

'Repair Shed' aims to counter throwaway culture

"Give it a go before you throw" is the call to action from the Helensville Resource and Recovery Centre, which is embarking on an exciting new venture.

Work starts this month on The Repair Shed, which will be built at the centre's Mill Road site.

When it opens early next month The Repair Shed will offer the tools and expertise to enable locals to breathe new life into broken or worn items such as clothing, bicycles, furniture, shoes and electrical goods.

The philosophy is 'repair don't replace', with the aim to reduce waste going into landfill and to counter the throwaway culture of today.

The Repair Shed is modelled on the successful European Repair Café, which has been operating throughout Europe for a number of years and which recently started up in Australia.

A community facility, The Repair Shed will be equipped with a range of tools and staffed by a team of volunteers with expertise and qualifications in repair work. Locals will pay a gold coin donation to use the tools and repair their items under the supervision of one of The Repair Shed experts.

Any new parts needed for a repair will be at a cost to the customer, but the labour will be free, with locals taught how to do the repair themselves.

Over time a bank of spare parts will accumulate meaning some parts will be available second hand, further reducing the repair costs. It is anticipated repairs will be cheaper than replacement in most cases.

Workshops on bicycle repair, furniture recovering, and re-purposing of broken items are also planned, along with youth training programmes.

The Helensville Resource and Recovery Centre has the Rodney Local Board to thank for supporting the initiative and funding the setting-up of The Repair Shed.

It is expected retired local people who have skills and expertise to share with the community will be attracted to the project. Repair Cafes in Europe have proven to be vibrant, enriching hubs where all tiers of the community work alongside each other, sharing skills and knowledge.

Rodney Local Board chair Brenda Steele says the board is extremely pleased to support the community initiative.

"It's a fantastic idea on so many levels. I'm really excited to see how this grows and develops. We have so many talented people in our community with the valuable know-how and generosity of character to make this a real success," says Brenda.

"I know there are those who will get a real buzz out of helping others to learn new skills and breathe new life and value into items which would otherwise be discarded.

"I think this will appeal to

Helensville residents, especially the older ones who grew up at a time when things were made to last and were not thrown out unless they could not be fixed or reused somehow.

"This initiative has enormous potential."

Anyone who would like to become part of the project and who has skills or qualifications to contribute should contact Treena Gowthorpe by email: 1treena@gmail.com or phone 022 652 1181.

The King & Queen of Helensville - 1980s style



Meet the 1980s King and Queen of Helensville - Angie and Richard Wright. The pair were 'crowned' with the title at the Helensville District Health Trust's 25th anniversary ball in Helensville late last month. As well as the dubious 'royalty' honour, they received a \$50 voucher from the Curry Leaf restaurant.

Around 100 people attended the ball.

Inside Highlights...

- New Waitoki principal ... Pg 3
- Winning cakes ... Pg 4
- Parakai Community garden ... Pg 5
- Gerald Munro obituary ... Pg 6
- South Kaipara Festival ... Pg 8
- Election candidates ... Pg 10
- WWI Heritage Trail ... Pg 14

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editorial

The backgrounds of so many local people I meet during interviews are wonderfully diverse. Just in this issue, we have a person who was born in Scotland, grew up in Africa, and who now calls Kaukapakapa home (page 4), while Waitoki School's new principal (page 3) grew up in Fiji, and bookkeeper Janet Velthuysen (page 7) hails from South Africa.

It's a theme I see constantly; there are people from all parts of the globe who have chosen to make the Helensville area their home. I guess that shows what a great place we live in!

Elsewhere in this issue (page 10) you can read what the major party candidates for the Helensville electorate have to say in the run-up to this month's general election. I did invite the minor parties to take part too, but responses weren't received before publication date.

The 'Repair Shed' project we feature on the front page is an interesting concept which will have a lot of positive benefits for the community if it takes off - as will the new rongoā educational garden at Peacemakers in Parakai, once it is completed (page 5).

After covering the local RSA's Gallipoli anniversary timeline in the last issue of *Helensville News*, it was interesting to learn about Helensville's inclusion in the Auckland Council's region-wide WWI Heritage Trail (page 14). And finally, don't forget to pop down to Parakai for the South Kaipara Festival later this month (see page 8).

- Dave Addison, Editor

Wainui School students become apprentices

Two students from Wainui School got some valuable work experience from a local building company, becoming apprentices to help build new stairs for the school hall.

The work was courtesy of parent Paul Minton, who owns building company Mint Trades. Paul came up with the idea to hire apprentices from the school for the project.

The students had to apply for the apprentice positions with a CV outlining their suitability for the job. The two standout applications were from Matt Vastre and Max Rensen, both year 8 students.

In his CV Matt said: "I think this will be a great experience because I love to build and make things with my dad who is a master craftsman, and it will help me at what I really want to do later in life which is what my dad does".

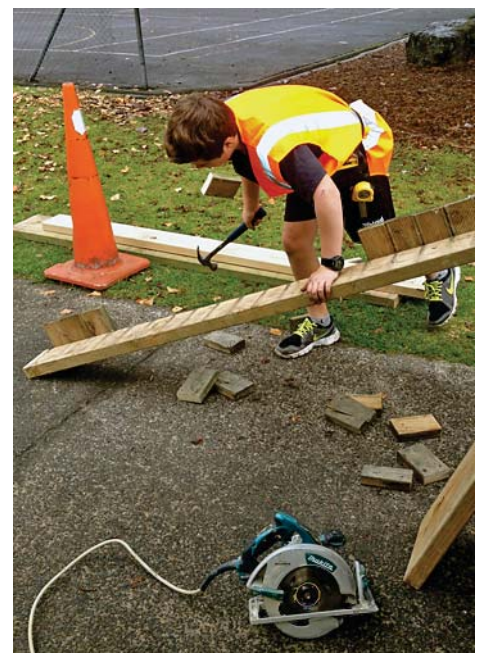
Max stood out saying: "I would like to be a builder when I grow up, and I would value this experience a lot. I can use a hammer safely and I am good at listening and following instructions".

The boys weren't paid for their work, but then the whole job was provided free of charge by Mint Trades.

"The boys were keen and eager to get into the job," says Paul. "They had great listening skills and surprised me with their practical knowledge. I would love to work with them in 10 years' time!"

Wainui School principal Gillian Bray says: "Matt and Max really enjoyed learning new building skills with Paul."

She described the apprenticeship project as a "wonderful authentic learning opportunity".



• Matt Vastre hard at work on the steps project

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Island life big influence on new principal

With his wife Janine a teacher and sports co-ordinator at 'rival' Parakai School, new Waitoki School principal Brendon Fiebig joked to his students when he arrived that they had to beat Parakai at sports.

Brendon is a keen sportsman, who played and umpired cricket until recently as well as having played both rugby and football.

However, while he concedes local schools do compete for student enrolments, he firmly believes they all have the same goal in mind and should work closely together.

Born in Wellington, Brendon moved in 1970 at age two to Fiji, where his father managed an engineering company. He spent nine years there, a period which "strongly influenced my outlook on life".

Brendon's working life didn't begin with teaching - instead he worked in banking, a job he says didn't fulfil a need in him.

"I always wanted to be a teacher, but put it off for a number of reasons."

At age 30 he quit banking and went to university to gain a BA in education and sociology, before going to teacher training college at Karori.

His first teaching role was at Stanley Bay School in Devonport. He then became principal at a 25-student school at Gisborne, before moving back to the North Shore in 2009 to take on the deputy principal position at Birkenhead Primary.

Then the opportunity came up "for a bit of a change and to get back to the islands" - an opportunity which meant a move to Rarotonga, where Brendon spent two years working for the Ministry of Education, primarily providing professional development to teachers and principals, while Janine taught there.

After returning to New Zealand, Janine, who was a navy-trained, qualified chef before moving into teaching, got work at Northcote Primary while Brendon became principal at Tapora School on the north Kaipara.

With such geographically wide-spread

jobs, the couple decided they needed to live somewhere central, so moved in February 2013 to Helensville.

Janine has since taken on her current Year 2 and 3 teaching job at Parakai School, where son George (6) goes. Daughter Milly turns five this month.



• New Waitoki principal Brendon Fiebig

When the chance came for Brendon to take over the principal's role at decile 8 Waitoki this term he jumped at it.

"I consider myself extremely lucky," says Brendon. "The staff, parents, board and I are on the same wavelength regarding teaching philosophy. The community has been very welcoming and open. The staff are very friendly and very experienced, and know the parents and community.

"The children are advancing well and getting a great education - which makes my job a lot easier!"

Brendon says technology will continue to play a bigger part in education, particularly in the senior classes. The focus will be on how technology can help education, and he stresses that teaching and learning practices have to be strong.

He also sees education moving more towards enquiry-based learning and problem solving, where children "learn how to learn, rather than what to learn".

Brendon says arts are also a strong focus at Waitoki. He "dabbles" with guitar and ukelele, and has become a student at the school himself, taking drum lessons there.

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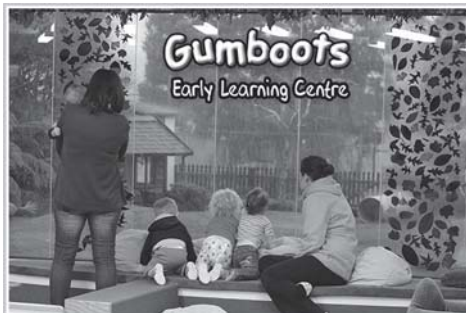
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Extreme Cakeover

Spending 30 to 40 hours making and decorating a cake into a scale replica of an excavator paid off for Kaukapakapa's Sandy Tucker - she won third prize with it in the first competition she entered.

But even better than that, her beautiful likeness of a red-eyed tree frog, which she only decided to enter at the last minute, did even better - taking out first place in the same intermediate novelty carved cake class at the Go Bake Cake Competition, part of the New Zealand Scrapbooking, Craft and Cake Expo.

It's a result that saw her creations appear on both the Campbell Live television show and TV2's 4.30 Show.

The digger, made from a mixture of hazelnut and chocolate cake, MDF and home-made modelling chocolate, was designed using the machine's original blueprints, and every detail is to scale.

Her success is even more spectacular as Sandy has only been decorating cakes for two years.

Sandy was born in Scotland but raised in Botswana in Africa from the age of one, then attended boarding school in South Africa. She moved with her family to New Zealand 16 years ago, finishing her last year of education at Long Bay College in Auckland.

Her husband Chris, an electronics engineer, is from Tapanui, and the couple moved onto their 27ha dry stock farm at Kaukapakapa mid-2006, where they live with sons Alex (4) and Scott (2).

They spent a whole year travelling the world before the children were born - it was in Costa Rica that Sandy fell in love with the real-life counterpart of her tree frog.

Sandy says her degree as



• Sandy and Scott with the third-placed excavator cake

a power systems engineer - she used to design electricity substations - is a help when it comes to creating the structures to support her cakes.

Plywood, MDF, toothpicks - they all play a part in construction.

Sandy has taken a number of professional decorating classes, but says the hobby has a "heavy learning curve - you have to keep learning new stuff."

While she bills herself as 'The Cake Engineer NZ', at this stage she only makes her creations for friends and family. However she has thought about turning her hobby into a business.

"That will depend on whether I can make money at it," she smiles.

Her 'amateur' portfolio is impressive, with cakes shaped like castles, tractors, Wonder Woman, Minnie Mouse, Darth Vader, Angry Birds, a motorcycle, a wet t-shirt and even a gothic engagement cake.

So what happens to the cakes? Mostly, they get eaten.

"But I find it really hard if I have to cut it," says Sandy. "I really struggled to cut the frog."



• The first prize winning Tree Frog cake

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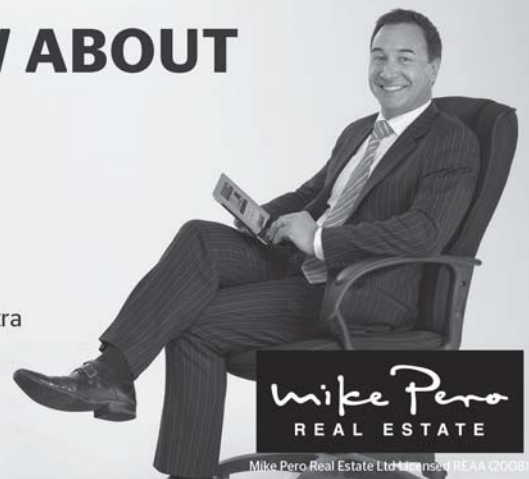
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Plants and community garden blessed

About 30 people gathered at Peacemakers in Parakai recently to witness the blessing of native plants for the new rongoā educational landscape there.

A trailer laden with native plants, all with rongoā properties, was blessed by kaumātua Ben Hita, who accompanied the plants from Te Hana. Ben introduced himself and the plants and spoke of his desire for them to flourish in their new home. Haranui kaumātua Wata Richards welcomed the plants and his fellow kaumātua.

The plants were blessed with prayer and sacred water, before the small crowd followed the kaumātua through the embryonic gardens, where they blessed the land and recently planted trees as they went.

Donna Kerridge and Treena Gowthorpe, who designed the landscaped area, explained the intention behind the design of the Peacemakers rongoā educational landscape.

Rongoā are plants used in traditional Māori healing, and Andrew Connolly from Peacemakers says: "it's about holistic integration of mind, body and spirit."

He says that by next summer people will be able to book in and spend time in the rongoā landscaped area, which will complement Peacemaker's existing retreat focus.

"When the plants [and] trees are mature and able to be used medicinally, we'll have workshops and retreat days focused on rongoā," says Andrew. "I expect that to be three to four years away."

"Our hope is that this landscape will be a healing, soulful, meditative space that any visitors to Peacemakers will be able to refresh in."

This winter will see the bulk of the planting completed, with special features, seats, boardwalks, sculptures and a bridge finished over the next 18 months. Funding for the initial stage of the project was made available through the Auckland Council Environmental Initiatives Fund, though more will be needed to complete the garden.

Peacemakers Trust chair Susannah Connolly says: "We'd never have got this far without the help of community workers and other volunteers. We are very grateful."

from the frontline

In the past few weeks both Parakai and Helensville townships have been the target of graffiti vandalism. Areas targeted have been several street signs, buildings, a bus stop, and throughout Helensville Primary School.

Auckland Council has a fantastic team of people who quickly remove this eyesore from our streets and community spaces, usually within 24 hours of being notified. Please report all graffiti vandalism to Auckland Council on 09 301 0101 and provide them with the following information: the exact location of graffiti; a description and size of the graffiti; and the type of surface the graffiti is on.

Grffiti vandalism may seem minor, but it's an issue that can have a huge impact on those living within the community. Graffiti vandalism can lower property values, can encourage further criminal offending, and often makes a community appear unsafe to live in.

Rapid identification and removal of graffiti has been shown to reduce its occurrence. As a community we need to have a zero tolerance approach to the defacing of both public and private property. Don't just assume that someone else has reported it to either Auckland Council or the Police. We would prefer to hear about the same incident more than once rather than have the graffiti visible for long periods of time.

If you recognise a particular tag speak up and call CrimeStoppers on 0800 555 111. This is anonymous. Please report all incidences of graffiti vandalism to the Police by either emailing me at: MBX062@police.govt.nz or calling the Helensville Police on 09 420 8967.

- Mandi Bell, Community Constable



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Former pharmacist passes away

GERALD NEIL MUNRO, 1934 - 2014

Active community worker, local pharmacist and family man, Gerald Munro died recently aged 80.

Gerald and his wife Shirley came to Helensville from Wellington and Hawkes Bay in the late 1950s to run the pharmacy in Helensville. They lived here for 35 years before moving to the Hibiscus Coast.

Gerald was born in Hastings in 1934, and educated at Hastings Boys High School, where he played in the 1st XV rugby team - a sport he actively supported for the rest of his life with his sons and grandsons.

Gerald trained as a pharmacist in Hastings, and after their marriage, Gerald and Shirley moved to Wellington, and later to Helensville where they brought up their family of two sons and a daughter.

As well as running his pharmacy business, Gerald, with the support of Shirley, took roles in a number of local, national and international organisations - principally the Lions Club and pharmacy associations.

Gerald joined the Lions Club of Helensville as a charter member in 1962, and became president in 1963. Over the following years he held other roles in the Helensville club and went on to serve at regional and national level. He was District Governor of the Northern Region 202G from 1987 to 1988 (north of the harbour bridge), where he was held in high regard.

He was a member of the Helensville club for 38 years, before transferring to Orewa Lions in 1993. He retired in 2010, after serving with Lions for 48 years. In recognition of his loyalty and achievement in Lions, Gerald was awarded the prestigious international Melvin Jones Fellowship.

Gerald served on the Helensville Borough Council from 1965 to 1983. One particular project he and the Lions Club worked on was the expansion of the

Helensville Library - which was moved from a room in the Council chambers to a separate building next door.

Another major project Gerald was involved in, also with the Lions Club, was fundraising for, and establishing an ambulance service and station for Helensville, in the late 1960s.

The Helensville Players, active in the district from 1965 for a number of years, also had the backing of the Lions Club, and both Gerald and Shirley took an active role in productions - particularly 'The Lisbon Story' where Lions did all the publicity and front of house arrangement, and Gerald's pharmacy worked as make-up artists. The Lions won the Ron Usmar Award for this project.

Serving on the Kaipara College Board of Governors was another of Gerald's local commitments.

Gerald's family recall the family holidays they enjoyed together; Gerald's generosity

in the use of the family car; his passion for sport; going with him on Lion's working bees and helping in the pharmacy stock-takes; his support of their further education; and, as time went on, his involvement with their families and the lives of his grandchildren.

From their earliest years in Helensville, Gerald and Shirley holidayed on the Hibiscus Coast - initially at Red Beach Motor Camp, and later at Arkles Bay. When they retired from Helensville they lived in their Arkles Bay home, later moving to the Peninsula Club in Stanmore Bay.

- Wynne HaySmith



• Gerald Munro

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Aim to help small local businesses grow

Parakai couple Richard Ott and Janet Velthuysen plan to use their knowledge and expertise to help locals grow their businesses.

But they have set up new book-keeping company Beta Books not with the aim to grow large, but to stay small and intimate.

"We only want a small client base so we can provide a personalised service," says Richard.

"We're looking to be like a B&B, not a hotel," explains Janet, "not providing full-on accounting services for large clients, but being much more personal and intimate."

Janet has 12 years' book-keeping experience, four in New Zealand and the previous eight in her native South Africa.

Her business background was a natural fit with Richard, who recently completed a marketing and management degree at AUT University in Auckland. They are both passionate about helping local small businesses understand their finances.

"We want to make a difference by getting people to understand their accounts," says Janet. "Accounts are like a storybook of your business."

The pair believe their business may develop over the next five years into more of a business consultancy.



• Richard Ott and Janet Velthuysen

"Lots of people have great ideas but are scared to start them. If we can help them with that they can flourish," says Janet.

Richard and Janet live in Parakai with son Aiden, who attends Helensville Primary and turns seven this month, and hope to move onto a lifestyle block in the district.

They are enjoying the local community and Richard is keen to get involved with Keas.

"The whole idea of living here is to get involved in the community," he says.

Richard would also like to see a local branch of the global BNI local business networking organisation set up here.

medical centre notes

Our new website, www.kaiparamedicalcentre.co.nz, launched late last month. It's a comprehensive portal for information about our services with links to other medical providers. We intend to post news, information and advice. It's been designed to work on mobile devices, and includes a feedback facility. Please do not use the feedback facility for anything medical, confidential or urgent, but phone us as usual on 420 8400.

In September we are running our regular patient survey questionnaire, to take the pulse of what you think of us and our services along with where we can look to improve. There are sections for commenting on doctors, nurses and the practice in general. These will be available at reception. Please complete them if asked, and give us your thoughts. Your time will be appreciated for doing this.

This winter has been a particularly busy one for our 'on the day' duty clinics. To book in, it is still important that you phone if you are able. This will be for an arrival time, rather than a firm appointment, as we try to smooth the flow so we give the best service to everyone. As you know, we deal with many accidents and emergencies and these must take priority. Thank you for your patience, if you have been kept waiting longer than normal.

- Dr Phillip Barter, Clinical Director





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Take the 'Healthy Passport Challenge'

Locals will be able to undertake a 'Healthy Passport Challenge' at the South Kaipara Festival, which will be held at Parakai on Saturday, September 20.

The festival aims to showcase the health, safety and well-being services available to the West Rodney community in a family friendly, entertaining and informative way.

The Healthy Passport Challenge will give participants the chance to receive giveaways and go in the draw to win prizes by simply answering a questions or undertaking an activity at the various information stands.

The festival will be held at Te Whare Oranga o Parakai from 10am to 2pm, and has been designed to have activities for all the family.

A celebration of health and wellbeing, locals will be able to take part in activities, see demonstrations and hear from health experts. There will be dedicated areas for women's, family and men's health, as well as safety information and well-being stands.

There will be food, entertainment, demonstrations and guest speakers, including former All Black great Buck Shelford who will speak at 11am.

Organisations taking part include Breastscreen Waitemata/Northland, Bowel Screening Waitemata, Auckland Regional Dental Service, Waitemata PHO Quit Bus, Waitemata DHB Maternity Unit, ACC, Age

Concern Rodney, Helensville Library, Auckland Transport, Coast Guard, Blue Light, Helensville District Health Trust, Peacemakers, South Kaipara Men's Trust, Helensville Women & Family Centre, Te Ha Oranga, Family Planning, Mt Tabor Trust, South Kaipara Arts Centre, Parakai Springs, Man Alive, and Healthpoint.

The South Kaipara Festival is a collaborative project between Waitemata District Health Board, Health Link North, Helensville District Health Trust, South Kaipara Men's Trust, Helensville Women & Family Centre, Te Ha Oranga and Age Concern Rodney.

Walkway planting day

Helensville Lions Club is holding a community planting day on Saturday, September 6 to plant around 2000 natives along the new 200m Riverside Walkway extension.

Volunteers are asked to meet at 9am at the reserve between the Old Post Office and the BNZ buildings. Locals should bring their own spade or shovel. A sausage sizzle and light refreshments will be supplied. The planting day had been planned for July, but wet conditions and delays in mulch arriving meant the day was postponed until now.

For more information phone Dennis Cummings on 420 8980.

SOUTH KAIPARA FESTIVAL

Celebrating Health & Wellbeing

Saturday, 20th September, 10am - 2pm

Te Whare Oranga o Parakai (former Parakai Tavern), 11 Parakai Ave, Parakai



- 🍏 Participate in 'Healthy Passport Challenge' & win prizes & giveaways
- 🍏 Learn about the health services in our local area & how to access them
- 🍏 Guest speakers
- 🍏 Healthy food demos, exercise & sporting activities, fun & entertainment
- 🍏 FREE health checks
- 🍏 All welcome - something for all the family



Playcentre visits rescue helicopters



Fifteen children from Helensville Playcentre visited the Westpac Rescue Helicopter base at Mechanics Bay in Auckland City last month. They arrived just as the helicopters were coming in to land

following a training exercise and a rescue, adding to the excitement of the visit.

The crew and staff explained their jobs as part of a rescue team and showed how helicopters work. The children, all aged under five, were able to explore one of the helicopters and see up close how it worked.

After the visit they were to make helicopters at the playcentre. Next the children hope to visit Helensville Fire Station to learn about their jobs and the fire engines.

Helensville Playcentre is open Mondays and Thursdays from 9am to midday at 7 Stewart Street, Helensville.

Kaukapakapa market

Next Kaukapakapa Village Market is on Sunday, September 21 from 9am to 1pm. Live music will be by 'The Musicians' Darren & Shel, and the library will be open from 10am to 1pm. For more information or to book a stall phone Sarah on 0274 831542 or email sarah1@maxnet.co.nz.

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General Election candidates

Helensville News asked the candidates contesting the Helensville Electorate in the General Election on Saturday, September 20 to write a few words. We had received no response from the Act, Conservative, Internet Mana or Maori parties prior to publication.

■ Kennedy GRAHAM Green Party Candidate

The Green philosophy is about sustainability. We have only one planet to share.

The Green political movement is best understood as a new look at life on Earth. It looks first at the global condition, then to a nation's role in improving it. We love New Zealand, and we care for the planet. The Green story is about values, and it looks beyond today.

The Green Party has a comprehensive plan for New Zealand, starting with the next three years. We propose a cleaner environment - in which the 100% brand is not an international deception - where species can flourish rather than teeter on the brink of extinction, like the Maui dolphin.

We propose a fairer society where Kiwi kids can thrive; where inequality is not rampant; where there are warm and affordable homes; where public transport and a good education and health system are affordable for all.

We foresee an economic transformation to a carbon-neutral economy, to help prevent dangerous climate change. We will

transform away from a pollution economy to a smart economy that taps into Kiwi ingenuity at home.

We believe New Zealand should not compete in outdated, mercantile pursuit, glorifying NZ Inc. We do better when we have a cooperative concern for other nations and all peoples - both in trade and capital investment. We shall measure progress through new indicators, assessing the quality of human life, rather than simply the growth of GDP.

I believe the Green vision is right for our times. We are ready for government: Party Vote Green.

Authorised by Jon Field, 17 Garrett Street, Level 2, Wellington

■ Corie HADDOCK Labour Party Candidate

My name is Corie Haddock and I am the Labour Candidate for the Helensville.

I am married and live with my wife and daughter in Huapai. I have lived in the Helensville electorate for the past 15 years and am well aware of the many issues that face our community, issues that can't be left without action for another three years. Labour has a positive future vision for this country, a vision that will provide all kiwis

• To page 11

Introducing our Helensville
Green Party Candidate

**Kennedy
Graham**



greens.org.nz

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Green ✓

Authorised by Jon Field 17 Garrett St, Level 2 Wellington

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Authorised by Corie Haddock 26 Pinotage Place, Huapai 0810
corie.haddock@labour.org.nz

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have their say

• From page 10

with support and the opportunity to achieve their potential, no matter their background.

Our family-focused policies will give parents more time with their children while supporting youth to either stay in school, access training, or work. Our homes policy will restore the kiwi dream by making home ownership and rentals more affordable. Our work policies will encourage businesses to invest, innovate and create secure jobs for kiwis.

If elected as your local MP, I will work hard to ensure our community has a voice in the future development of our area.

I strongly believe in a fair and just society for all Kiwis.

We need change in our country and our electorate, that's why I invite you to vote two ticks Labour on September 20th 2014.

Authorised by Corie Haddock, 26 Pinotage Place, Huapai 0810 coriehaddock@labour.org.nz 021 582 655

■ John KEY

National Party Candidate, incumbent MP & Prime Minister

I'm proud to be your Member of Parliament representing Helensville. The Helensville Electorate is a great place to live, work and raise a family. I believe in responsible policies which make our communities safer, deliver better local services and create more jobs and opportunities for our families.

We're helping our smart Kiwi companies compete and win on the world stage, while training more people with skills in areas they need.

I know these things are important to you. I am excited by the opportunities that are on the horizon for the area. We have prudently managed our way through some pretty tough years and we have a simple economic plan for the next three years:

One - we'll live within our means.

Two - we'll start paying off debt, and

Three - we'll keep generating new jobs.

National's plan is delivering stronger, safer communities. We're getting 1600 people off welfare and into work each week. The crime rate is at a 35 year low and we're working on getting it even lower. We're reducing hospital waiting times for cancer treatment and elective surgery, and we're investing billions of dollars into roads, public transport, and rural broadband to keep our communities connected.

To find out more about our plan visit www.national.org.nz/plan.

As your local MP, I would be honoured to continue to serve the good people of the Helensville Electorate, and indeed all of New Zealand, which is why I'm asking for your Electorate and Party vote in this election. Thank you.

Rt Hon John Key, Prime Minister, MP for Helensville.

Authorised by John Key, 365 Main Road, Huapai.



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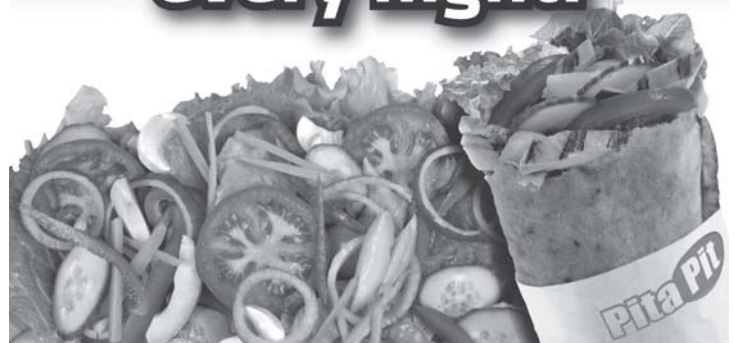


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Authorised by John Key, 365 Main Road, Huapai

National

■ HELENSVILLE, PARAKAI ON TV

Readers should keep an eye out for scenes of Helensville, Parakai and the surrounding areas in The Brokenwood Mysteries, Prime TV's new \$4.2 million murder mystery series which screens later this month.

Most of the outdoor scenes in the series, to be shown as four, two-hour episodes, were filmed here, at Warkworth and at Riverhead. The old Helensville Post Office features prominently as the exterior of the Brokenwood police station.



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Fictional Brokenwood is a seemingly typical, quiet country town - but one where new Detective Inspector Mike Shepherd finds murder lurking around every corner. Each episode will be a standalone story.

■ WOMEN'S MINI-RETREAT

A mini-retreat for women will be held at the Art of Yoga studio in Helensville on September 13 and 14. Linsey Smith has developed 'The Women's Way' programme with an emphasis on yoga for women's health and needs.

The retreat will focus on pelvic health through yoga, exercise and posture, but will also offer deep relaxation and meditation.

For more information email Linsey at: linsey@thepauaroom.com or visit www.theartofyoga.co.nz.

■ STEAM TRAIN COMING

The Railway Enthusiasts' Society will run a steam train trip from Waiuku to Helensville and back on Saturday, September 27.

Glenbrook Vintage Railway's 100-year-old yellow heritage carriages will be hauled by a KiwiRail diesel locomotive as far as Otahuhu before switching to Mainline Steam's 1200-horsepower JA1275 steam locomotive, which is expected to arrive in Helensville around 12.30pm where it will stay for about an hour.

The train will stop at Glenbrook, Papakura, Papatoetoe, Otahuhu, Ellerslie, Newmarket, Mt Albert, New Lynn, Henderson, Swanson and Waimauku before arriving in Helensville.

Tickets for the full run cost \$99 adult, \$65 child or \$310 family (two adults and two children). The Newmarket to Helensville leg costs \$55 adult, \$35 child or \$160 family. Tickets can be booked at www.railfan.org.nz.

■ KKK ELECTION MEETING

The Kaukapakapa Area Residents and Rate Payers Association will hold a 'Meet the Candidates' meeting in the Kaukapakapa hall on Monday, September 15 starting 7.30pm.

All the major parties have confirmed their interest in attending. Candidates will introduce themselves then answer set questions drawn at random. If time permits

questions from the floor may be allowed.

A gold coin collection will help offset the cost of running the meeting.

For more information contact John Howlett, phone 022 049 9599 or email habitbreakersnz@gmail.com.

■ HERITAGE BUS TOUR

An hour-long bus tour of heritage sites around Helensville will be held on Sunday, September 14.

The tour will be hosted by local Julie Colville, who will give a commentary on the sites, which are based on the Helensville Heritage Trail pamphlet.

It will start at the Helensville Museum in Mill Road at 1pm, returning to the museum for a light afternoon tea and viewing of the museum. Tickets cost \$10 per person.

Bookings are essential and should be made by Friday, September 5; phone the museum on 420 7881 or email: helensvillemuseum@xtra.co.nz.

■ PATCHWORK ON SHOW

The Helensville Patchwork & Quilting Group will hold a quilt show in the Helensville War Memorial Hall over the weekend of October 4 and 5, from 10am to 4pm both days. Entry will cost \$3, with children under 12 free if accompanied by an adult.

As well as the quilts on show, there will be a quilt raffle, merchants and a trading table. Refreshments will be available.

The Group recently presented a cheque for \$500 to the Westpac Helicopter Trust, money raised through the raffling of a quilt made by group members.

■ AUTHOR TO READ AT KKK LIBRARY

Locals can meet Jean Louise Allen, author of 'Bitty by the River' and 'River River Raupo Rye' at the Kaukapakapa Library on Sunday, September 21.

Jean will be reading excerpts from those books and an extract from her as yet unpublished 'River at War' at 10.30am, 11.30am and 12.30pm. She will be available to sign copies of books purchased on the day, and a copy of River River Raupo Rye will be raffled with proceeds going towards the upkeep of the library.

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Helensville gets WWI Heritage Trail sign

Helensville is to be part of Auckland Council's Auckland First World War Heritage Trail, with the town to get one of more than 70 signs that will be located around the Auckland region - most in central Auckland but spread from Wellsford in the north to Waiuku in the south.

Ours will be located at the Helensville railway station, and unlike most of the signs being erected for the commemorative project, it will be among a handful of permanent ones.

The Auckland First World War Heritage Trail will acknowledge sites throughout the region with relevance to the 1914-1919 period. More than 70 sites, covering six themes, have been identified as having relevance to Auckland during the First World War. The six themes are: Going to War; Training, Administration and Defence; The Economic War Effort; The Home Front; Opposition to the War and Enemy Aliens; and Rehabilitation and Remembrance.

The Helensville sign will be double sided, measuring 900mm x 600mm and mounted between aluminium posts.

One side will cover the 'Going to War' theme, with text and images based around the Helensville railway station and the Kaipara Line, and their role in the war.

The other side will feature the 'Home Front' theme and cover Helensville's war fund raising efforts, particularly through the Helensville and Parakai branches of the



• A mockup of one side of the sign

Auckland Women's Patriot League.

The signs will feature QR codes which can be scanned by smart phones to get more information from the internet.

Scouts need new tents

The Helensville/Kaukapakapa Scout Group needs to raise \$1000 to replace its aging tents.

The local troupe, which runs Keas and Cubs in Helensville and Kaukapakapa and a Scouts group in Kaukapakapa, is asking locals and businesses for cash donations of \$50 or \$100 to buy replacement tents. *Helensville News* has kicked off the fund raiser with a \$50 donation.

Anyone able to help should contact Dianne Gray, phone 420943 or 027 211 0300.

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with Kaipara chef, Peter Brennan

Quick and easy fritters

Perhaps the quickest way to cook food is to fry it.

With a hot pan and a layer of oil things are browned, crisped and heated through relatively quickly and ready to eat with a side of salad or some simple steamed vegetables, within a few minutes.

As I have said in previous columns, in my house there is a gluten free person and a vegetarian, while I will consume just about anything. It is a pain to prepare different meals for each taste so when we find something that we all enjoy it stays in the family recipe book. These fritters are a winner with us all.

They also work very well if you want a meat version - just substitute 200g of minced pork or lamb for the chickpeas.

It is possible to use canned chickpeas when making these fritters, however don't use the liquid from the can, just use plain water. Be careful when you process the canned chickpeas as they will turn to puree very quickly and you may require more flour to bind the mix.

■ Fritters, vegetarian version

- 1 cup chickpeas, soaked for 2 hours in cold water
- 3 cups cold water for cooking
- 1 bay leaf
- 1 cup roasted almonds or roasted peanuts
- 1 diced onion
- 6 garlic crushed
- 1 teaspoon smoked paprika
- 1 teaspoon 5 spice
- 2 chopped chillies
- 1/2 teaspoon ground cumin
- 1/2 cup chopped fresh coriander
- 1/4 cup chopped mint
- Salt
- 1 cup gluten free flour or plain wheat flour.



Soak the chickpeas in cold water for a couple of hours, or set them to soak in the morning before work.

Drain the chickpeas and place in a pot with the 3 cups of water and the bay leaf. Bring to the boil and simmer for 20 minutes, take off the heat and set aside.

Use a food processor to pulse the nuts to a rough chopped stage and place in a bowl. Dice the onion and add with the garlic to the nuts along with the paprika, Chinese 5 spice, chopped chilli, ground cumin and the chopped fresh herbs.

Drain the chickpeas and retain the cooking liquid; discard the bay leaf. Pulse the drained chick peas to a rough chopped stage and add to the nut mix. Add the flour and a good pinch of salt and mix together.

Add sufficient cooking liquid from the chick peas and using your hands mix all together until a dough forms. Shape into small fritters and then fry them in shallow oil, turning a couple of times until evenly browned.

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■ SOUTH KAIPARA U3A

The next meeting of South Kaipara U3A is on Friday, September 5 at 1pm at St John Ambulance Rooms, 7 Rata Street, Helensville. The meeting will start with the AGM, followed by a discussion on the history of Huapai, Kumeu, and Muriwai districts. Gold coin entry, afternoon tea supplied. For more information phone Jenny 09 827 8861 or email: Jenny-intouch@vodafone.co.nz.

■ TRIVIAL PURSUITS

Kaukapakapa Scout Group's annual Trivial Pursuits evening is this Saturday, September 6 from 7pm at the Kaukapakapa hall. Tickets cost \$15 per person and teams can have from eight to 12 members. Money raised will go towards equipment for the Scout group. To book tickets phone Kerry on 420 4003 or 021 036 9490.

■ HELENSVILLE AGLOW

The next meeting of Helensville Aglow is on Friday, September 12 at 7.30pm in the Helensville War Memorial Hall. The guest speaker will be Heather McCall, author of books 'For the Love of Christmas' and 'From Victim to Victory'. Heather and her husband Murray run a ministry called 'Restoring the Foundations'. Entry by donation. For more information phone Marilyn Gray, 420 4346 or 027 290 3605.

■ RATEPAYERS' AGM

The Te Awaroa Residents & Ratepayers Association, which represents the Helensville and Parakai areas, will hold its first annual meeting at the Helensville War Memorial Hall at 7.30pm on Tuesday, September 16. The association's current primary project is pushing for an upgrade to the footpath between Helensville and Parakai.

■ TRIVIA NIGHT & AUCTION

The South Kaipara Community Patrol will hold a Trivia Night and auction in the Helensville War Memorial Hall on Saturday, October 11, starting 7pm. Tickets cost \$15 and there will be a door prize, table prizes and a raffle. Supper and a free drink will be provided. All funds raised will go towards the local community patrol. For more information phone Anne on 420 7408 or email annwilliams498@gmail.com.

■ GIBBS FARM VISIT

The Helensville A&P Association is planning a visit to the Gibbs Farm sculpture park on Thursday, October 23 from 10am to 2pm. Carpooling will be available from the Helensville Showgrounds from 9.30 am. Tickets \$25 for Association members and senior citizens, \$30 non-members. Bookings essential. Phone Caroline on 420 7572 or email: info@helensvilleshowgrounds.co.nz to book or for further information. Money raised through the day will go towards the 2015 Helensville A&P Show.

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Editorial Enquiries, Letters to the Editor and Advertising:

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

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Peter Brennan

Licensed Salesperson (REAA 2008)

peter.b@burmester.co.nz

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