

8 locals discover bowel cancer through pilot screening programme

Eight people from the *Helensville News* readership area have discovered they have bowel cancer as a direct result of completing test kits in the Waitemata District Health Board's BowelScreening pilot programme.

So far just over half of the eligible people in our area, covering Helensville, Parakai, Kaukapakapa, Waitoki, Woodhill, South Head and Shelly Beach, have returned completed test kits.

Of those, 223 people tested positive and were referred for a colonoscopy, with eight found to have bowel cancer.

BowelScreening Programme Manager Gaye Tozer says the 53 percent participation figure is pleasing, but she is urging others to take the test as well. The participation rate is fractionally below that for the Waitemata district as a whole.

"Bowel cancer is the second most common cancer in New Zealand and the second highest cause of cancer death," she says.

The Government has extended the bowel screening pilot until the end of 2017 and the results will help determine whether a national programme will be rolled out.

People aged between 50 and 74 living in the Waitemata DHB area will receive a third test kit through the mail when it's their turn to participate.

"We are encouraging people living in the Kaipara District to do the third test, as regular bowel screening can help find early signs of cancer. No screening test is 100% accurate, which is why it is important to do the test every two years while the pilot is running, even if previous results have been normal," she says.

So far, the BowelScreening pilot team has sent out a total of 201,649 invitations throughout the Waitemata DHB area and 110,220 people have returned a correctly

completed kit. The participation rate for round one is now 56.8 percent and for round two (up to the end of March 2015) it is 51.4 percent. More than 6000 people have received a colonoscopy through the BowelScreening pilot so far and 255 people have been found to have bowel cancer as a result of taking part.

"The exciting thing is nearly 70 percent of these cancers have been found at an early

stage when treatment can be more successful. Also 4057 people have had polyps removed which may have developed into cancer over time, so the bowel screening test is preventing cancer as well as finding it," says Gaye.

Locals who have not received an invitation, or who have moved house, should let the team know by phoning 0800 924 432 or visit www.bowelscreeningwaitemata.co.nz.

Art Centre's new home opened by Mayor



• Mayor Len Brown opens the new Helensville Art Centre

Auckland Mayor Len Brown officially opened Helensville Art Centre's spacious new premises beneath the Helensville War Memorial Hall at a function on Friday, October 23.

The opening was the culmination of months of work on a \$750,000 transformation of the hall's old basement into the new art centre, with adjoining rooms for the Helensville Foodbank and the Helensville-Waimauku Family Budgeting Service.

The new art centre opened to the public over Labour Weekend, the opening timed to coincide with a three-day 'Arts in the Ville' festival at which locals could follow a trail from the Helensville railway station through to the southern end of Commercial Road and on to Parakai, visiting the studios or homes of more than 20 local artists and craftspeople to see their work being created, as well as several 'pop-up' galleries in empty buildings.

PREMIER

One stop - we do the lot!

- COLLISION REPAIR
- MECHANICAL REPAIR
- TYRES

Call today for an appointment or FREE quote!

PH 09 420 8806

www.tyrepower.co.nz

 Tyrepower

 mfa



www.facebook.com/helensvillenews



[@HelensvilleNews](https://twitter.com/HelensvilleNews)

www.helensvillenews.co.nz

Thinking of buying or selling?
Think Jana Mills

37 years a local Rodney resident
 'Knowledge of the area -
 knowledge of the people'



Award winning real estate sales
 and marketing consultant

PRESTIGE
MREINZ LICENSED AGENT REAA 2008

f Find me on Facebook – Jana Mills Real Estate Specialist

Mob: 021 509 990 AH: 09 420 9953

Christine's
 HEALTH SPA & BEAUTY

Now at Parakai Springs
www.christineshealthspa.co.nz
christines@parakaisprings.co.nz
 0800 HOTPOOLS (468-766)
 021 173 0801

K2K Electrical Ltd
 Koast to Koast
 Electrical Ltd

TOSHIBA
 Your local
 Toshiba Heat
 Pump Installer

Ph: 420 2028 Mob: 021 417 992
koast.electrical@stratanet.co.nz

For all domestic and commercial electrical work

Homebased Education & Care

Childcare in
 Parakai and
 Helensville

Home from Home
 family childcare limited

Call our
 friendly
 team now!

Ph (09) 424 2499 Wisia 0274 641 331
 10 Walbrook Road, Manly, Whangaparaoa 0930

www.homefromhomechildcare.co.nz

editorial

It was exciting to see the new Helensville Art Centre finally opened a few days ago (see page 1), and it is encouraging to see that Auckland Council is keen to support the arts in communities such as ours.

However it's the community itself that ultimately makes the arts a success - people helping run the Art Centre; artists doing their thing; and, perhaps most importantly, locals coming out to support their offerings - and hopefully buying pieces too, to keep our artists fed!

In conjunction with the Art Centre opening, a first Arts in the Ville festival was held over Labour Weekend. It was a great opportunity for locals to see what the arty people in our community are up to, and a credit to all the artists who opened their studios or homes for the event. Unfortunately the first day of the festival suffered dreadful weather (not untypical for Labour Weekend), but at least the following two days were kinder.

Hopefully many of our readers managed to have a wander around the arts trail and enjoyed themselves.

Speaking of wandering - and a little off topic I'm sorry - I've just returned from five weeks overseas, much of it spent in Spain and Portugal. I was astonished at just how pedestrianised the cities are over there. Huge areas of the cities, big and small, are either fully pedestrian, or shared with maybe just one or two lanes for vehicles.

Consequently the people come out in their droves, shopping, eating, strolling around with their families, really giving life to the inner cities. Why can't that happen here?

- Dave Addison, Editor

Club takes on Rautawhiri lease

Helensville Tennis Club has taken over the lease of the Rautawhiri Park pavilion and astroturf courts from Auckland Council.

Facilities at the council-owned park were managed from 1994 by the Rautawhiri Regional Park Trust, but when that disbanded in 2013 responsibility for the maintenance and management of the park reverted to the council.

Now the tennis club is responsible for managing the astroturf tennis courts and the main pavilion building, which is used regularly by the Lions Club, and local tennis, netball, cricket and junior touch rugby clubs. It is also used for private functions.

The club officially took over on October 1.

Interim tennis club administrator Gaylene Ashton says taking on the lease will enable the club to raise finance for urgently needed repair work on the tennis courts, which need to be completely resurfaced. Money for the work will be sought from a number of community funding sources.

Gaylene says next year the tennis club, which was formed in 1914, will look to engage a contract administrator to run both the pavilion and the club.

Helensville Tennis Club, which is part of

Tennis Northern and affiliated to Tennis New Zealand, holds its club night on Tuesday evenings, and a business house mixed doubles competition on Thursday evenings, currently with 25 teams participating.

Professional coaching is available on Tuesdays.

'Up cycling' evening

The Helensville St John Op Shop in Commercial Road will hold another 'Up Cycling' evening on Wednesday, November 4 at 7pm, following a successful first event last year which saw around 27 people attend.

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

Jo will show those attending what can be made from their Op Shop purchases, including demonstrating sewing a skirt from men's shirts.

Entry will be by gold coin donation, and supper will be provided. People wanting to attend should let shop manager Elaine Murray know so she has an idea of numbers, as she says interest is already strong. Phone 420 9272.

CARPET LAYING & MAT EDGING
 Carpet Mat Overlocking
 Leesa & Paul Schultz
 Ph 420 7441
 Mob 027 200 7864

Rt Hon John Key
 MP FOR HELENSVILLE
 365 Main Road, Kumeu
 P: 412 2496
 E: john@johnkey.mp.net.nz
www.johnkey.co.nz

EVERBEE
 SWEET AS THE KAIPARA

www.everbeehoney.com
everbeehoney@gmail.com
 0275 233 259

24 bikes gifted to Parakai School



It'll be a case of "on yer bike" for students at Parakai School after the school received a donation of 24 brand new bicycles.

Pictured above at a ceremony to mark the donation are (from left): Kyle Rika of Harbour Sport, and Parakai School students Tyrone Brown, Krystal Tuigamala (both Year 8) and Zeiquana Sharke (Year 1).

"After months of funding applications and incredible support from Bikes In Schools and Harbour Sport, we received 24 Avanti bikes as part of our cycle programme," says principal Nick Neubert. "Huge thanks go to Kyle [and] a special thanks also goes to Toni Dale from Bikes in

Schools and [Board of Trustees chair] Des Ross."

Nick says staff had a day's training in the recent holidays in preparation for using the bikes as part of lunchtime activities and physical education classes.

The school opened a \$20,000 cycle track early this year, and Nick says "as soon as the teachers start their bike programmes the track will get a huge amount of use. The bikes will also be available for leisure play at lunch times as well.

"We will be completing the pump track as well this term, so for the thrill seekers who want the jumps, it will be great."

Armistice Day commemoration

The Kaipara Memorial RSA will commemorate Armistice Day (the end of the First World War) at 11am on Wednesday, November 11 by the flag pole on the Helensville War Memorial Hall forecourt.

The commemoration will include the playing of the Last Post, followed by the Ode and finishing with Reveille. The service is expected to last about 10 minutes and will be followed by a cup of tea. The flag at the Memorial Hall will be lowered to half mast.

Armistice Day commemorates the cessation of hostilities of 'The War to End All Wars'. The Germans never actually surrendered, so an armistice was reached with hostilities stopping at 11am on November 11, 1918.



'Local Shopping at its Best'

**New Stuff ...
... Same Great
Service**

OPEN 7 DAYS - LAYBY

44 Commercial Rd Phone / fax 420 8336



THE LIONS CLUB OF HELENSVILLE

**CHRISTMAS
BOOK FAIR**

Helensville War Memorial Hall
Saturday 21st Nov 9am-4pm
Sunday 22nd Nov 10am-3pm



WATER Wagon 1
Graeme Waterson



Like us on facebook

0800 KKK H2O 09 420 4688
027 280 2630

'Pure Spring Water Carriers'

Looking for quality residential care for your older loved ones in the Helensville/Rodney area

Our kind, considerate staff are available to care for your loved ones 24/7, and our new purpose-built hospital and dementia wing is now fully operational.

**We offer
Quality of Care,
Quality of Life**

CRAIGWEIL HOUSE
- CARING FOR THE OLDER PERSON -
COME TO VISIT AND VIEW OUR AMAZING FACILITY AT
143 PARKHURST ROAD, PARAKAI
EMAIL: INFO@CRAIGWEIL.CO.NZ



**CALL US
NOW!
Phone
420 8277**

B.J.WILSON BUILDERS LTD

alterations new work free quotes



Barry Wilson
37 St James Ave
HELENSVILLE

T | 420 8535
F | 420 8550
M | 027 494 4995

Gumboots
Early Learning Centre

Life feet... big steps!

www.gumboots.ac.nz
1157 Peak Road R D 2 Helensville, ph 411 9038

KAIPARA CONTRACTORS LTD

YOUR LOCAL BUILDER

STUART HUME
Experienced & professional
Full range of building services

Ph: 420 5782 Mobile: 027 275 2115
kaiparacontractors@gmail.com

Helensville Christmas parade looks to be a Topp event

Jools Topp, half of New Zealand's famous Topp Twins, will be headlining the Helensville Christmas parade and celebrations on Saturday, December 5.

She will act as master of ceremonies and judge some events, as well as performing some of her trademark singing, including duets with her friend, former United States-based singer Teresa Trull.

The parade was extensively redesigned last year to take in more of Helensville and tie it in to Parakai as well, and organiser Holly Southernwood says it will largely follow the same programme this year.

It will start half an hour earlier though, at midday, from the Oikoumene yard in West St, before heading up Commercial Road and then following last year's route to the Helensville Museum in Mill Road.

Entertainment in Creek Lane during the morning leading up to the parade will include a bouncy castle and face painting; photos with Santa, courtesy of Unichem Pharmacy, will be in Santa's Grotto at the RSA in Commercial Road from 9.30am.

Santa's parade sleigh will again be towed by Mitre 10, and prizes for floats have been donated by Swale Earthmovers, UHY Haines Norton, Helensville Paper Plus and Helensville District Health Trust.

Holly is still looking for buskers, entertainers and volunteers to help on the day. Interested people should email her at helchrisfest@gmail.com or phone 021 488 427. People wanting to enter a float in the parade should also contact Holly, or pick up an entry form at Helensville Copy & Print.

A popular new feature last year, the Christmas tree decorating competition, will be held again at the museum, with judging by public vote and prizes donated by Oikoumene Forest. All decorations used in the competition must be home-made. The trees are being donated by Noel Higham of Noel's Christmas Trees, and will be given to deserving families afterwards.

Following the parade, an afternoon of markets, plus entertainment including belly dancers, another bouncy castle, face painting and balloon twisting, will be held on



• Jools Topp

the museum grounds.

There will be another chance for youngsters to have their photos taken with Santa, this time in a classic car, and the Countdown lolly scramble at 2pm.

Public parking will be available in Mill Road from midday at the following commercial locations: Premier Panelbeaters; Placemakers; Helensville Glass; Helensville Community Church (behind the Hospice Shop); Helensville Plumbers; and Helensville Mechanical.

Parakai Springs in Parkhurst Road will again be running a discounted entry rate of just \$5 per person after 3pm. However they won't be having any special entertainment like last year, as it was decided the parade and following Mill Road entertainment are enough for one day.

It also looks unlikely at this stage there will be a Christmas Carols evening this year, although there is still a chance they may be held on a different day.

Harcourts Helensville

Congratulations!

Harcourts has been voted 'Most Trusted Real Estate Brand' for the third year in a row.

Call us - Experience the Trust First Hand



Helensville Realty Ltd MREINZ Licenced Agent REAA 2008

To find out more visit www.harcourts.co.nz/ourpromise



37 Commercial Road, Helensville P: 09 420 7663 E: helensville@harcourts.co.nz W: www.helensville.harcourts.co.nz

End of the line for annual Spring Fling

Spring Fling, the local event which has become a South Head institution over the past 13 years, looks unlikely to be held again.

"[It's] too much work for not enough results," says Barb Ross, who has hosted the event at her South Head Haumoana Garden since 2012.

"I think there are too many markets around now, the novelty has worn off.

"I think its done its day unless anyone else wants to take it on," she says, adding she would be willing to help anyone interested in taking the event on.

The inaugural Spring Fling was held in October, 2001 at Twin Palms, the Shelly Beach garden of Dianne and David Ferguson. It featured flowers and plants, pottery, fashion, painting, and preserves from predominantly local people.

Over the ensuing years the event grew

to incorporate live music, children's entertainment, and a bigger range of stalls and products sourced from a wider area.

The venue changed a number of times. Until 2008 it was shared between Twin Palms and Chrissy Jones' Frech Orchards Estate Shelly Beach garden, with a switch to Jeanette and Hilton Jones' Northview garden for a single year in 2003.

Then in 2009 the event moved to Rosemary Steele and John Prince's Nestlebrae Exotics property on South Head Road. It returned to Shelly Beach for a final time - to original venue Twin Palms - in 2010, before relocating to Marie Narbey's South Head garden in 2011.

Since then it has been held in Barb's garden, with the date moved back to November.

Only one Spring Fling was cancelled because of bad weather.

Navy band at Parakai School



The Royal New Zealand Navy Band played a 45-minute performance at Parakai School on Wednesday, October 21. The school's pupils, along with music students from other local schools, parents, and some of the residents from Craigweil House retirement home in Parakai, were entertained with a variety of music (including the national anthem), some vocals, a high-speed drumming display, and a humorous 'history' of music.

Parakai principal Nick Neubert says the school was able to get the band to perform as music teacher Kathy Clark's son is a member of the band.

"We both really want to promote music so this was a fantastic opportunity."

Kaukapakapa market and library

The next Kaukapakapa Village Market is the annual Spring Festival Market.

On Sunday, November 15 from 8.30am to 3pm, it will feature live music from Avon Hansen and Ukulele Union from 10am to noon, followed by country music from the Kaukap Cowboy until 2pm.

There will be extra stalls, food, barista coffee and more, plus the annual fire station 'poker run' motorbikes will leave at 10am

and return at 2pm. For more information or to book a stall phone Sarah on 0274 831 542 or email: sarah1@maxnet.co.nz

The same day in the Kaukapakapa library, local artist Nell Nutsford will be filling the library with hundreds of her sketches - works drawn from everyday life. She will be working on-site, making quick gestural portraits in a mix of media for \$5 a work, from 10am to 1pm.

Adventure
POWERSPORTS

Motorbike, Quad and SidexSide Sales
Service, Parts and Accessories

 **POLARIS**

Pick up and Drop Off

34 Forge Road, Silverdale, Auckland
09 444 0636

CALL Your Friendly Bin Company!


Ph 09 412 9309

Quality Bin Service
Local experts!



www.mrbinz.co.nz | ph 412 9309

EDC
ENGINEERING DESIGN CONSULTANTS

Civil Structural Geotechnical Environmental

Web: www.edc.co.nz Tel: 09 451 9044

KPL
KUMEU PLUMBING LTD
Established 1974

-  **plumbing**
-  **roofing**
-  **solar heating**
-  **pump shop**
-  **pool & spa**
-  **filtration**
-  **drainage**
-  **woodfires**
wetbacks/radiators

Ph 420 9108

156 Main Road, Kumeu info@kpl.co.nz www.kpl.co.nz

Sellers & Co | Lawyers Helensville Law Office

For all your legal services including:

- Wills & Trusts
- Estate Administration
- Property Relationship Matters
- Refinancing
- Commercial Matters
- Land Subdivision
- Residential, Rural & Commercial Conveyancing



69 Mill Road, Helensville

Ph: 09 420 9324

Email: admin@helensvillelaw.co.nz

ACCOUNTANT

UHY Haines Norton
Chartered Accountants

- Farm & Lifestyle Block Specialist
- Business Planning & Development
- Financial Analysis

OFFICE

MARK FOSTER

420 7972 021 220 5817

Office hours 9am - 5pm
2a Rata Street, Helensville
PO Box 17 Helensville

South Kaipara Men's Trust

Tama Tu Whanau Ora

Youth workers in the community, Parenting Through Separation, Counselling referrals for men, young men and their families.



Ground Floor, Alison McKenzie House

Corner Porter Cres & Commercial Road, Helensville

P: 09 420 8263 M: 021 172 8320

E: info@skmt.org.nz www.skmt.org.nz

Parakai Springs
swim school



ALL AGES

Parakai Springs 09 420 8998
swimschool@parakaissprings.co.nz

Obituary - Peter Hildreth

Roland (Peter) Hildreth
12/6/1924 – 29/8/2015

Peter Hildreth was born in the town of Kīwhitahi, just outside Morrinsville, in 1924 where his father James had a farm – and in a strange coincidence, he ended up living in Kīwhitahi Road at Woodhill for much of his life.

While his given name was Roland, to remember his father's younger brother who

was killed in World War I, his parents decided to call him Peter because the loss of his uncle was too great to be reminded of on a daily basis.

When Peter was four, his family moved to a dairy farm in Kaukapakapa where he spent his childhood and early school years.

He went to boarding school in Auckland, but liked neither the school nor the city, and always looked forward to getting home whenever he could. At the end of his school years he returned to Kaukapakapa and worked on the farm.

When the Second World War came, Peter was spared conscription as farming was listed as an essential service. He volunteered for the army anyway, then transferred to the navy because he liked the sea - and hated marching.

During his war service, he was part of the crew on the 'Hawera', a small minesweeper patrolling the Pacific islands. He enjoyed his time in the navy and the comradeship with his shipmates.

While he was on active service, his parents moved from Kaukapakapa to Woodhill, and after the war Peter worked on

the new farm with his father.

When his father retired to Auckland, Peter continued to run the farm with sharemilker Bob Jarret (one of his Hawera shipmates) and his wife, and for four years lived in a small room behind the garage at the farm while the Jarrets had the farmhouse.

At the time, only a small part of the farm around the house was usable and only a few

cows were able to be milked, so while the sharemilker looked after the milking duties, Peter broke in the rest of the farm - a massive, back-breaking job. Much of the back of the farm was covered with boulders and scrub and the only way around was on horseback.

Eventually, the farm was turned over to sheep production and at one stage was running around 1500 sheep.

In 1956, Peter married Gabrielle Garland and the couple raised three

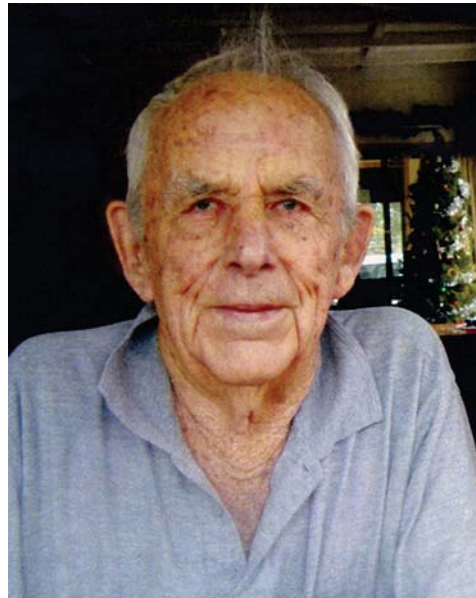
sons, Guy, Johnny and Brian.

He became very involved with Woodhill School, and along with Thomas Grace and Gordon Taylor had a big influence on the direction the Woodhill neighbourhood took when the children were young.

Guy says as a parent Peter tended to be in the background, but he definitely ruled the roost. "Do as your mother says!" was the catchphrase, and the tone it was delivered in just oozed 'do it!'," says Guy.

"He was always interested in what we were doing as our careers developed and we know he was proud of what all three of us have achieved."

• To page 7



• Peter Hildreth

PHYSIO FLEX

- Sports Injuries
- Spinal Injuries
- Manipulation
- Acupuncture
- Pilates
- Exercise Prescription

No Doctor referral required

Ph 420 8899

10 Commercial Rd, Helensville
www.physioflex.co.nz

Sean Gray
Electrical Ltd

- For all your electrical requirements
- Repairs, maintenance & new installations
- Overhead to underground conversions
- Underground services to new homes
- New alarm systems

0274 784 396

Ph/Fax (09) 420 5122, (09) 420 8978
email: seangrayelectrical@xtra.co.nz

Peter Hildreth (cont...)

• From page 6

While his sons were growing up, Peter was involved with the Helensville Players theatre group (building props, sets and even sets of armour in his garage); the 4WD rally scene; and car rally recovery work.

He also collected military vehicles and was a founding member of the NZ Military Vehicle Collectors' Club.

Peter wasn't keen on travelling for the sake of travelling, but loved trips with Eli Friedlander around the world tracking down Jeep parts, and a highlight was his 70th birthday present of a trip to the 50th anniversary D-Day commemorations, travelling with Thomas Grace and Robin Allen.

In 1986, Johnny completed his studies and took over the farm, so Peter and Gay moved to a house in Garfield Road, where he had the opportunity to get more involved in the things he really liked doing.

He worked with Mike Ross in Mike's

electrical shop, repairing appliances and generally helping out. His beloved Jeep Wagoneer, which he drove from 1979 until only a year or so ago, was a common sight around Helensville.

He also had time to restore a Farmall Cub tractor in his workshop under the house, and a Lister diesel engine, which is still used to power the farm's shearing equipment.

One of Peter's passions was helping Johnny on the farm. He loved driving the big tractors, and was still baling hay when he was 89. He even had his own tractor on the farm.

Another of his loves was puns, and he lived for the cryptic crossword in the Listener every week, even when his eyesight started to deteriorate.

The last couple of years were tough on Peter as his eye-sight failed, his hearing got worse and emphysema took a toll. Peter passed away at North Shore hospital on August 29 aged 91.



MARBLES
BUSINESS SOLUTIONS

Consulting in:
Human Resources & Recruitment
Project & Change Management
Organisational Behaviour
Business Improvement
Administration Outsourcing

021 1012 633
jaime@bagofmarbles.co.nz
www.bagofmarbles.co.nz
www.facebook.com/bagofmarbles

medical centre notes

The prevalence of diabetes is increasing in New Zealand, as it is elsewhere around the Western world, and most people will know of someone who has diabetes.

So what is diabetes? A basic explanation is that diabetes is an inability of the body to control the sugar levels in the blood. This means the sugars may go too high (hyperglycaemia) or too low (hypoglycaemia); both can cause serious issues. Normally, the body produces insulin from the pancreas, which regulates the sugar level in the blood.

In Type 1 Diabetes, the body does not produce enough insulin to control the sugars; this is often diagnosed in childhood, with weight loss, tiredness, excess thirst and excess urine output.

With Type 2 Diabetes the body produces insulin, but it is less effective so the sugar levels have to be controlled actively, either by diet and exercise, or by medication.

Risk factors for diabetes include family history, obesity and a high calorie diet.

Medication falls into three main categories; Metformin tablets which basically make the body more sensitive to insulin; Gliclazide/Glipizide tablets which makes the pancreas churn out more insulin at mealtimes; and lastly, insulin injections.

Diabetes is important as it affects pretty much every system in the body, from increased heart and stroke risk, to the nerves being damaged in the feet, retina damage and cataracts in the eyes, and kidney disease. Diabetes can be tested easily on a blood test and should be done regularly. Diet and exercise is important to try and reduce the risk of getting diabetes - a low sugar diet, regular meals, not missing meals, and regular exercise.

If you would like to know more, please ask at the Kaipara Medical Centre for more information.



- Dr Phillip Barter, Clinical Director

24/7 GYM Helensville Fitness Centre

79 Mill Road
Ph 420 6303

"Train when you want to"
at your local gym

- FREE PROGRAMMES + ASSESSMENTS
- TRAINERS
- PERSONAL TRAINERS
- 10-VISIT CONCESSION

Classes: AbFit; Abs, Butts & Thighs; FitBox
Free for members, concessions, or \$10 casual



Follow us on Facebook

www.helensvillefitness.co.nz

53-65 Commercial Rd, Helensville. Phone: 420-8400 Fax: 420 7523 www.kaiparamedicalcentre.co.nz



PROUD TO BE OWNED BY OUR COMMUNITY

*Our Vision: To make the South Kaipara District
the healthiest rural community in New Zealand*

Dr Phillip Barter | Dr Aimee England | Dr Dean Foster | Dr Ivan Gannaway | Dr Hollie Shine | Dr Trinh Wright

We are a **Very Low Cost Access** practice. Adult fees for registered and funded patients, for a standard 15 minute daytime appointment, are just \$17.50. Ages 6 to 17 years are just \$11.50 and Free for under 6's.

Monday, Tuesday, Wednesday & Friday: 8am - 7:30pm. Thursday: 8am - 5pm. Saturday: 8:30 to 12 noon (urgent & emergencies only).

For after hours, urgent medical attention, please phone the practice number above. Your call will be answered by our triage nurse, who will contact the duty doctor. FOR SERIOUS EMERGENCIES CALL THE AMBULANCE 111.



Come and try your friendly local motorcycle workshop. We service/repair quads, dirt and road bikes - plus we have parts and accessories.

Pickups and drop-offs available.

Ph Jason: 4207754 or 027 474 7441
e: sevice@helensvillemotorcycles.co.nz

Parakai Music Hall

🎵 Piano Lessons
🎵 Vocal Lessons

In-home lessons available

Phone: Michaella 021 140 7235
165 Parkhurst Road, Parakai

Building Platforms • Utility Trenches • Ponds
Drainage • Drilling • Aggregate Supply • Tip Trucks
Excavators • Bobcat with Attachments



DRIVEWAY REPAIRS & RE-SURFACING

Call us for a FREE quote
0800 4SWALE
or 09 420 8352. 103 Mill Road Helensville

Classic car show on again

Kaipara Classic Car Club's 'Shine in D'Ville' car show is on at the Helensville Museum on Sunday, November 8.

Last year's event attracted around 130 cars from clubs all over Auckland, and organisers are hoping to match or better that number again this year.

All proceeds after expenses from the annual event go to the museum - last year's show raised around \$750 for the museum.

The show will run from 9am to 3.30 pm, with entry by gold coin donation. The visiting public will be able to vote for vehicles in a range of classes, including people's choice, best 2-door, best 4-door, best pickup and best original.

As well as the cars there will be market stalls including gourmet food, wood carvers in action, activities put on by the museum, and a quiz and games for children. A cash bar will operate at the club's room across the road from the museum from midday.

The Shine in D'Ville follows closely on the heels of the car club's astounding success at the Aroha Cruise In at Te Aroha in early October.

That event, one of the country's premier classic car, motorcycle and hot rod shows, attracted around 500 entries and thousands of spectators.

Kaipara Classic Car Club won five of the eight major competition categories: best club, best engine, best classic, best pickup and best work in progress. The previous year the club also won the best club, best pickup and best engine awards.

Australian television host Fletch, whose Classic Restos programme is broadcast in Australia, New Zealand, the USA and the

Charity golf day

The 2015 Matua Charity Golf Day will be played at Helensville Golf Course on Friday, November 6 - and all proceeds will go to the Waimauku and Muriwai First Response Team. It will be the 30th anniversary of the event, which has raised more than \$400,000 for local charities over that time.

Helensville News is among the local businesses sponsoring prizes for the event - we're giving away a free advertisement to the value of almost \$100 in an upcoming edition of the paper.

UK, spent a considerable time interviewing one Kaipara club member.

The club will also hold one of its regular burnout competitions at Swales yard the day before Shine in D'Ville, starting at 1pm with spectator entry \$10 per person.

Big turnout at Helensville Ag Day



11-year-old Campbell Hilton (above) was one of the lucky ones in the lamb section at Helensville School's Ag Day - his pet lamb actually came to him when he called, while many others preferred to just eat the grass or stand still.

Lamb judge Chris Clark says he was very pleased with the large turnout of lambs for the event on Friday, October 16; school agriculture day entries have been dropping off in recent years, but Chris says that trend seems to be reversing now.

As well as lambs there was a good number of entries in the calf and pet dog sections - and lots of family members to look at everything. The evening event also featured pony rides and several sideshow-style rides, arts and crafts, and stalls.

MITRE 10 HELENSVILLE



CHECK OUT OUR KITCHEN SHOWROOM
& speak to our experts

Mitre 10 Helensville
41 Mill Road, Helensville
Ph: 09 420 8153

Opening Hours
Mon - Fri: 7:30am - 5:30pm
Sat: 8am - 5pm Sun: 9am - 5pm

Locals Supporting Locals



NEW

Christmas book fair this month

Billed as 'The Best Little Book Fair in the West', the Lions Club of Helensville will hold its popular Christmas Book Fair in the Helensville War Memorial Hall over the weekend of November 21 and 22.

The fair will feature mostly new stock as the club's autumn book fair in May, which raised a record \$8000 for use in the local community, cleared out much of the existing range.

The fair will be held at the Helensville War Memorial Hall from 9am to 4pm on Saturday, November 21 and 10am to 3pm on the Sunday 22.

"The excellent clearance that was achieved at the autumn fair, plus the large number of newly donated books arriving daily will ensure an exciting, fresh look to the Christmas fair," says 'chief book sorter' Chris Clark.

Chris says word of the fair is getting around: "We've been doing collections as far afield as Remuera."

The books on sale at the fair will cover as

wide a range of subjects as possible, and they will be organised to make browsing as simple as possible by grouping together areas of popular interests and authors.

Non-fiction will be split into 20 separate categories, including one dedicated to New Zealand subjects - though that still leaves a large general non-fiction section for locals to hunt through.

Fiction will as usual be arranged in alphabetical order, with six special interest sections, the largest of which will be for fantasy books with more than 1000 titles on offer. Paperbacks will be just \$1, hardbacks \$2 and all children's books 50c. There will also be also a good selection of jigsaws, board games, puzzles, videos, DVDs, CDs and quality magazines.

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

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



• The children's section is always keenly picked over

Free motivational talk in Helensville

Author, poet, musician and inspirational speaker Robert Edwards will hold a free motivational talk in Helensville in early December.

Rob, who lives at Shelly Beach, presents talks which examine "the extremely large things in the universe to the infinitesimally small, like atoms.

"Looking back at the early stages of history through a time-line up to 2015, we can begin to see a reality that is truly amazing," he says.

His talk, titled 'Realise your Reality and Harness your Energy' will start at 6.45pm in the Helensville War Memorial Hall on Wednesday, December 2. Entry is free.

The presentation will be accompanied by slides and videos and will finish with an open discussion and question and answer time.

Rob has represented

New Zealand in touch football. His competitive attitude led him to tackle the deep questions about life, which he calls the Four Ws: What is this strange universe we live in?; When did it all begin and does it end?; Where does consciousness come from?; and Who are we?



• Rob Edwards

The Paua Room

www.thepauaroom.com




Gorgeous new range of gifts, clothing, shoes & accessories now in for summer!

Fabulous Fashion, Art, and Gifts

6 Commercial Rd, Helensville. Ph 420 9898

DRUM SUPPLIES

- 1000 litre Tanks
- Garden Water Tanks
- Asstd Drums & 1/2 Drums
- 44 gallon Steel Drums.

Ph: 420 8305
021 113 7233



"List your home with me & see it on TV, FREE!"



Monique Rowe
Brand & Territory Owner
09 945 2237 • 021 978 877 • 0800 500 123



Mike Pero REAL ESTATE
Terms & Conditions apply Mike Pero Real Estate Ltd Licensed REAA (2008)

Motorcycle 'Poker Run' to benefit KKK fire fighters

Money raised by this month's 5 Station Poker Run will go to the Kaukapakapa Volunteer Rural Fire Force.

The annual charity bike ride, this year on Sunday, November 15, normally attracts more than 200 motorcyclists from around the upper North Island and raises between \$5000 and \$6000 for the host brigade.

Last year's run raised close to \$6000 for the Helensville Volunteer Fire Brigade, which went towards covering the cost of the brigade's centenary celebrations.

The run, held annually since 2006, is shared between the Helensville,

Kaukapakapa, Kumeu, Muriwai and Shelly Beach fire stations.

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

This year the 200km motorcycle ride will leave from the Kaukapakapa fire station at 10am, heading first to Kumeu station and then Muriwai Station. Bikes will leave there at midday, riding to first Shelly Beach station and then Helensville, where they will leave around 1.25pm to return to Kaukapakapa station via Peak Road. They should arrive back at Kaukapakapa around 2pm for prize

giving and a meal.

At each station the riders will go in the draw for a playing card. At the end of the ride, the entrant with the best poker hand from the five drawn cards wins the major prize - still being organised as we went to print.

Locals will be able to view the motorcycles at the Kaukapakapa station before and after the run.

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

Motorcyclists wanting to take part can purchase tickets online up until November 12 at www.5stationpokerrun.co.nz.

Free community trade spaces at A&P Show

Local community groups, schools and not-for-profits are invited to apply for a limited number of free trade spaces at the 114th annual Helensville A&P Show, to be held on Saturday, February 27 next year.

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

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

Applicants should email show manager David van Dam by Friday, December 4 at info@helensvilleshowgrounds.co.nz. Application forms can also be downloaded from the A&P Show's website, www.helensvilleshowgrounds.co.nz.



- PEST CONTROL:** Home or Business
- WATER FILTRATION:** Installations, Replacements & Repairs
- HOME VENTILATION SYSTEMS:** Suitable filter replacements
- HEAT PUMP CLEANING:** Heat pumps should be cleaned yearly
- CHIMNEY & FLUE CLEANING:** Professional clean & no mess
- WATER TANKS:** Cleaning & Repairs

09 421 0463
www.selecthomeservices.co.nz

Mix & Match Deal

- Daltons 40 litre Garden Mix
 - Daltons 40 litre Bark No. 3, 4 or 5
 - Daltons 40 litre Coloured Mulch Black
- \$8.00/bag** (normal retail \$9.95)
- Buy 3 bags, get a FREE Daltons 10 litre garden bucket
 - Buy 6 bags, get a FREE bucket & a 5 litre bag of Premium Seed Mix



All barks & garden mix also available in bulk. Free loan trailers available.

Valid November 2015 only

BuildLink
MEMBER

Oikoumene | FOREST LIMITED

1 West Street, Helensville | Ph 420-8706 | Fax 420-8476

from the frontline

What exactly is a community constable?

The definition on the New Zealand Police website is: "community constables are assigned to a specific community and handle policing matters there. They aim to be visible, accessible and familiar to their community."



"Community constables focus on problem solving and crime prevention at a local level. Regular work may include walking the beat, talking to business owners and pedestrians, meeting with community groups and organisations, identifying community concerns, and building partnerships with the community, government and non-government agencies".

This community policing role, to me, is about building relationships within this community and about identifying and dealing with criminal issues.

My goal is to actively engage the community in the policing process in an effort to keep themselves, their property and this community safe. I am quite hands-on and will always address the community's safety concerns where I can. I always have some project I am working on, and can regularly be found researching crime prevention initiatives that have succeeded elsewhere.

It's about working together to resolve issues, addressing valid concerns before they snowball, and concentrating on the things we can change and not the things we can't.

In my view, police cannot have the sole responsibility to make our neighbourhoods safe, especially here in Helensville where it's not a 24-hour station. We need the community to be our eyes and ears and then to notify us of anything that concerns them.

In so many instances, we hear after the fact that people had concerns but did nothing about it, so please - trust your instincts and never hesitate to phone 111.

- Mandi Bell, Community Constable

Patient access and finances top priorities for medical centre

Top priorities for the Kaipara Medical Centre in the coming year are to improve customer service and financial viability.

In her annual report on the centre, board chair Dianne Kidd says it is "an absolute priority" to improve patient access to medical staff.

She says medical centre staff are "very aware" of local concerns regarding the time it can take to get an appointment with a doctor, and a number of initiatives are being investigated or have already been put in place.

A high-tech medical health system that will allow patients to directly access their medical results and book appointments with their doctor is being investigated, as is a new phone system to increase line capacity and cater for peak loading. The computer system has already been upgraded to provide more efficient processing of bookings.

Other measures recently put in place to ease access to medical staff include a duty doctor each morning and a triage system providing direct access to nursing staff.

Financial viability is another key focus for the coming year, with a new debtors policy in force. Kaipara Medical Centre is currently owed \$30,000 from patients who have not paid their bills, a situation Dianne describes as "neither acceptable nor sustainable".

The Helensville District Health Trust's goal is to be "financially viable and sustainable" across all its business interests. The Trust also operates under the philosophy that those who can pay, should, while resources are applied wherever possible to provide appropriate support to those who genuinely require help and financial relief.



Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

Helensville Birthing Centre is your local community facility. It provides a free service for women who choose to give birth in a low-tech environment. Alternatively, women who give birth in hospital can then transfer to us for the opportunity to rest and establish breastfeeding.

You are welcome to call in and have a look around, or browse our facilities online.

53 – 65 Commercial Road, Helensville

Ph: (09) 420 8747

Email: awright@helensvillehealth.co.nz

www.birthcentre.co.nz



Putting local health first • Te hau ora tua-tahi o awaroa

Healthy Helensville

Our vision: To be the healthiest rural community in New Zealand

Growing Clever seminars a success!

October saw the introduction of the 'Growing Clever' seminars, which are proving to be very popular with the local community.

Particular thanks to Margaret Kawharu for her great talk on '1000 years of food and restoration', which was enjoyed by all who attended.

Run by The South Kaipara Food Revolution and the South Kaipara Economic Development Scheme, the events are set to inspire and inform people. The seminars will continue to be held on Wednesday nights from 7.00pm to 8.30pm at Te Whare Oranga ō Parakai until early December.

For information on the next seminars see www.thrivekaipara.org.nz.

Farewell Dr Ivan Gannaway

After nearly two years with the Kaipara Medical Centre Dr Ivan Gannaway is leaving to pursue new endeavours. Dr Ivan Gannaway brought extensive clinical expertise to the practice and will be missed as a member of the KMC team. Dr Ivan Gannaway's last day at KMC is Friday 30 October. Please join us in wishing Dr Ivan Gannaway the very best in his new ventures.

The Kaipara Medical Centre is actively seeking a replacement doctor however with a current nationwide shortage of 1000 doctors this may take some time. In the interim a locum doctor has been contracted to start mid-November through to early January 2016. The locum doctor will be working closely with the senior clinical team to ensure all current patients of Dr Ivan Gannaway continue to have their health care needs met.

PEOPLE'S CORNER

Sally Garrod, Post-natal Midwife & Locum Midwife, Helensville Birthing Centre



Sally's a familiar face to many around Helensville, having helped local Mums and Dads with their newborn babies for over 15 years. She loves working in

and amongst her own community and watching new parents develop confidence in their own abilities.

Sally has recently taken on locum duties for midwives and expecting mums in the area. Enjoying the variety of her work, Sally thinks the Helensville Birthing Centre is an incredible asset to the community – and one that locals have fought hard to achieve.

First month a great success

After nine years working from home, Helensville's Melissa Carr says the first month in her new Commercial Road beauty salon "couldn't have gone better".

Citing "overwhelming support from the community", Melissa says: "[I've been] enjoying people popping in to meet us and book in. People are giving great feedback about the salon."

Melissa needed to find a way to meet the growing demand for her Beauty Elixir services, and decided a main street location was the way to go. She has also taken on a beauty therapist, local Maria Schofield, to help with the workload.

"A huge drawcard for opening in town was to be more available for casual clients who may just want to walk in and have, or enquire about, our treatments," says Melissa.

Located across the road from the Sunny Days Early Learning Centre at 81 Commercial Road, the salon is officially called Beauty Elixir with Melissa Carr Cosmetic Tattooing.

The opening near the end of September was the culmination of six weeks of painting,

plumbing, building, and electrical and flooring work, all completed on time by local tradesmen.

Both women are very proud of how the salon's treatment and spray tan rooms look, and are looking forward to maintaining the high standard of presentation and work into the future.

"It's a beautiful salon, and I'm thrilled I am working with Melissa to continually be raising the standard of beauty therapy in our



• Melissa (left) and Maria outside the new Commercial Road salon

district," says Maria.

Melissa and Maria were pleased the work finished in time for the summer season and Beauty Elixir's 'Summer Ready' promotion, which runs until the end of November.

Melissa says the period leading up to summer is a busy time for beauty therapists, and the Summer Ready promotion will enable locals to prepare with treatments such as waxing, safe sunless tanning, eyelash extensions, and facial and body treatments for skin conditioning and protection from the summer sun.

Looking after the environment is a top priority for Melissa, who vows to work towards that wherever she can.

"I always look for and stock certified organic products such as PHYT'S, a professional French skincare range, and our Black Magic ECO certified five-minute drying sunless tanning product. We also carry Bella Vi mineral makeup."

Along with their 'Summer Ready' treatment menu Beauty Elixir has a range of Christmas gift ideas, including gift certificates - "a great way to treat a loved one in a very special way," says Melissa.

Beauty Elixir can be found at 81 Commercial Road, Helensville, phone 021 187 2661.

New rooms for Helensville School

Rapid roll growth has seen the Ministry of Education decide to fund a new two-storey classroom block at Helensville Primary.

Principal Eileen Brunton says details of the new building are still being formulated by the ministry, but it is likely to be either a six or eight room block, and is expected to be completed within one or two years.

Three relocatable classrooms have already been moved onto the school grounds in preparation, and junior classes are expected to move into those in early November once painting, relining and decking is completed.

Eileen says the school was lucky to get the relocatable rooms - she had to "play the John Key as local MP card" to get them - as it means the school's hall, library and resource room will be kept free for normal use during the building project.

A site for the new class block has yet to be decided, but Eileen says it will be unlikely to have any detrimental effect on the school's playing fields or courts. The school will have input into the design of the classrooms, and the Board of Trustees will consult with the community.

The new block will "likely be the end of building at Helensville" she says.

Helensville School's roll has grown by almost 100 in just the last two years, to 527, and currently has 20 classrooms.

Eileen doesn't see the rapid growth continuing, especially seeing the Ministry of Education has just implemented an enrolment zone for the school in an effort to prevent future overcrowding.

The enrolment zone won't preclude out-of-zone children attending the school (and won't affect current pupils) but there will be a strict criteria as to who from outside the zone can be accepted.



BEAUTY ELIXIR

with Melissa Carr - Cosmetic Tattooing

TEL 09 420 9775 MOB 021 187 2661 | 81 Commercial Road

Book with Maria in November to receive these offers

Spray Tan ————— \$45
receive **FREE** exfoliating glove

Lash Extensions ————— \$80
receive a **FREE** hydrating eye mask

Indulgent Pedi ————— \$55
receive a **FREE** dry heel treatment

Full leg wax ————— \$55
receive **FREE** exfoliating glove

Free programme to help kids through marriage separation

A free programme on how parents can help their children through a marriage separation will be held at Parakai later this month.

'Parenting Through Separation' will be run by social worker Michele Cogle of Lifewise, an Auckland-based Methodist Church community organisation which aims to help solve challenging social issues and provide services to families in need.

The course will be held at Te Whare Oranga o Parakai on Saturday, November 21 from 10am to 2.30pm.

"Separating from your partner or spouse is usually stressful, but the effects of this can be minimised for your children," says Michele.

She says the four hour course will provide a wealth of information and well-proven ideas to benefit parents and their children. Those attending, who will need to show a driver's licence to gain entry, will receive two DVDs to keep, one for parents and one for children, along with leaflets. Refreshments and snacks will be provided.

Topics covered will include: separation is hard on everyone; how to talk to the kids about it; making the best arrangements for your kids; what kids and parents like; don't put your kids in the middle; and going to the Family Court.

The course is funded by the Ministry of Justice through the Family Courts.

For more information phone Michele Cogle on 09 818 0203 or email her at: michelec@lifewise.org.nz.

Floral art club to put on Christmas demo

Members of the Helensville Floral Art Club will hold a series of free Christmas decor demonstrations later this month.

The four, 15-minute sessions will be held on Thursday, November 19 in the Allotment Cafe at the Kaipara Coast Plant Centre north of Kaukapakapa village, starting at 10am and finishing around midday.

Those attending will be able to purchase raffle tickets to win one of the arrangements or decorations made on the day by club members.

"On this occasion there won't be a chance [for those attending] to try floral art," says the club's Eve Issott, "but we are hoping to excite people's interest so they will come along to our meetings in the new year and maybe join."

This is the first event of its kind for the club, although it held a mid-winter Christmas evening at the Masonic Hall in Helensville a number of years ago.

"The club is grateful to David and Geraldine Bayly, owners of the Kaipara Coast Plant Centre, for allowing us to use their premises," says Eve, "and to Pip the cafe manager for working with us to arrange the venue."

Kaipara Coast Plant Centre is at 148 Kaipara Coast Highway, Kaukapakapa. Those planning to attend should phone 420 5655 so organisers have an idea of numbers.



• One of the club's Christmas decorations



Experience the Difference



Deal with the best team in town!

2.90% Commission

to \$500,000, 2% thereafter + GST

0800 18 88 80

www.burmester.co.nz

SALES and RENTALS

Medical Alarms

Vicki - your local Healthcare Field Officer



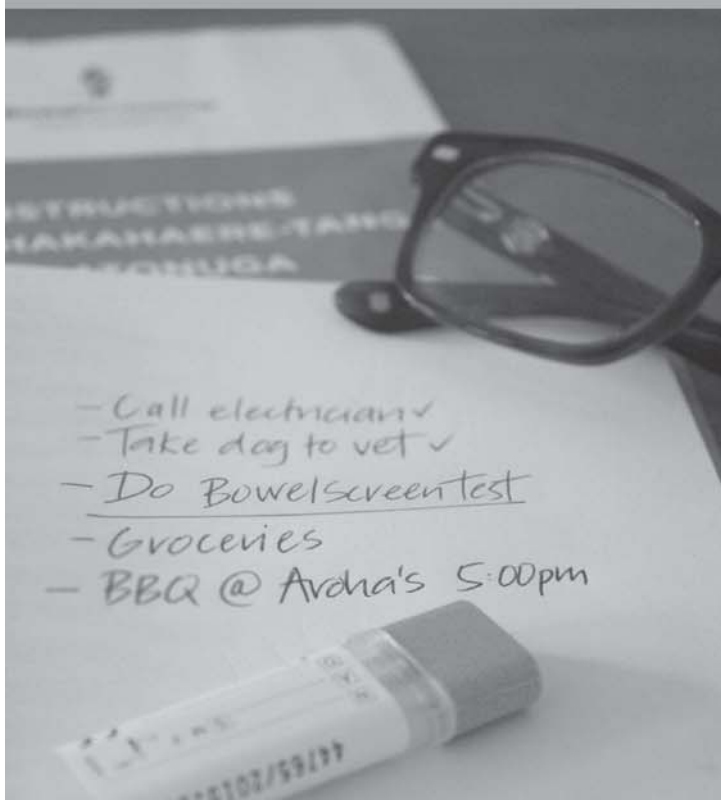
Enjoy peace of mind and feel safe in your own home with a Bupa medical alarm. We offer 24 hour assistance, seven days a week.

Call our Healthcare Field Officer Vicki, on 0800 60 80 99

bupa.co.nz



Put the free bowel screening test on your 'to do' list.



Bowel screening helps find early signs of cancer.

The BowelScreening pilot has been extended for two more years until 2017.

You will be invited to do a third bowel screening test if you are; aged between 50 and 74, living in the Waitemata DHB area, and eligible for free public health care.

- If you have not received an invitation, or you have moved house, please call **0800 924 432** or email info@bowelscreeningwaitemata.co.nz. See your doctor now if you have any bowel symptoms that concern you.

www.bowelscreeningwaitemata.co.nz

0800 924 432



BowelScreening
Check Yourself Out

College drama gets awards nods

Kaipara College's 2015 drama production, *The Seagull*, has been nominated in eight categories of the 'Showdown' Auckland Secondary School Production Competition - the Oscars of live theatre for secondary schools.

Last year the college's production of *Romeo and Juliet* won three major awards in the competition, including the supreme iTicket Award for Outstanding Play, as well as the top prizes for sound design in a play and best props in a play. The drama department is hoping for a repeat this year, but once again the competition will be tough with 15 other entries vying for the top prize.

The categories for which *The Seagull* has been nominated this year are: Best Lead Actor, Logan Wishart; Best Lead Actress, Cassey Carter-Bock; Best Set; Best Props (also in 2014); Best Sound, Josh Somervell and team (also 2014); Best Director, Patrice Wilson; Outstanding Play for 2015 (also 2014).

The winners will be announced at the Showdown event at Sky City on Friday, November 6. Locals wanting to support the Kaipara College team can purchase tickets online at iTicket.

Lucky barrow winner



Local Sharon Gladwell, pictured above with children Olivia (4) and Emma (7), won a 'Barrow Full of Goodies' at the Helensville Mitre 10 Garden Party on Saturday, October 17. Sharon went into the draw for the barrow by spending more than \$40 on the day. Her prize included gloves, seeds, samplers of products and more.

Ukulele Union provided musical entertainment on the day, and the Helensville Lions Club cooked a sausage sizzle with sausages provided by Mitre 10 Helensville, and raised \$250 in gold coin donations.

Rock band performs at college

Auckland rock band Ekko Park performed at Kaipara College on Saturday, October 31.

The free concert was the band's first performance to mark the release, the previous day, of their second album, *Know Hope*.

The band was inspired to launch their album at the school after mentoring student bands at the college over the past few months.

That came about when a student approached the band via Facebook, asking if Ekko Park members would help college students prepare their songs for the coming SmokeFree RockQuest competition.

Ekko Park lead singer Joe Walsh says: "We had so much fun. We gave advice where we could, but ultimately we just helped them find what was already inside them."

"In a time when you have to worry about where music is going, it's so refreshing to see these young bands keeping the music dream alive."

Four of the school's bands played as support acts for the Ekko Park concert, and students also managed the lighting and sound.

Spring salads

Eating raw food is a topic of conversation among the 'food people' these days.

There are now some fabulous raw food cafes and restaurants popping up around the country. The first time I came across a raw food bakery was when we walked into 'Little Birds Un-Bakery' in Auckland. We have since bought their 'uncook book' and have made a few delicious treats. Little Birds also operates a cafe in Ponsonby which is well worth the visit.

The principle behind raw food is to keep the nutritional values in the food. Many vitamins are destroyed during cooking and enzymes, essential for digestion and gut health, are best absorbed from fresh raw vegetables. Over the winter or early spring months it's not always appealing to eat a cold salad; to make it interesting, think of the salad as complementary side dish or condiment to the main dish.

■ Carrot and Sesame

Peel and grate a couple of carrots into a bowl. Squeeze on the juice of a lime or lemon and set aside. Heat the grill on your oven and spread out a 1/4 cup of raw sesame seeds in a pan. Place it under the grill and toast. You will need to shake the seeds to ensure they toast evenly. Remove from the oven and tip onto the carrot while still hot, add sea salt and black pepper, then a couple of tea spoons of sesame seed oil. Add some chopped parsley or sliced spring onions for colour.

■ Fruited Slaw

Shred a quarter of a green cabbage, and a quarter of a red cabbage. Mix together and add the juice of a lemon or lime. Chop a bunch of parsley or coriander and add to the cabbage. Peel an apple, cut into quarters and cut out the core, slice the apple quarters into thin strips and add to the cabbage. Add a half cup of salted cashews, or a half cup of roughly chopped toasted almonds. Crumble in about 50-100 grams of feta cheese and a drizzle of olive oil. Toss together and serve.

■ Broccoli and Baby Spinach

Cut flowerets off the broccoli, and chop them into pea sized pieces, peel the stalks and cut them into small pieces too and place in a bowl. Put a 1/3 cup of olive oil into a pot and gently heat, add 1/2 cup of sunflower seeds to the oil and gently cook for a few minutes without toasting the seeds too much. While they are cooking add 2 cloves of thinly sliced garlic and cook until lightly browned. Remove from the stove and pour the hot oil, garlic and seeds onto the broccoli, and mix together. Add the juice of a lemon or lime. Add a couple of handfuls of washed spinach leaves, salt and black pepper and serve with a sprinkle of sprouts on top. This salad is also nice with a splash of sesame oil mixed through it.

St Cuthbert's 'Fifth Sunday' concert

The Friends of St Cuthbert's Church at Kaukapakapa will hold one of their semi-regular 'Fifth Sunday' concerts on Sunday, November 29.

It will start at 2.30pm at Saint Cuthbert's Presbyterian Church, 17 North Crescent, Kaukapakapa, with tickets costing \$10 for adults with children under 15 free. Members of Friends of St Cuthbert's pay just \$5.

Friends of St Cuthbert's hold a concert each time a month features five Sundays, aiming to provide high quality entertainment for locals at an affordable price, with all proceeds going to the maintenance and restoration of Saint Cuthbert's Presbyterian Church. For more information on the concert phone Daphne Stevens on 09 426 6383 or 027 434 494.



FREE 6 HOUR SESSION
for children aged over 3 Conditions apply

- 6 weeks to 5 years of age
- Dedicated, qualified teachers
- Interactive Literacy Programme
- Affordable fees
- 20 hours ECE & Winz help available
- Operating for 25 years in the community

Session Times:
■ 8:30am to 3:30pm
■ 7:30am to 5:30pm
■ ½ day sessions for under 2s

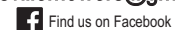
130 Commercial Rd, Helensville
Ph: 09 420 7253

www.sunnydayspreschool.co.nz

HELENSVILLE MOWERS

Open Mon - Fri: 8am to 5pm, Sat: 9am to 2pm
16 years experience in the outdoor power industry. Best advice on your next purchase, spares or service. Quality workmanship guaranteed.

7 Railway Street. Phone/Fax 09 420 8569
helensvillemowers@gmail.com



Find us on Facebook



dizzy heights
TREE SERVICES

Dion Mayes
Qualified Arborist

All tree work • Pruning
Hedges • Council Approved
Full Insurance • Tree Felling
Tree Chipping Service

Difficult Trees a Specialty

FREE QUOTES

0800 349994
0800 DIZZYH
021 527219 / 09 4205352

Kaukapakapa Drainage

- Septic Tank Systems
- Drainage
- Truck & Digger Hire
- Pile Drilling
- Drain Unblocking

Reasonable Rates

30 Years Experience

Phone/Fax: 420 4149

Mobile: 021 926 301

Email: gary_lawton@clear.net.nz


VISION
LANDSCAPES

**One Contractor
For All Your Needs**

Geoffrey Sawyers
0274 817 478 420 8738
Email: visionlandscapes@xtra.co.nz
www.visionlandscapes.co.nz


Creating Nature
Landscapes

Landscape Design / Construction / Maintenance
Water Features / Lighting / Irrigation
Retaining Walls / Decks / Fencing / Pergolas
Planting / Plant Supply
Concrete / Stonework / Paving

info@creatingnaturelandscapes.nz
www.creatingnaturelandscapes.nz
Call Ben 021 285 4469 / 09 947 4298

■ SOUTH KAIPARA U3A

Helensville's Jack Hannam and Rosemarie Askew will provide 'Whenuapai Reminiscences over a High Tea Tipple' at the November meeting of South Kaipara U3A on Friday, November 6 at 1pm, in the St John Ambulance Rooms in Rata Street.

Schoolmates, Jack and Rosemarie spent their early years growing up during World War II in Whenuapai. As well as tales of their escapades in Whenuapai, Kumeu and Waimauku, Rose and Jack have prepared displays of photos from those times. Jack and Rose were founding members of the Waitemata Hunt, and Jack is the hunt patron. Rose was the first female huntsman for Waitemata Hunt, and the first woman to hold the role of Clerk of the Course at Avondale Racecourse.

Sheila Durkin from the National Council of Women, will be the meeting's 'mini' speaker. Everyone is welcome, and gold coin entry includes afternoon tea. Phone Judy on 09 411 8322 for more information.

■ SPRING FLING BARN DANCE

The Kaukapakapa Area Residents & Ratepayers Association is holding a barn

dance at the Kaukapakapa hall on Saturday, November 7 from 7.30pm. Tickets are \$20 and include supper and live Celtic music. Email: admin@kaukapakapa.org.nz to book.

■ KKK PONY CLUB DRESSAGE

Kaukapakapa Pony Club will hold a dressage day on Sunday, November 8. Entries Close Thursday, November 5 at 5pm and cost \$10 per class plus a \$5 ground fee (late entries \$5 extra per class), and should be made on the entry form on club's website. The draw will be posted on the website on Friday, November 6. The full programme and further details are available online at: www.kaukapakapaponyclub.org.nz.

■ A&P TRIVIAL PURSUITS

The Helensville A&P Association's annual Trivial Pursuits evening is on Friday, November 13 in the Helensville War Memorial Hall. Doors will open at 7pm for a 7.30pm start. Teams can have six to eight members and cost \$10 per person. There will be prizes, raffles and home baking provided. Proceeds from the event will go towards showground maintenance and running the annual A&P Show.

To book tickets phone 09 420 7572 or email: info@helensvilleshowgrounds.co.nz.

■ HELENSVILLE AGLOW

Author and florist Heather McCall will make a floral arrangement and speak on 'For the Love of Christmas' at the next meeting of Helensville Aglow, at 7.30pm on Friday, November 27 in the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). The evening will end with coffee and dessert. For more information email Yvonne at: ybartlett@maxnet.co.nz.

■ ALPACA OPEN DAYS

Waitakere Alpacas at 107 Monk Road, South Head, will hold open days on November 8 and 22, noon to 4pm. Visitors can feed alpacas and see felting and spinning demonstrations. Phone 420 2185.

classifieds & trade

■ Helensville Glass

24 hour service.
Ph: 420 8210

■ Helensville Wastewater

69 Mill Rd, Helensville
Ph: 420 9042
Email: hlwastewater@xtra.co.nz

■ Marriage Celebrant

Registered and independent
Phone Yvonne Osborne: 0274 989 814

■ Pump and Filter Services

Pump Repairs, Tank Cleaning
Phone Nick: 021 111 6593

Helensville News - Publication Information

■ DECEMBER 2015 deadline: Friday, 13th November 2015

ISSUE DUE OUT TUESDAY, DECEMBER 1st 2015

Editorial Enquiries, Letters to the Editor and Advertising:

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

Free Subscriptions to Online Edition:

Email: subscribe@helensvilleneews.co.nz

2015/2016 issue dates and deadlines:

Due out: Dec 1st	Copy by: Nov 13th	Due out: Mar 2nd	Copy by: Feb 12th
Due out: Feb 2nd	Copy by: Jan 15th	Due out: April 5th	Copy by: Mar 18th

Editor & Publisher: Dave Addison, Helensville News Ltd, PO Box 59, Helensville 0840. **Editorial:** Dave Addison, 420 7215.

Design, Subediting & Layout: Dash Design, 420 7215. **Printing:** Rob McCorkindale, Print Matters, 0274 740 657.

Copyright: No material in this newspaper may be copied or reproduced without the publisher's permission.

Disclaimer: Every effort has been made to ensure the accuracy of information in this newspaper, but the editor and publisher accepts no responsibility for any errors or omissions.

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



www.facebook.com/helensvilleneews

www.helensvilleneews.co.nz

■ COMMUNITY CHRISTMAS LUNCH

Bookings are open for people wishing to attend the Helensville Community Christmas Day lunch in the Helensville War Memorial Hall.

Registrations can be made at the CAB and Te Ha Oranga in Commercial Road, the Women & Family Centre in Porter Crescent, and at Te Whare Oranga o Parakai in Parakai.

For more information phone lunch co-ordinator Raewyn Mercer, 021 182 0470.



(Formerly Parakai Motordrome)

Quality auto service and repair at country prices



WOFs - Brakes - Suspension

90 Mill Rd, Helensville
Phone 420 8177

BURNETTS



' MOBILE
0274 924 494



Full Mobile Service

Specialists in Auto Electrical & Air Conditioning
Servicing Vehicles, Heavy Machinery,
Farm Equipment & Marine

Workshop ⚡ Parts ⚡ Accessories

Ph 09 420 8181
Mob 021 689 700

