres.

Xmas tree competition

A 'best decorated Christmas tree' competition judged by the local community will be a new feature of this year's Helensville Christmas parade celebrations on Saturday, December 6.

The trees will go on show at the Helensville Museum - the end point of the revamped parade - and locals will be able to vote for their three favourites between 1pm and 3pm, with the winners receiving \$25 each courtesy of RD1. Entry forms for the competition are at Helensville Copy & Print or email: families.lcf@gmail.com.

The overall winning float in this year's parade will receive \$100 sponsored by Helensville Video Ezy, while the best entries in each of three categories - community, business, and schools - will receive \$50 for first, \$30 for second, and \$15 for third. Prize sponsors are the Helensville District Health Trust, UHY Haines Norton, and Helensville Take Note. Entry forms available as above.

medical centre notes

Our Kaipara Medical Centre team come a dishonourable last in the recent 100 year Helensville Fire Brigade obstacle course challenge, partly due to no water coming out of our firehose - but at least that has prompted me to discuss prostate issues again!

In previous columns I have explained about PSA screening for prostate cancer, but there is also the issue of benign prostate enlargement. This is where the prostate gets bigger, but not due to cancer, and causes mechanical issues in restricting the flow of urine.

This is a common problem, and by age 55, 50 percent of men will have some symptoms. These include difficulty starting to pee; a poor stream when going; going more often at night; a tendency to dribble when finished; or the need to go again within 20 minutes of the last time.

When this gets problematic treatment is around releasing the restrictive pressure of the prostate around the urethra (the tube from the bladder), by medication initially and finally by surgical means.

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New faces on St John committee

Kaukapakapa husband and wife Oliver and Shelley Vitali are the latest additions to the local St John South Kaipara Area Committee.

They live on a small lifestyle block at Kaukapakapa with sons Joshua, who works at the 111 call centre and is training to be a paramedic, and Harrison, who is an apprentice mechanical engineer.

Oliver has been a senior manager with a management company for the past four years after 23 years in the banking industry, specialising in project management and financial control. He stood for the Rodney Local Board Kumeu Ward in last year's election, and says he plans to do so again.

Shelley is a regular at the Kaukapakapa Village market where she sells vintage-inspired handmade arts and crafts items; she also runs a vintage hire and events business, Whimsey.

She says she is passionate about all things creative and has more than 20 years' experience in event styling and planning, hospitality, team management, sales, and marketing.

Along with son Joshua, Oliver has been a volunteer firefighter with the Kaukapakapa Rural Fire Service since 2009, and is the current secretary.

As well as being part of the St John committee, Shelley volunteers at the St John Op Shop in Commercial Road and is responsible for the shop's creative window displays. She is also a member of Art Kaipara and a regular contributing artist along with son Harrison.

Both Oliver and Shelley says they are passionate about serving the community, and in their home town organise 'Light Up The Village Kaukapakapa', which they initiated in 2013.



• Oliver and Shelley Vitali



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Be in to win when you like our new Foodie's Facebook page!

We're thrilled to announce our Facebook page is now live for the South Kaipara Food Revolution at www.facebook.com/SouthKaiparaFoodRevolution – be sure to go along and like it and be in to win a foodie gift bag full of local goodies.

The Trust has also recently relaunched its website www.helensvillehealth.co.nz and the website for the Kaipara Medical Centre www.kaiparamedicalcentre.co.nz

Do check them out and let us know your feedback, we want to ensure our online presence is interactive and user friendly.



Healthy Helensville now monthly with new features

With so much going on, we've decided to increase our quarterly newsletter's regularity to monthly. You'll find us in the Helensville News every month now, including a new feature called the People Profile Corner. We'd like you to get to know the people behind some of the great work that is going on in our community, often on a voluntary basis.

Get your future started here!

Unitec's Bridgepoint programmes are designed to pathway you into further study and get you on track for your dream career. And from March 2015, the Level 2 Certificate in Foundation Studies will be offered at Te Whare Oranga ō Parakai. Two open evenings on Tuesday 4 and Thursday 6 November from 6pm – 7.30pm will allow anyone interested to ask questions and even register. The programme also allows under 25s to study for free with transport allowances for some students who are eligible. For more info go to www.unitec.ac.nz/bringepoint-info-evening



Changes to our gardening

A fond farewell to Eve

For around 7 years now years the Trust has been fortunate enough to have Eve Issott as our wonderful gardener. Her care and attention have seen the gardens surrounding the Kaipara Medical Centre, the Helensville Birth Centre, Alison McKenzie House and the Women & Family Centre at 1 Porter Crescent flourish and grow for all the community to enjoy.

We are very sad to say goodbye to Eve as she embarks upon a well earned retirement. A new gardener will begin soon who we will introduce to you in a subsequent issue of Healthy Helensville as part of our People Profile Corner.

Welcome to Geraldine, our new Gardener

Long time Helensville resident Geraldine Mullen is the new Gardener at the Trust. Looking forward to meeting more people out and about in the community, Geraldine is keen to keep up Eve's high standard of care of the Trust gardens and grounds. With a love for gardening and plants Geraldine is studying organic horticulture part time which she hopes to use in her new position with us. She says "I love working with nature and try to encourage plant growth with natural composts rather than synthetic fertilisers, I would rather dig a weed out than spray chemicals on it and have a negative impact on our pollinating friends."



Please feel free to approach Geraldine with any suggestions for the gardens as she is open to feedback.

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Cosmetic tattooing available locally

Local beautician Melissa Carr has recently returned from training in Sydney in cosmetic tattooing.

She trained at Cosmetic Tattoo Australia with Val Glover-Hovan, who is regarded as Australasia's leading trainer after pioneering permanent makeup here and in Australia 30 years ago.

"I wanted to be trained by the best there is, hence the trips to Sydney to achieve my new qualification," says Melissa, who runs her Beauty Elixir business from home in Helensville.

She says she could be considered obsessed with eyebrows - not just how they can balance the face when shaped correctly, but also their importance in delivering expression.

Cosmetic tattooing can be beneficial for medical reasons such as post-cancer patients, alopecia, and brows with a scar that have been over-plucked or that have become sparse over time - or just for busy women with little time says Melissa.

Cosmetic tattooing involves implanting iron oxide pigment into the upper layer of the skin. The pigments used aren't the same as for body art tattooing, differing in colour, depth of implantation and fading over time.

Melissa says all pigments fade; the rate differs from person to person and depends on things such as metabolism, sun exposure, aging of the skin and how they

care for the cosmetic tattoo.

"It will never fade to nothing," says Melissa, "but it will fade enough to change the colour if wanted at a later stage in life."

During treatments two types of hospital-grade topical anaesthetics are used for the client's comfort.

Melissa is planning further advanced cosmetic tattoo training including micro-blading hair strokes, scar camouflage and recreating a nipple and areola after breast reconstruction.

Phone 420 9775 for more information.



• Melissa (right) with Val Glover-Hovan

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Gibbs Farm A&P Show fundraiser



Helensville A&P Show Patron Hec Aitkenhead and his wife Clare (above) are dwarfed by the Andy Goldsworthy sculpture 'Arches'. They were among 80 people who visited Gibbs Farm to view the collection of 19 enormous artworks late last month as a successful fundraiser for the 2015 A&P Show.

Warriors' nutritionist visits

Vodafone Warriors team nutritionist, health and fitness expert, and radio and television presenter Lee-Anne Wann spoke at Te Whare Oranga ō Parakai recently as part of the South Kaipara Food Revolution (SKFR).

She told how a fast-paced lifestyle of body-building, dieting, running a gym, and being a sports nutritionist and author led to burn-out - swiftly followed by anxiety, depression and ballooning weight.

Taking an enforced break from her gruelling routine, Lee-Anne was angry that health practitioners would only prescribe drugs - something to treat the problem but not the cause. No-one suggested she might be deficient in magnesium, one of the first minerals to be leached from the body, and a lack of which can cause symptoms including anxiety/panic-attacks, insomnia and fatigue.



• Lee-Anne Wann

She even if they are outside what mainstream convention says is 'normal'.

She told the audience to drink more water, especially first thing in the morning, and to make sure they got enough magnesium and zinc. She suggested adding chia seeds to food or to a glass of water as they absorb water and swell, reducing hunger pangs and helping retain hydration.

Lee-Anne also sang the praises of probiotics, and advocated coconut oil, which she has the Warriors eating by the spoonful.

The SKFR is now on Facebook - just search for 'SouthKaiparaFood Revolution'.

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Popular Lions book fair on again

The Lions Club of Helensville will hold its popular Christmas Book Fair in the Helensville War Memorial Hall over the weekend of November 29 and 30.

The fair will feature mostly new stock as the book fair the club held in May, which raised more than \$6000 for the local community, cleared out much of the existing range.

"Plus a large number of newly donated books will ensure a fresh look to the Christmas Fair," says 'chief book sorter' Chris Clark.

Chris says the local Lions Club was fortunate to receive surplus stock from a national book distributor, and those books will make excellent Christmas presents at bargain prices.

The fair will be held at the Helensville War Memorial Hall from 9am to 4pm on Saturday, November 29 and 10am to 3pm on the Sunday.

The books on sale at the fair will cover as wide a range of subjects as possible, and they will be organised to make browsing as simple as possible by grouping together areas of popular interests and authors.

Non-fiction will be split into 20 separate

categories - though that still leaves a large general non-fiction section for locals to hunt through.

Fiction will as usual be arranged in alphabetical order, with six special interest groups.

Paperbacks will be just \$1, hardbacks \$2 and all children's books 50c. There will also be also a good selection of jigsaws, videos, DVDs, CDs and quality magazines.

All funds raised at the fair will go to the Lions Club of Helensville Charitable Trust, to be used for the benefit of the local community.

For more information phone Chris on 420 8527 or Yvonne Hilton on 420 8122.

Changes to ratepayer meetings

The Awaroa Residents & Ratepayers Association has changed its meeting dates to the third Thursday of each month - the next meeting will be on Thursday, November 20, 7.30pm in the Helensville War Memorial Hall meeting room.

Proposed increases in charges by Auckland Council for the hire of community halls and facilities will be discussed at the next meeting. For more information email tarrasoc@gmail.com.

from the frontline

As the weather starts to get warmer and the days longer, Muriwai beach will start to get busier with vehicles driving up and down the beach.

Please remember that all the road rules apply and drivers of vehicles need to hold a current drivers license. All vehicles need to be registered and have a current warrant of fitness.

Most of Muriwai beach has a speed limit of 60 kph. When driving please be mindful of your speed and other people using the beach, which is popular for fishing, horse riding, walking and other leisure activities.

History has shown that the reckless and unsafe use of motor vehicles on the beach can have serious consequences, and people found using their vehicles in this manner will be charged. I encourage people who witness this type of driving to note registration numbers and report to the Police.

The legal access points to Muriwai beach - Wilson Road, Rimmer Road and Coast Road - are also roads and again road rules apply.

Beach users should also be mindful of the tides as vehicles regularly get bogged down in soft sand and can be taken by the tide. Police do not have the capability of towing vehicles stuck on the beach and using the services of a specialist tow company is very expensive.

As local Police, we want people to enjoy Muriwai beach but to do this safely and with consideration to other beach users and the environment.

- Mandi Bell, Community Constable



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Camper rally at showgrounds

Twenty campervans and caravans made the Helensville showgrounds home for a night last month as part of a 'mystery rally' held by the Akarana Caravan Club.

After spending Friday night at Silverdale Primary school, the campers left at two minute intervals on a trek that wound through Millwater, Wainui, Waitoki and Kaukapakapa before finishing at the Helensville Showgrounds. Along the way the participants had to answer questions and identify photographs.



• The camper rally parked at the Helensville Showgrounds

Scouts get new tents

Kaukapakapa Scout Group, which runs Keas and Cubs in both Helensville and Kaukapakapa and Scouts in Kaukapakapa, has 10 new tents to call home thanks to a successful fundraising drive. Donations from a number of local businesses, including *Helensville News*, plus members of the public and other fundraising raised the \$1000 needed to replace the troupe's aging tents.

"We would like to thank all sponsors who kindly donated towards the purchase of these tents," says Dianne Gray.

"We really appreciate the community's support, and these tents will be well used by the group over the years to come."

The first van took about an hour and a half to reach Helensville, and the last - after a detour - arrived on site about three and a half hours after setting off.

At the showgrounds club members were given afternoon tea, played games, and then enjoyed a 'happy hour' before dining on locally-produced fish and chips. The evening was rounded out with a couple of general knowledge questionnaires completed by groups of members in host vans followed by supper.

The rally finished on Sunday morning with a farewell morning tea and raffle and lucky van draws plus prize giving for various other activities held in conjunction with the event.

Luckily the caravaners were able to use the showground kitchen and toilet facilities as the weather for the weekend was poor.

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Please send applications to:

Angie Wright, Secretary

Helensville District Health Trust

09 420 7878 | awright@helensvillehealth.co.nz

53 - 65 Commercial Road, Helensville, Auckland.

with Kaipara chef, Peter Brennan

Simple pleasures

I was reminded the other week of the enjoyment gained from an afternoon tea with neighbours, the sort of visit where everyone is straight from the garden or field and dressed as such. Gumboots are lined up like soldiers at the door, woolly socks flopping off the end of toes, we trek to the table.

A hot pot of tea and fresh baked scones with butter and jam. The sort of food you can share outside on a blanket or at a table. Without formality, eat-with-your-fingers food, and let the crumbs tumble to the ground. Conversation and a second pot, an afternoon well spent.

Scones were one of the things that my partner missed most when she uncovered her allergy to gluten, and for many years we all went without as our early attempts at gluten free versions were, frankly, awful. The flours available on the market now have improved markedly, I have been using gluten free baking flour blends from the supermarket for some time now and they are a very good option.

■ Gluten Free Scones

- 100g melted butter
- 1½ cups of milk (approx)
- 4½ cups of Gluten Free Baking Flour
- 1 teaspoon baking powder
- Pinch of salt

- 2 cups of grated cheese



Mix together the flour, baking powder, salt and grated cheese. Tip on the melted butter and mix roughly through the flour until it is loosely combined then add about 90 percent of the milk and mix together. Add more milk if the mix is too dry. Don't over mix, just enough to combine everything.

Line a baking tray with baking paper, or grease a tray directly and preheat the oven to 180° celsius.

Have a second bowl ready with about a table spoon of flour in it. Dig out dessert spoon full lumps of the dough and drop them into the flour, roll around gently and lift out onto the baking tray. Bake until golden brown and cooked through, about 15-18 minutes.

Children's Day popular with all ages

Family participation was the key to success for last month's Children's Day at Helensville Museum, with children, parents and grandparents taking part in the old style games and activities.

Both children and adults spent time making sand-saucers, dressing peg dolls and doing paper folding crafts, and the stalls, wood turning demonstrations in the barn, and the craftswomen in Hedley House were

popular with spectators.

Morris dancers added to the entertainment, and the Historical Society's perennial favourite, butter making, was also on the programme.

The winning prizes in the colouring competition all went to Waioneke School pupils.

The day was part of the Auckland Heritage Festival.

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U3A MEETING

South Kaipara U3A will next meet on Friday, November 7 at 1pm in the St John Ambulance rooms, 7 Rata Street, Helensville. Jenny Hunt will present a short story titled 'From the early days in Woodhill' and Bronwyn de Groot from the BNZ bank will talk about recognising and avoiding scams and adopting security measures. Everyone is welcome. Entry by gold coin and afternoon tea will be supplied. For more information phone Jenny on 09 827 8861.

ST CUTHBERT'S CONCERT

The Friend's of St. Cuthbert's will hold a St. Andrews-themed Fifth Sunday Concert at St Cuthbert's Presbyterian Church, 17 North Crescent Kaukapakapa, on Sunday, November 30 starting 2:30pm. Entry costs \$10 for adults with children under 15 free. All proceeds will go towards the maintenance, restoration and improvement of Saint Cuthbert's Church. For more information phone Daphne Stevens on 09 426 6383 or 027 434 4941.

Concerts will be held next year on March 29, May 31, August 30, and November 29.

FARMERS MARKET & CLASSICS

A farmers market will be held in conjunction with the Kaipara Classic Car

Club's annual 'Shine in D Ville' at the Helensville Pioneer Museum on Sunday, November 23. Entry to the classic car show will be by gold coin donation, with all proceeds going to the museum, which will be open for the day. The show will run from 9am to 2.30pm, followed by a run through Helensville by the cars prior to prize giving at the club's rooms across the road from the museum. For more information phone 022 310 2449.

A&P QUIZ NIGHT

The Helensville A&P Association is holding a Trivial Pursuits evening on Friday, November 14 in the Helensville War Memorial Hall. Doors open at 7pm for a 7.30pm start. Cost is \$10 per person, with teams of six to 10 people. There will be prizes, raffles and supper available. For more information or to book tickets contact Caroline, phone 09 420 7572 or email: info@helensvilleshowgrounds.co.nz. All proceeds will go to helping run the Helensville showgrounds and annual Helensville A&P Show.

KAUKAPAKAPA SPRING MARKET

The next Kaukapakapa village market on Sunday, November 16 from 8.30am to 2pm will be larger than usual, with extra entertainment and live music and attractions. There will be childrens' games and activities, raffles, a treasure hunt, face painting, pony rides and candy floss as well as stalls, coffee, food and the market café. At 10.30am the annual 5 Station Poker Run motorbikes will arrive to add excitement. To learn more or to book a stall email sarah1@maxnet.co.nz or phone 0274 83 1542.

SPRING FLING

The 13th annual Spring Fling is on Sunday, November 16 from 10:30am to 4pm at Haumoana Farm, Slater Road, South Head. Free Entry and Parking. The family-friendly event will featuring Jazz in The Garden, food and a selection of stalls.

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