

End of the line for steam train visits?

Popular steam train visits to Helensville can no longer go ahead because of damage to the 'triangle' the historic locomotives use to turn around for their return journey.

And they look unlikely to resume in the foreseeable future, with Kiwirail showing little interest in repairing the damage.

The triangle, just north of the Helensville train station behind P G Smith's depot, was damaged in a major storm which hit Helensville in the middle of last year. A section of the triangle which borders the Kaipara River was washed out, leaving the track suspended in a slump over the water.

That forced the cancellation of a planned steam train visit in September by Mainline Steam and the Railway Enthusiasts Society - and no further visits can be held unless the track is repaired.

Unfortunately, Kiwirail have no plans to reinstate the triangle.

Stephen Collett, Northern Regional Manager for Kiwirail, says: "Over the years, the triangle and the land around it has been susceptible to storm damage requiring it to be repaired. The bad weather last year caused damage estimated at \$100,000-plus to repair, which would include rebuilding part of a seawall.

"Kiwirail has no operational need for the triangle for its freight services, but does recognise that the two to four excursion trains a year that use the track would benefit from the facility being brought back into service.

"Despite having no use for the facility itself, Kiwirail recognises the benefits the excursion trains bring to the local community and would be open to entering discussions with excursion train operators and [the] local community to explore joint funding options for necessary repairs."

However, neither Mainline Steam nor the Railway Enthusiasts' Society (RES) have any funds to put into such a project.

"Helensville has been a destination over many, many years, since the early 1960s," says RES spokesman Alan Verry. "[It] is the ideal destination for a day steam excursion.

"I would hate to think this is permanent, that the triangle can't be reinstated.

"We're not in a financial position to fund it [repair] but would be keen to work with the local community and interested parties."

Mainline Steam's Michael Tolich says "unless it is repaired it is impossible for us to run steam excursions to Helensville.

"We bring around 300 people at a time who all get off, spend money, visit local shops and cafes. We are disappointed in the response from Kiwirail, but we do understand their position.

"We don't have the financial ability to



• The washed-out section of the rail triangle

restore it [the triangle]. Perhaps the Helensville community can look at doing that."

However, both Alan and Michael stressed that with the future of the North Auckland train line from Swanson to Helensville



• Locals cram Helensville Station during a visit by steam engine Diana

uncertain, any community financial input into repairing the triangle would have to be accompanied by strong assurances from Kiwirail that the line will be kept operational.

The triangle has been used since 1942, when it replaced a turntable installed in 1908.

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editorial

This issue we bring you two major news stories, one of them great, the other definitely not. The good one is, of course, the opening of Te Whare Oranga ō Parakai (page 3), the South Kaipara's amazing new community hub in the old Parakai Tavern, which has undergone a dramatic transformation. It's a wonderful facility, a testament to the foresight of the Parakai Licensing Trust which donated the building and the Helensville District Health Trust which has run with the project and brought it to fruition. It bodes well for the future of the South Kaipara.

On the bad side of the ledger, our front page article details what could be the death-knell of steam train visits to our town. Helensville promotes its historic appeal, and steam train visits mesh beautifully with that. The visits are an important tourism bonus for our town, as well as incredibly popular with locals. It would be a shame, to put it mildly, if they were to come to an end. We'll keep you posted about any future developments.

Enjoy the rest of the issue.

- Dave Addison, Editor

No more steam train visits? (cont)

• From Page 1

Helensville Railway Station Trust treasurer Scott Osmond says steam train visits to Helensville have run on a semi-regular basis, usually once or twice a year, since around 1985, when steam enthusiasts' trips on the main trunk line began.

Steam locomotives stopped running in the North Island in 1969, but in 1985 New Zealand Railways allowed privately owned steam locomotives back on the main lines.

Unlike diesel trains, steam engines cannot operate properly in reverse, and instead must be turned around for the return journey. Trips here usually come from Mainline Steam's Parnell workshops, although they have come from as far away

as Glenbrook. They usually bring between 200 and 300 visitors to our town, as well as many curious locals.

"When steam trains come that attracts locals from far and wide," says the Trust's David Bott.

"We can have as many as 500 to 600 people milling about the station."

Special markets have been set up to coincide with past visits, bringing additional income into the local economy.

Trust chairman Alan Hargreaves says the triangle is "vital for steam excursions to the West".

"This has hamstrung us for excursions. It's mucked up the whole tourist thing for steam. We can't go backwards now."

Fairy Fun dance classes coming

Fairy Fun dance classes for two to five-year-olds are coming to Helensville.

They will be run by Caery Barrett – aka Fairy Caery – who runs the For the Love of Dance School in Whangaparaoa.

Caery has taught Fairy Fun preschool classes for four years. She has a Certificate in Early Childhood Education, which she uses to help prepare and teach the classes.

The classes will teach children to dance while working on basic co-ordination, self-confidence, and a love for music and movement. Props and a large genre of style are used while helping children develop their fine and large motor skills.

"This is a great class if you want your

children to dance in the future, or if you just want an afternoon of fun and laughter with a fairy," says Caery.

The classes will be held at the Helensville Catholic Church, 1 Puriri St, from 10am to 10.45am on Tuesdays, starting April 21. Classes will cost \$7.50, and no bookings are needed.

Caery has had a love for dance since her childhood in South Africa, learning modern dance, tap, Latin, ballroom, hip hop and jazz. Her fascination with faeries was perfect for her alter ego Fairy Caery, through whom she has brought her passion for dance to generations of little girls.

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Te Whare Oranga is open

Te Whare Oranga ō Parakai - South Kaipara's new \$3 million community hub - is now officially open for business.

The building was opened by Helensville District Health Trust (HDHT) chairman Dianne Kidd and manager Charm Torrance at a ceremony in front of around 100 invited guests on a rainy, Saturday, March 28.

And the first event at the newly-christened centre was an inaugural Harvest Market held the next day - the first in what will be a regular monthly market.

The opening began with a traditional Māori welcome from Glenn Wilcox, followed by a prayer and hymn from Otene Reweti, both representing Ngati Whatua Nga Rima o Kaipara, then speeches from Charm and Dianne.

That was followed by guided tours of the building.

Other members of the official party were: HDHT board Ngati Whatua Nga Rima representative Te Kahuiti Morehu; Wendy Horne and Leon de Wet Fourie from Unitec; Allison Roe representing Waitemata District Health Board, and Rodney Local Board chair Brenda Steele.

Dianne says the opening was not about celebrating finishing a project, but rather about celebrating the start of the South Kaipara well-being journey.

"The profits will not be measured by the dollars but the opportunities and benefits that Whare Oranga can provide us," she said.

"Well-being in the whānau ora sense embraces not only the physical and mental personal health, but also that of the social, environmental and economic well-being of

our South Kaipara community."

Dianne added Te Whare Oranga will play an important role in helping realise the Health Trust's vision of being the healthiest rural community in New Zealand.

"A community that takes ownership and responsibility for its own."

That community ownership was apparent in four different ways she said.

Firstly, the Te Whare Oranga project was initiated by the community through the foresight of the Parakai Licensing Trust in donating the building to the Health Trust.

Secondly, the whole project was developed through consultation with the South Kaipara community.

Thirdly, all the work on creating the "state of the art community facility" has been done by local businesses and trades people.

And finally, the end result is a facility for the benefit of the whole South Kaipara, which will benefit from "a myriad of activities, across the spectrum of arts, cooking, learning and health" to improve the wellbeing of this community.

"The local tradesmen have done a wonderful job, says Dianne. "They have just been stars. The builders have done an amazing job. I've been blown away seeing it all come together."

Dianne made special mention of the Trust's partnership with Unitec, which has been associated with the project since its inception in mid-2013.

Design students from Unitec's landscape architecture, architecture and interior design programmes collaborated on



• Health Trust manager Charm Torrance (left) and chairman Dianne Kidd cut the ribbon to officially open Te Whare Oranga

• To Page 4

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Te Whare Oranga opens (cont)

• From Page 3

the design development of the project, in turn giving the students significant 'real life' work experience, including having a client, and working within a budget and timeframe.

Expanding on that, Charm Torrance said the involvement of Unitec students has resulted in an innovative approach to Te Whare Oranga. She says locals will be impressed by "the manner in which they have incorporated the essence of South Kaipara into the design", including carpet tiles which represent the Kaipara River

running through the building; locally-taken photographs in the toilets; and flax motifs on the glass and the furniture.

Also praising the local tradesmen who have built the facility, Charm says: "the employment of all these local tradesmen and the sourcing of local materials has already put a substantial amount of money back into the community."

Dianne says work on Te Whare Oranga has come in under budget, with around \$800,000 spent so far and more earmarked for areas of future development.



• Less than ideal weather didn't dampen the enthusiasm of locals who made the most of the wide variety of goods on offer at the South Kaipara Food Revolution's first Harvest Market

Defensive driving course

Kaipara College will host a Defensive Driving course over four consecutive Wednesdays, starting on May 6, from 7pm to 9pm. The cost of the course is \$175.00.

The course will be delivered in the college Careers Centre. Anyone with a learners licence or a restricted licence can attend the course, which reduces by six months the period new drivers have to wait between getting their restricted licence and gaining a full licence.

The Defensive Driving course follows successful after school 'learners' driver licence courses held by the college for the past 16 months.

The free, three-week learner courses, for anyone interested in learning the road code whether a student or not, have proved very popular. To date all those who have attended and who have gone on to sit their licence have passed on their first attempt. Learners courses will continue for the rest of this year.

Phone college careers advisor Claire Couch on 09 420 8640 extn 835.

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Major new building to replace leaky Kaukapakapa School rooms

Kaukapakapa School is to get a new multi-million dollar administration and classroom block to replace its existing leaky buildings.

Concept plans for the new building are expected to be drawn up over the next few weeks, and the whole project is likely to take around 18 months. Six new classrooms will be included, possibly in a two-storey configuration to match existing school buildings.

They, and the new administration rooms, will replace leaky buildings originally slated by the Ministry of Education to be repaired.

A contract had already been let to a local firm for the remedial work, but after it was found the problems with the leaking buildings were much worse than originally assessed by Ministry consultants, that repair work was suspended mid-December.

The Ministry decided late in February to rebuild from scratch, and the contractor was then tasked with demolition of the old buildings.

The contract for construction of the new building will go to national tender in the near future.

Obviously pleased with the decision to start afresh, Kaukapakapa School principal Tony Westrupp says: "Although this will mean more time for us in 'Portacom Village' at least we will end up with a fantastic new

block."

The old classrooms leaked in numerous places, partly as a result of modifications and additions over the years. However the administration building was much newer, and Tony says he has photos of it leaking during its first winter, only 10 years ago.



• Demolition work underway on the leaky buildings

ANZAC Day services

ANZAC Day services will be held at both Kaukapakapa and Helensville on Saturday, April 25.

The day will begin with the annual Dawn Parade at the Parakai Cenotaph, with fall-in at 5.50am. That will be followed by a service at the Soldiers Cemetery in Helensville at 6.45am. Breakfast will be available following the service at the Kaipara Memorial RSA rooms in Commercial Road for \$5.

Kaukapakapa's Anzac Day Service will be held outside the Kaukapakapa Hall at 9.30am. This will take place at the WWII monument and will be slightly shortened to allow people to also attend the Helensville parade and service.

Fall-in for the Helensville parade will be at 10.50am at the Super Liquor carpark, and after the parade down Commercial Road there will be a commemorative service in the Helensville War Memorial Hall. Lunch and refreshments will be available for purchase at the RSA rooms after the service.

For enquiries regarding the Kaukapakapa service phone Athol McLachlan on 420 5225 or Megan Paterson on 021 959 017. Enquiries for the Helensville events should go to RSA secretary/manager Graham Matthews, phone 420 8888.



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Business manager set to rock medical centre

Richard Reid's appointment to the newly created position of business manager at the Kaipara Medical Centre is a far cry from his teenage dream of being a rock star.

At the age of 17 he spent three months playing gigs as a 'professional' musician, as a bass guitarist in a band performing mainly covers of 1970s and 80s rock classics.

"I was briefly a wannabe rock star, but it turned out that I was better in business!" he quips.

Richard says his new role at Kaipara Medical Centre will include ensuring it runs in a commercially viable and sustainable manner, and investigating how it can better serve the community and what other services could be offered.

His career began in the automotive, engineering and then chemical industries, working his way up through sales, product management, divisional management and onto managing director and CEO roles. After nine years at senior management level, which included frequent international travel, he decided to make a career change to spend more time with his family.

In 2008 he took on the role of CEO for The Pacific Business Trust, an organisation that delivers business training and business advice and support nationwide, targeting Pacific peoples.

"The reason I joined the Pacific Business Trust was because while it was a commercial operation, achieving positive outcomes for the Pacific communities was the primary focus," says Richard.

"As CEO I was contributing to making a real difference for Pacific peoples in NZ and not just focusing on improving returns to

shareholders.

"I was drawn to the Kaipara Medical Centre for similar reasons," he adds.

"While the KMC is also a commercial operation the primary focus is on delivering best health practice services, while seeking



• Richard Reid outside Kaipara Medical Centre

opportunities to improve overall health outcomes and reduce [or] eliminate any health inequalities in the South Kaipara community.

"With five marae, local Māori represent a significant percentage of our population and there is opportunity to better understand and improve health outcomes in this area."

Born in Te Puke, Richard is half Māori himself; his primary iwi is Ngāti Pukehina.

Richard describes his newly created position as a "legacy role", where the success achieved through the delivery of quality health care by the KMC team has a long lasting and positive impact on the health of the South Kaipara community.

Richard has lived in Helensville for the past three years with his wife Mary, who works in the city for Auckland Council, and 16-year-old daughter Madi, who is in Year 12 at Long Bay High School.

His interests include hang gliding, sailing, surfing, tennis, movies, world history and music.

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Waitoki craft day

The Waitoki Craft Group and the Auckland-Northland branch of the Black & Coloured Sheep Breeders Association will hold their annual Craft Day at the Waitoki Hall on Saturday, May 2 from 10am to 3pm.

Aimed at getting people into crafts with simple, inexpensive, and effective craft ideas, the day will feature workshops, demonstrations, displays, and information. Features this year will include needle felting, spinning, weaving, felting, knitting, crocheting, dyeing techniques and sheep.

Demonstrations, workshops and displays will run throughout the day starting at 10.30am, showing off garments and articles which make use of locally produced quality wool.

Entry is free, although those taking part in workshops will be asked for a gold coin donation to cover the cost of the materials they use. A selection of crafts and wool will be available for sale.

For more information contact Lisa Clapperton, phone 420 5455 or email lisa@waitokiplants.co.nz, or Sandra Owen phone 420 5450, or email sanderek@clear.net.nz.

Tips to save lives evening

St John Silverdale in partnership with the Waitoki Public Hall Society last month held a free information evening of life saving tips, including how to identify signs of medical distress; how best to apply medical first aid; and how to perform CPR resuscitation.

More than 30 locals attended and in combination with gold coin donations and a cheque from the hall committee a donation of \$577 was made to St John.

Room at the club

Helensville Rugby Club is looking for someone to take on a long-term lease of its surplus clubroom space.

The 200sq.m. room is a high ceiling, clear span space overlooking the rugby grounds and includes a separate stairway entrance, foyer, men's and ladies toilets, showers and a small kitchenette. The main room is carpeted and possible uses include office space, a private studio, classroom, or workroom.

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medical centre notes

With winter coming the flu vaccination season is starting. Unfortunately there has been a nationwide delay in the delivery of the vaccines, and the latest update from the Ministry is they will be here at the end of April - watch our website for updates.

With increased frequency of colds and chest infections, now is a good time to talk about stopping smoking; as everyone knows, smoking has many serious risks for your health: cancer, heart disease, strokes, fertility, emphysema etc, as well as your bank balance.

The best way is to stop 'cold turkey' but this is often not possible, as withdrawal effects can be hard in the first 10 days, with irritability, sweats, and restlessness. To help the process there are options for Nicotine Replacement Therapy, the idea being you slowly wean yourself off nicotine by using gum, lozenges or patches, as a less toxic delivery of nicotine to your system than cigarettes - but of course you still need to slowly reduce the amount you use, otherwise the craving for nicotine continues rather than stopping.

Champix works differently, as a tablet you take for 12 weeks, that blocks the nicotine receptors, so when you have a cigarette the nicotine has no effect, so is not replacing the nicotine but stopping its effects.

If you are keen to find out more, Kirsty Adams is our smoking cessation lead at the practice, or Te Ha Oranga and Quitline also provide a smoking cessation service.

- Dr Phillip Barter, Clinical Director



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short story winner

This is the winning adult entry in the *Helensville News*-sponsored Original Writing section of the Helensville A&P Show, by Sher Foley of Mt Eden. Helensville's Pauline Denton received a Highly Commended.

See You at the Show

It should be really easy. A piece of cake, a walk in the park. Four hundred and fifty words including "See You at the Show". Well that brings it down to four hundred and forty five. How hard can that be.

Writing competitions are normally won by other people, not me. I have had friends who have triumphed. I have been gracious, smiled serenely, and proffered my heartfelt congratulations while disappointment squirmed uncomfortable as indigestion, deep in the recesses of my needy little soul.

OK - eighty words already. Doing well, on track, could be on to something here.

I wonder who the judge is, or maybe a panel of judges? How well qualified? Will they earnestly scrutinise each entry, looking at use of language, plot, characterisation, pace and structure? Would they recognise the work of an undiscovered literary genius if it was presented to them in an unconventional, modest and self-deprecating manner? Perhaps, perhaps not.

One hundred and fifty words - not bad, not too bad at all. Keep going, you're almost halfway there.

the one that will speak clearly and directly to that panel of judges.

OK - two hundred and thirteen words. Starting to struggle a bit here. Keep focussed, keep eye on the ball (that could impress judges who dabbles in sport).

.Who is my competition? Who are my fellow scribblers? Is there a ukulele playing lady of a certain age with long grey hair, wearing gypsy clothes, or a scrubbed, polite little civil servant with a worrying interest in espionage? Or a terrifyingly talented, white-teeth fifteen year old on a vertigo-inducing upward trajectory? Or Trev, a yeah-nah bloke from down the line.

About one A4 page, the requirements are. Scroll down, scroll down. Getting there. Might get away with less than four hundred and fifty words once those judges are hooked right in.

They will know only too well that quality comes before quantity, that less is more. Pared back, lean - that is the sort of writing a discerning judge admires. None of this flowery, over-written, purple prose for them. No pink and orange sunsets, no quivering, swooning heroines, dropping scented white lace handkerchiefs, no strong silent cowboys cutting the baddies off at the pass. Oh no, most definitely not. No dystopian, steampunk in any shade of grey.

They will look for clarity, simplicity, humility. They will read all entries in a fair and most unbiased manner. They will collaborate, consult, cogitate. And at the end of the day (to use a most irritating and over-used expression beloved of politicians) they will come to a unanimous decision.

See you at the show. Please pick me!

Who should I channel? Earnest Hemingway (too macho), Margaret Attwood (too intellectual), Somerset Maugham (too cynical). No, I will just listen to, and write from, my own pure, inner voice,

HIPPY 10th birthday cake cutting



New HIPPY kids Kaskade Sau (left front) and Mikaere Tapurau (both aged 4) help HIPPY South Kaipara co-ordinator Bernie Malizia cut the cake at the recent 10-year anniversary celebration of the HIPPY programme in the South Kaipara. Watching them are two of the original local HIPPY kids, Georgia Logan (centre rear) and Anna Steele, both aged 14.

Knickers, knickers, knickers



• Art Kaipara's oldest artist, Noeleen Healey, with her decorated knickers

Veteran Helensville artist Noeleen Healey will be holding a solo exhibition at the Helensville Art Centre in August to mark her 83rd birthday.

But in the meantime, locals have the chance this month to view some of her recent work at the latest Art Kaipara Exhibition - including her knickers!

Noeleen decorated her undies at the Art Centre's 'panting' workshop.

"A lack of proof-reading led to the notion someone's panting skills, rather than their painting skills, were being exhibited," says Art Centre co-ordinator Pauline Denton. "We decided to celebrate the misprint by running a very successful panting workshop!"

Pauline describes Noeleen's artworks as "always deliciously unpredictable. I'm always delighted that it is our oldest artist who is the most surprising and unruly."

Pauline wasn't sure at the time of going to press exactly what else the local artist would have on display at the exhibition, which runs all April at the Art Centre in Karaka Street.

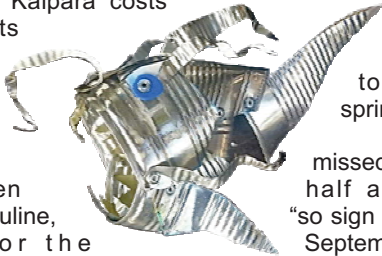
"Noeleen is always sure to surprise."

The range of artworks on show at the Art Kaipara exhibitions is always diverse, especially considering the arts group is open to all ages.

Andrew Denton has produced a series of fish made from up-cycled tin cans for this year's show (pictured). Lucy Narayanan exhibited bedsprings laced with cork screws at the last exhibition.

"Art Kaipara is a dynamic group of artists of all levels and abilities working in a diverse range of materials," explains Pauline.

Joining Art Kaipara costs just \$20 a year for adults and \$10 for children. Students and Members get work in both exhibitions. to exhibit their spring and autumn



"If you've missed out on the April exhibition then half a year is half price," says Pauline, "so sign up now and be in ready for the September exhibition - [there's] plenty of time to create new and amazing work by then!"

The Art Centre Gallery is open Saturdays and Sundays from 11am to 3pm and during workshops for differently-abled adults on Tuesday, Wednesday and Thursday afternoons, 2pm to 4.30pm.

Pauline also has the call out for volunteers at the centre.

"If you love being around art then why not become a volunteer," she asks. "We need a few more people to spend a couple of hours on a Saturday or Sunday once a month to maintain our opening hours."

"You can bring your own projects to work on, [or] join in the woodcarving project in the courtyard."

Phone Pauline on 021 158 6859 or email her at: coordinator@artcentrehelensville.org.nz for more information.



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Show Manager/Secretary Part-time

We need a confident, organised and experienced person to take responsibility for the day to day administration of the Helensville A&P Association and the event management of the annual Helensville A&P Show.

This is a sole-charge contract position of approximately 28 hours per week. It is an event management and secretarial role requiring skills in sponsorship, time management, communication and organisation. A sound working knowledge of Microsoft Office, and proven experience in administrative roles are important. Accounts experience is desirable. While based at Helensville Showgrounds, there may be flexibility for some work to be undertaken from home.

A complete job description, application form, and information on how to apply for the position is available online at: www.helensvilleshowgrounds.co.nz/showmanager.

Executive Committee
Helensville A&P Association
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Former Helensville artist creates 'healthy body' dolls

Beetle Bottoms are probably not well known in New Zealand - but that's about to change.

The trio of children's books and now a range of cuddly dolls are the work of internationally noted former Helensville artist Fiona Whyte and her daughters Sarah Hill and Maddy Holroyd.

Fiona moved to Byron Bay, a coastal town in New South Wales, Australia in 2011 to be closer to family.

She teamed up with her daughters to create Beetle Bottoms, miniature children the size of an apple pip who live in trees.

Drawing on Fiona's teaching experience and art, Sarah's background in child psychology, and Madison's writing and design experience they have created the children book series, educational games and now dolls, with the aim to create a world where children can play, create and imagine, which they call 'story play' - children coming up with their own stories and adventures and believing

anything is possible.

The Beetle Bottom range is designed to teach children about self-acceptance and love, acceptance and love of others, and to instil a curiosity and respect for nature.

Beetle Bottom dolls are the latest addition to the range, just introduced in the

last few weeks following a successful crowdfunding campaign on IndieGoGo.

They are designed as healthy natural role models with realistic and healthy bodies aimed at influencing children to have a healthy self image. The Beetle Bottoms dolls also incorporate racial diversity.

"Children's toys and dolls have a big societal and emotional impact, they set up societal ideals and expectations for children to emulate," says Maddy. "The Beetle Bottoms dolls do not set unrealistic expectations for children and we make sure everyone is represented so no one is excluded."

The dolls, along with the books, games, and decals, are being released in New Zealand through Whitcoulls this month.

"Mum does all of the illustrations, and the three of us write as a team. Maddy does a lot of the product design," says

Sarah.

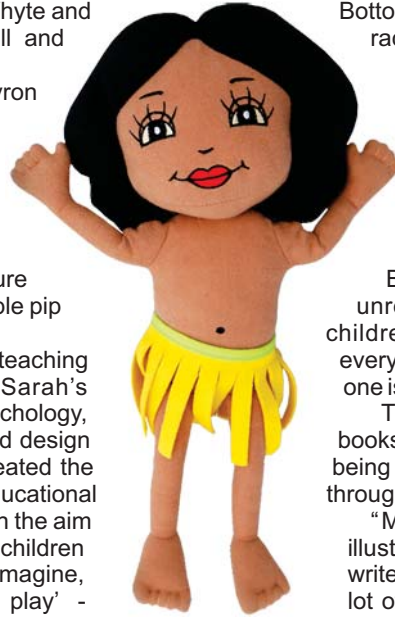
The three current books are: Beetle Bottoms and the Eyes in the Night; Beetle Bottoms and the Sticky Situation; and Where is Pip?, a lift-the-flap board book.

Fiona has also recently started making pottery fairy houses and doors with a friend, and they are going to start running local pottery classes and sell the houses.

Fiona is a widely-exhibited artist whose paintings and sculptures are held in private and corporate collections world-wide. She is ELAM School of Fine Arts trained and also has a Diploma of Education from Auckland Teachers College.

Daughter Maddy attended Helensville Primary, while Sarah went to Kaipara College.

More information is available at www.beetlebottoms.com.



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• From left: Madison Holroyd, Fiona Whyte and Sarah Hill

College at Waka Ama nationals



This is the Kaipara College Under 19 mixed team on their way to winning the WT12 250m second semifinal race at the 2015 ActivePost National Secondary Schools Waka Ama Championships at Lake Tikitapu (the Blue Lake), Rotorua late last month.

The team consisted of Anna Lawton, Carissa Mansell-Sawyers, Joshua Hepburn-Knight, Kevin Calis, Levi Shelling, Michael Thompson, Michelle Freshwater, Nicholas Protheroe, Ryan Cooper, Sabrina Evans, Sativa Tarau-Peehikuru, and Sophie Fisher.

College teams performed to their usual high standard, winning the finals of the Mixed U16 - WT12 250m, Boys U16 - W6 500m and Boys U19 - W6 250 events. The Boys U16 team came second in the W6 250m event. The Girls U16 team came second in its W6 500m final, while the Girls U19 team finished 3rd in both the W6 250m and W6 500m finals.

More than 1450 paddlers from 97 schools competed at the championship, one of the largest secondary school sports events in the country and now in its 14th year.



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Your new 'House of Wellbeing' is officially open



Jake Morgan, Imelda King and Charm Torrance. Te Whare Oranga ō Parakai's new teaching kitchen is ready for culinary action!

If you didn't make it along to Te Whare Oranga ō Parakai for the first Harvest Market last month, please make sure you pop in to see what all the fuss is about this month. Open from 9–5 Monday to Saturday, there are a variety of courses, activities, services and business opportunities available at this new forward thinking 'House of Wellbeing' for the South Kaipara community. You'll be amazed by the renovation of what was the Parakai Tavern, so do take the time to pay us a visit. And put Sunday 26 April in the diary for the next South Kaipara Harvest Market.

Calling all budding gardeners this April!

Te Whare Oranga ō Parakai is pleased to commence its first free course in April 2015, NorthTec's Certificate in Sustainable Rural Development (Level 2). The programme is ideal for people who would like to learn how to make a small garden with a focus on organics and vegetable growing. Students on this programme

will plant vegetables and grow them from seed until they are ready to be picked and eaten. There is even a commercial kitchen on site so you will be able to cook and eat the produce as well. Call 021 023 06465 or email hlushberger@northtec.ac.nz for more information. Or visit thrivekaipara.org.nz

PEOPLE'S CORNER



Rick Reid is the new Business Manager at the Kaipara Medical Centre. Looking for a

role in which he could make a real difference, Rick brings a wealth of management and business nous – including experience from his former role as CEO of the Pacific Business Trust. He was drawn to the Kaipara Medical Centre's strategic goals and the opportunity to contribute to the Trust's vision of creating the healthiest rural community in NZ. Rick lives with his wife and 16-year-old daughter in Helensville and is looking forward to working in his home community.



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New name for long running salon

One of Helensville's oldest businesses has been rebranded.

The River Valley Hair salon has operated for more than 30 years at its premises at 86 Commercial Road. But owner of five years Corrina Goodwin felt the 'River Valley' name no longer had any relevance.

"People didn't recognise River Valley as being this area," she says. She also wanted a shorter name, so she and third-year apprentice Sally Young came up with the new name - Shades.

To tie in with the rebranding and new signage, the interior of the salon has been revamped, with the main counter moved to the rear of the building to create a more open, spacious look.

Helping Corrina and Sally at Shades is part-timer Cindy Harrison, formerly of Expressions Salon at Parakai, while Shaye Holder is the in-store beauty therapist.



• From left, Sally Young, Shaye Holder, owner Corrina Goodwin and Cindy Harrison

Corrina, who lives at Shelly Beach, says the biggest change accompanying the new name and look at Shades is the introduction of a number of health product ranges, from brands such as Malcolm Harker, Clinicians, Life Stream and Raw Protein.

A new winter 'velvet' colour range has also just arrived in the salon, while Shaye has just introduced gel nails.

from the frontline

Social networking is an integral part of most of our lives. It's a great way to stay connected with friends and family but there are risks with posting personal information online and taking only minimal security precautions.

The internet is a public resource. You should only post information you are comfortable with anyone seeing. Once information is posted to a social networking site, it is no longer private. The more information, the more vulnerable you become.

Once you post information online, you can't retract it. Even if you remove the information/comments, saved or cached versions may still exist on other devices. Some sites make it very easy to disclose information that you wouldn't normally disclose to strangers. Even when using high security settings, there is the possibility that friends or websites may inadvertently give away information.

Don't believe everything you read online. People may post false or misleading information, including their own identities. This is not necessarily done with malicious intent; it could be unintentional, an exaggeration, or a joke. However, take appropriate precautions and try to verify the authenticity of any information before taking any action.

Some things to think about in relation to social media sites if you haven't already:

- Change security settings if you don't want to be tagged in photos posted by others.
- Arrange friend/associate lists into specific groups.
- Keep your friendships private; do people really need to know your relationship status?
- Remove yourself from social media searches. It is simple to turn off your public visibility.
- Be mindful when commenting about plans to go on holiday or posting whilst on holiday.

Would you put a sign at your gate saying you were away on holiday for two weeks?

And lastly - post about others the same way you would want them to post about you.

There is a fine line between freedom of speech and cyber bullying.

- Mandi Bell, Community Constable



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Search on for new A&P Show secretary/manager

The Helensville A&P Association is looking for a new show manager and secretary following the departure of Caroline Anderson, who has held the position for the past two years.

The sole-charge, part-time position involves providing administrative, secretarial, financial and promotional support for the A&P Association, acting as the public relations front for the organisation, and co-ordinating and managing all aspects of the annual Helensville A&P Show.

Nominally the position is for 28 hours per week, however that varies widely through the year, with the four months from November until just after the show at the end of February being full time.

Management of the annual show, the biggest event on Helensville's calendar and the largest one day show in the Northern Region, is a vital part of the role.

That includes preparation of the show schedule and catalogue; organising trade space; co-ordinating judges, stewards and volunteers; arranging and maintaining sponsorship; and booking everything needed to run a successful show.

Attributes needed for the job include good organisational and time management abilities; a working

knowledge of Microsoft Office; proven administrative experience; and top communication and inter-personal skills. Accounts experience is also desirable.

Departing show manager Caroline says:

"the role is a very varied and flexible one that allows you to deal with a wide range of people and utilise a wide range of skills. The role has the potential to develop and grow with you; it also offers a unique opportunity to engage and develop relationships with different community groups and stakeholders.

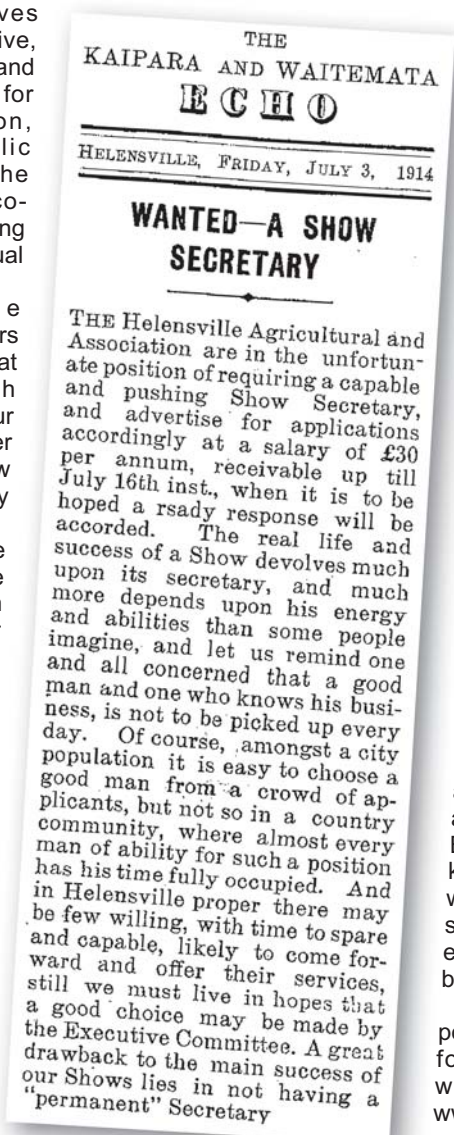
"I've enjoyed it tremendously. I feel like I've learnt a lot and had the opportunity to do things I never thought I would!"

Caroline says applicants will need excellent interpersonal and communication skills as well as top planning and organisational skills.

"They must have the ability to be self-directed and work independently. Experience and knowledge of working within the community services sector and/or event management would be helpful," she adds.

Full details for the position and an application form are on the show website, www.helensvilleshowgroups.co.nz, or phone the show office on 420 7572.

Applications for the position close on Friday, April 30.



• 101 years ago - this advert for a Show secretary appeared in the July 1914 issue of the Kaipara & Waitemata Echo



• Departing show manager Caroline Anderson

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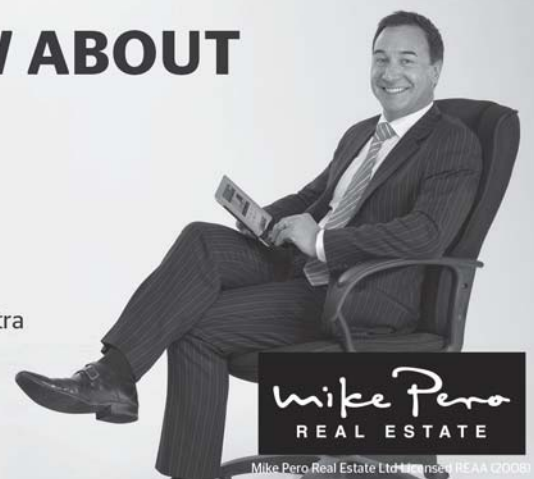
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Saturday April 25th, 2015



RSA

KAIPARA MEMORIAL RSA (Inc)

The Kaipara Memorial RSA Inc invites the people of the district to join us in Commemorating the One Hundred Years since the Anzac landing at Gallipoli. The format for the day is as follows:

- | | |
|---------------|--|
| 05.50 Fall In | Dawn Parade at the Parakai Cenotaph. |
| 06.45 | Service at Soldiers Cemetery Helensville Soldiers Cemetery. Breakfast at the RSA \$5. |
| 10.50 Fall In | Main Parade down Commercial Road followed by a Commemorative service at the Memorial Hall. Fall-in at Super Liquor car park. |

Lunch and refreshments will be available to purchase at the RSA rooms following the hall service.

If your group would like to march in the main parade, or lay a wreath, please contact the Secretary/Manager by April 20th. Wreaths may be purchased through the RSA for \$45 each and must be ordered by April 20th. Wreaths may be picked up from the RSA on the 25th if desired.

Secretary/Manager: Graham Matthews Ph 420 8888

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A nose for a rose...

The Lions Rose Festival has officially gone to the dogs - or at least, the method of choosing the winning rose has.

In previous years the event has seen the 'running of the roses', in which numbered roses corresponding to purchased tickets were floated down the Kaipara River, with the first to drift across the line the winners.

However that method was reliant on the tides, and was also difficult from a spectator point of view.

So at this year's festival on Sunday, March 8, a police dog was used to retrieve the first winning rose from a bubbling spa pool, giving spectators an up-close view of the drama. Subsequent winners were

fished out of the spa, kindly loaned by Trueform Spas in Helensville, by a police dog handler. All the prizes went to Helensville locals.



Winners and their prizes were:

• Belly dancers entertain the Roses Festival crowd - Photo: Stellanova Photography

1st - Sue Clark, ticket 0144 (an original Jeff Thomson sculpture); 2nd - Bruce Wright, 0578 (one week's timeshare worldwide); 3rd - Jody Stewart, 0239 (HP Tablet and sleeve); 4th - Alison Brooks, 0244 (lunch cruise for two on the Hauraki Gulf); 5th - Mary Barton, 0589 (creative toy assortment); 6th - Linda Fell, 0513 (wheelbarrow of gardening goods); 7th - Tracey Buchanan, 0028 (dinner for two at the Tasting Shed, Kumeu).

Despite less than ideal weather, a good crowd enjoyed belly dancing, a police dog demonstration, live music, games, a market, fancy dress competition, classic cars and more - all put together to give a country fair feel.

Helensville Lions raised \$4000, mainly through the sale of roses tickets, which will be used to help people in the community.

Helensville house prices outstrip rest of Rodney, most of Auckland

House values in Helensville have risen in value more than anywhere else in Rodney over the past two years.

Latest figures released by QV show properties in Helensville rose by 25.5 percent over the two year period ending December 2014 - several percentage points higher than anywhere else in the district, and well above the 18.7 percent average increase.

In the last quarter to December 2014 values rose by 6.4 percent, double or treble the increases over most of the rest of Rodney.

And it's not just compared to other Rodney locations that Helensville properties are doing well. Of the 157 suburbs in greater Auckland that QV lists, only 12 have house values rising more than Helensville in the latest quarterly figures.

"I'm not surprised by the statistics," says local real estate agent Jana Mills, of Prestige Realty.

"I've been experiencing strong enquiry, mainly from out-of-area buyers. And, while listings are quite tight, we're achieving excellent prices for our vendors. I find people are coming to this area because real estate here offers value for money. And, it's a great little community."

Jane Burmester of Burmester Realty says: "Given the recent strength of the local market, the perception that Helensville is too far from the city centre is obviously disappearing. It's an easy drive not only to the Auckland CBD but to the North Shore and West Auckland as well, and our community enjoys a semi-rural lifestyle with dozens of outdoor pursuits right on our doorstep.

"With all of this in mind, it's no surprise that Helensville is proving to be such a popular choice for investors, first-home buyers and those looking to get away from urban sprawl alike."

Tomato Passata

Every year the tomatoes seem to come later, and then just as the weather begins to cool for autumn there is a mad flourish of tomatoes ripening. This is also the time that they are at their best and, most often, at the best price.

What to do with the extra crop, or how to take advantage of the good price?

Tomatoes form a base for many dishes that we prepare at home; recipes for slow-cooked cuts to be enjoyed over the winter invariably include a can of tomatoes or tomato puree in the ingredients. Likewise a vegetable soup comes alive with the addition of pureed tomatoes and the colour of the soup becomes much more inviting.

Sure, canned tomatoes are often found on special and may be purchased for a good price, but I prefer to know where my food comes from so every year I make my own tomato puree and store it in the pantry until needed.

Passata is Italian in origin and can be used straight from the jar as a base on pizza, or with a few fresh herbs added becomes an excellent base for a quick pasta sauce, or as described above is a base ingredient in many stews, soups and casseroles.

Low acid tomatoes are best as they tend to pulp better and have fewer seeds - however all tomatoes work.

■ Tomato Passata

You will need two large pots, a mouli, a sieve or a blender, and small jars with good lids for storing.

- Tomatoes: from 1kg to as much as you have.
- Water
- Onions
- Garlic
- Fresh basil



Wash the tomatoes, trim off the stalks and cut out the whitish bit where the stalk joins the tomato. Bring a few litres of water to the boil, then drop in a few tomatoes at a time and after a few seconds lift them out and drop them into a sink of cold water. Repeat with all the tomatoes then gently peel off the skins.

Cut the tomatoes in half and load them into a pot, add approximately a cup of water for every kilo of tomatoes, cover and cook gently for an hour. They will begin to pulp and break up, stir every few minutes with a wooden spoon.

Peel a quantity of garlic to suit your taste and dice a couple of onions. Add these to a frypan with some oil and gently cook until soft and lightly coloured. Wash and chop the basil.

Heat the oven to 120° celsius and place washed jam jars in the oven to dry out and sterilise. Place the lids in a bowl and cover with boiling water.

When the tomato is pulped and cooked, blend it all and place into the second pot, return to the heat and add the garlic, onion and basil. Bring back to the boil and take off the heat.

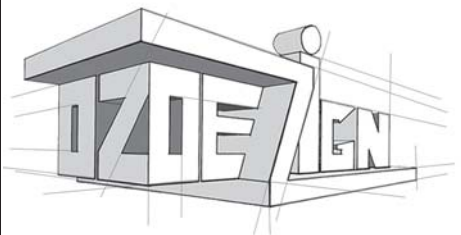
Ladle the passata into the hot jars and replace the lid, tighten and allow to cool on the bench. Check that the lids have sealed properly and once cool store for future use.

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■ GIBBS SCULPTURE FARM VISIT

A fundraising visit to the Gibbs Farm Sculpture Park on Thursday, April 23 should raise \$4000 for the Glorit Hall, money which will go toward upgrading the hall kitchen.

The visit will run from 10am to 2pm and tickets cost \$20. To book tickets or for more information email Andrea at: info@glorit.org.nz or phone 420 5538.

Last year's sell-out visit raised \$3000 for the hall committee, but this year another 50 tickets are available so funds raised should be boosted.

■ HELENSVILLE AGLOW

The next meeting of Helensville Aglow on Friday, April 24 at 7.30pm in the Helensville War Memorial Hall. The speaker will be Pastor Trish Webb, who is a teacher of God's word and is prophetic. She is also advisor to North Shore Aglow. All are welcome, and entry is by donation. For more information phone Marilyn Gray on 420 4346 or 027 290 3605.

■ U3A MEETING

The April meeting of U3A South Kaipara, for people who are 'retired but not tired of learning' will cover two disparate topics: restorative justice and preserves.

The first subject will be covered by

speaker Dawn Preston-Thomas, while Chrissie Jones from Frech Orchards Estate at Shelly Beach will talk about what her property produces.

The meeting is on Friday, April 10 at 1pm in the St. John Ambulance rooms, 7 Rata Street, Helensville. Entry by gold coin, with afternoon tea supplied.

The next U3A meeting will be on Friday, May 1. Phone Judy on 09 411 8322 for more information.

■ LIBRARY HOLIDAY PROGRAMME

Helensville Library will be holding carnival-themed crafts for children to complete or take home every day in the April school holidays

On Tuesdays April 7 and 14 the regular Storytime sessions will be held from 10.30am to 11am, with all ages welcome. On Thursdays April 9 and 16, also from 10.30am to 11am the library's regular 'Wriggle & Rhyme' will continue. While aimed at under twos, all age children are welcome if they are careful around babies.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa Village market is on Sunday, April 19 from 8.30am to 1pm. There will be live music from Avon Hansen and The Ukulele Union, plus performance artist and musician Karen Hunter from 10am to midday. There will be the usual stalls, food, and coffee. For more information or to book a stall phone Sarah on 0274 831 542 or email sarah1@maxnet.co.nz.

■ KAUKAPAKAPA LIBRARY

In conjunction with the April 19 Kaukapakapa market, the historic Kaukapakapa Library will be open from 10am to 1pm with 'The Home Front' - a nostalgic collection of everyday items, photographs and memorabilia focussing on the lifestyle of those who remained at home during the years of war and rations.

For more information contact Sarah 0274 831542 or email sarah1@maxnet.co.nz.

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