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KKK Village Centre to open mid-next year

After being at a stand-still for the past couple of years, the Kaukapakapa Village Centre development is on track to open its first stage in the middle of next year.

That first stage will include a Gull service station, up to four retail premises and a couple of apartments, and is slated to open on July 1, 2017. The town has been without a petrol station since 2010.

The remainder of the 2900sq.m. development is planned to open just 12 months later.

The \$11 million project is very close to the plan formulated by the original developer, Kaukapakapa resident Dave Brown. He is still involved with the project, but now in partnership with an investor and a construction company.

Originally the centre, designed by leading architects Jasmax, was to open in early 2014.

While the buildings will be mostly made from precast concrete, timber will feature heavily to retain a rural feel. The buildings will be a mix of single and two-storey with varied rooflines to create interest.

As well as the main entrances off State Highway 16, there will be a secondary entry off Downer Access Road.

Work started up again on the State

Highway 16 site, beside the Kaukapakapa Hotel, in late November. Initial works will include waste treatment, road widening, provision for power, and installation of tanks for the service station.

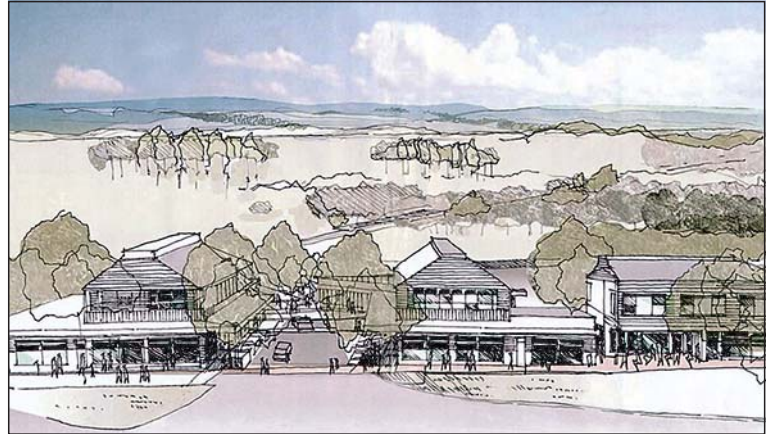
Real estate agent Dave Crow, who is now actively marketing the retail and residential leases, says work on the main building should start in mid-January.

When completed in 2018, the village will have up to 15 retail outlets. That figure could be slightly lower if some premises are combined to form larger units, which is likely to happen with a heads of agreement already signed for a pharmacy and medical suite.

Registrations of interest have been placed on eight retail premises, and Dave's

own Century 21 Crow Realty will be among the first tenants.

Dave says there has been interest from several supermarket brands already, with one



• An architect's drawing of the completed village complex

currently undertaking due diligence.

What was originally planned as business offices above the retail outlets are now more likely to become apartments, and possibly a small, four to five unit serviced motel.

Interest has been shown in setting up a bar and cafe in the village, which would most likely go beside the on-site pond, which is expected to be turned into a feature.

Gypsy horses for A&P Show

Gypsies are coming to the next Helensville A&P Show on February 25 - or at least their horses will be. A new ring for Gypsy Cob horses has been introduced.

Gypsy Cobs are a heavy horse breed, developed by the Romany (gypsy) people of Great Britain to both ride and drive. They are known for calm, trainable dispositions and may be any colour, although are commonly pinto colouring and usually feature heavily 'feathered' legs.

Their introduction follows new classes for standardbreds and pintos, both in-hand and ridden, introduced at this year's show - both of which proved popular.

The show's longstanding Farmer's Hack class will also be overhauled for 2017 to incorporate an extended practical test of typical farm activities, such as opening and closing gates and crossing a bridge. Prize money for the class has been increased to \$100.

A practice day for equestrians will be held over a number of jumps at the showgrounds on Sunday, February 5, so people can get a feel for competing at the show. Details on Facebook.

Entries for equestrian classes close on Wednesday, February 8. Enquiries to Show manager David van Dam, email: info@helensvilleshowgrounds.co.nz or phone 420-7572.

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editorial

Another year done and dusted! For me, it's been another great year of meeting more of the interesting people who make up our community, and of following the events and happenings that are shaping our district.

I'd like to give a shout out of thanks to all those who have contributed in some way to the success of this newspaper over the past year, especially to Wynne HaySmith for her regular contributions and to Peter Brennan for his ever-popular cooking column.

We're finishing the year how we started 2013, with a front page article about the new Kaukapakapa Village Centre. That much needed boost for the Kaukapakapa community appeared to have died a slow death, but the project has been revitalised and is now back on track. Kaukapakapa is a growing community, and it needs this shot in the arm.

We've got the usual great selection of articles this month, with people leaving, people arriving, and others who are just doing interesting stuff. Enjoy the reading.

Have a wonderful, safe festive season everyone. There's no January issue, but we'll be back early February.

- Dave Addison, Editor

Learner drivers celebrate

Auckland Transport, local police and Helensville's OutWest Youth have finished a pilot community driver mentoring programme in Helensville.

Some of the successful learner drivers celebrated at a function at Parakai late last month.

Over the last six months several mentors have supported a group of young local drivers in South Kaipara, helping six gain their restricted driver licences. Two were still to sit their tests at the time of writing.

AT funded the 30-week pilot driver mentoring programme modelled on the NZ Transport Agency's Community Driver Mentor Programme. The programme taught the safe driving behaviours and skills needed for the youth to pass their restricted licence tests with confidence.

All the programme participants who sat their restricted test achieved a 100 percent pass rate, says AT community transport manager Claire Dixon.

"We are really pleased at the success of the programme, and I would like to give

special thanks to Senior Constable Karen Murphy for all her support," says Claire.

Helensville Senior Constable Murphy, who was also one of the driving mentors, worked throughout the programme to ensure the other mentors and the youth stayed focussed, motivated and committed.

Auckland Transport will now review the



• From left: Senior Constable Karen Murphy (NZ Police - mentor), Lateasha McMurdo and Chascitee Hemana (learner drivers), Naomi Bartley (Outwest Youth - mentor), Senior Constable Lou Unkovich (NZ Police - mentor) and Jordan Hildreth (Outwest Youth - mentor)

pilot, and will look at supporting the local community to get independent funding and take ownership of the initiative so a second round can begin from next February.

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Rescue Run raises \$170,000



• Competitors slog uphill in the 'Mudslide Zone' challenge

- Photo: Richard Joseph

The inaugural Auckland Rescue Helicopter Trust 'Rescue Run' held in Helensville late last month raised around \$170,000 - and looks like becoming a regular fixture.

42 teams of six completed a gruelling 15km, four-hour course with five major 'disaster zones', starting in Woodhill Forest, then running across farmland and then down Fordyce Road to finish at Parakai Springs.

Teams were given 60 points at the start, and then a score out of 60 on each of the five

main challenges. But then one point per minute spent on the course was deducted from their scores - meaning speed was vital for a good placing.

With team entry fees of close to \$3000 the Rescue Run is aimed at the corporate market, and event director Mike Cathro is confident the race will be held again next year.

He's already planning changes to the course, with the inclusion of a 'Hurricane Alley' featuring giant fans and blasting fire hoses, along with other developments.

Local made member of Order of St John

Kaipara College Gateway co-ordinator and former pupil Marie Paulsen has been invested as a Member of the Order of St John at a ceremony in Christchurch.

Marie, who often stands in as first aid administrator at the school, was recognised for 18 years of voluntary call outs, more than 10 years of that as team leader at Muriwai First Response.

As part of her voluntary work, Marie has attended many first response calls and helped people of all ages. She often turns up for her day job as the college Gateway co-ordinator after no sleep because of attending call outs. She also recently passed an intensive two week driver instructor course.

The Member of the Order of St John award is by nomination, and bestows membership on those who strive to fulfil St John's objectives and purposes.



• Marie Paulsen

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Keeping local kids safe around dogs

Recent Helensville arrival Samantha Spray aims to help locals be safer around dogs – with the help of her own appropriately-named dog, Rodney.

Sam and Rodney work with Kids Safe with Dogs, an organisation which was formed to educate children in particular on how to interact with dogs safely, with the aim of reducing dog bites in New Zealand.

Rodney, a six-year-old black labrador, only coincidentally shares his name with our district - he's actually named after a character in the television series Only Fools and Horses.

He moved with owner Sam, her carpenter husband Matt, and their children Freddie (2) and Caitlin (4) in August from West Harbour so they could be closer to friends and live in a smaller community. They've made their home in Rautawhiri Road, and both children have started at Sunny Days Early Childhood Centre in Commercial Road.

Rodney has been specially trained to be part of the Kids Safe with Dogs programmes, and also is part of the PET First Aid course that Sam instructs.

The human-canine team will work with local schools to educate teachers, parents and children on how to keep safe with dogs.

Articles about people receiving dog bites are common in New Zealand media, and in the past 10 years there has been an increase of more than 50 percent in reported dog bites throughout the country. Almost 13,000 required medical treatment and cost ACC over \$4.8 million in compensation. Around a fifth of those bites were to children under the age of 14.

A study done in the United States says: "the most effective way to decrease dog aggression in general may be simply to educate people."

Sam and Rodney will deliver a variety of courses specifically designed to teach children of all ages how to interact with dogs,



• Samantha and Rodney

and to understand what the animals are telling them.

The programmes can be activity based for children from day-care to intermediate ages, or done in an assembly style with information given to the school to distribute to families.

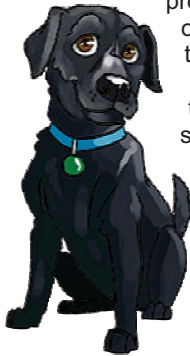
And a new community education programme for adults, Canine Body Language, has been created to teach adults how to understand the behaviour of the dogs prior to interacting with them, or allowing children to touch them. It's hoped to hold the hour-long course one evening once a suitable local venue has been organised.

More information is available online at: www.kidssafewithdogs.co.nz.

Fishing competition

Kaipara Cruising and Sportsfishing Club's annual men's fishing competition will be held on Saturday, January 21.

Tickets are available from the clubrooms in Mill Road from Thursdays to Mondays from 5pm-8pm. Registration closes at 5pm on Friday, January 20 and costs \$10 for club members or \$20 for non-members; tickets include a day's club membership and a complimentary meal.



• Rodney even has his own cartoon

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New owner a familiar face

Helensville's long-running Paper Plus, Lotto and Post Shop has a new owner - but she'll be no stranger to the customers.

April Davidson has worked at the Commercial Road shop for more than 12 years, and took over ownership on November 28.

Retiring owner Manu Patel purchased what was then called Helensville Stationers almost exactly 15 years earlier from Tony and Maxine Canter, rebranding it as a Take Note store in 2004, and then moving to the Paper Plus brand last year.

April (30) started at the shop pretty much straight out of school, initially working in the Post Shop side of the business as a customer service officer.

"I've spent a lot of my life here," she says. "I've got a bit of grief over the years for staying in one place for so long," she adds with a smile.

Over the years her role developed, and she's been the store's unofficial manager for around five years - about the same time the advanced retail computer system was installed.

April and her fiance Daniel Ashton, who she will marry next February, formed a company to purchase the business, with support from April's parents.

The purchase meant taking on three separate franchises, one each for Paper

Plus, Lotto and the Post Shop, which she describes as "a huge commitment".

She has no qualms about being in charge of the business, except "it will be my pile of bills!"

April has no plans for major changes to the business. However, she does want to increase sales, and believes the way to do that will be to encourage other local businesses to purchase their stationery



• Manu waves goodbye as owner as April takes the reins

through her shop, rather than through larger competitors like Warehouse Stationery.

"We can usually compete on price," she says, pointing out that Paper Plus is New Zealand owned, as are its suppliers.

Manu, who has commuted from his home in Mt Roskill for 15 years, is looking forward to his retirement, part of which he intends to spend doing community work such as Meals on Wheels in his local community.

Parenting through separation course

A course to help parents minimise the effects on their children of going through a separation will be held at Te Whare Oranga o Parakai on Saturday, December 10.

The free four-hour course starts at 10am, is funded by the Ministry of Justice through the Family Courts, and will cover topics including how to talk to children about a separation, making the best arrangements for the children, and how to not put the children in the middle.

The course will be facilitated by Michelle Cogle. For more information contact Jess Hale, phone 09 818 6834 or email: jessh@lifewise.org.nz.



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Diverse community a draw for new Helensville principal

New Helensville Primary principal Deborah Heasman is looking forward to the differences between her new school and her previous role as head at Northcote Primary.

"It's new challenges. Going to Year 8 was enticing, and the diversity of the community was really something I was looking for."

She had been principal at Northcote for more than 11 years. That was her first role as school head, following a career at schools around Auckland.

Born in Mt Albert, she trained at Epsom Teachers' College following a year working at the children's health camp in Pakuranga. Her first leadership role was as a



• Deborah Heasman

assistant principal at Hillsborough, prior to a move to Glenfield Primary and then Northcote.

She has taught every level except for intermediate, but new entrants are her specialty - something not many principals can lay claim to she says.

Deborah also worked for three years at Team Solutions, a division of the Ministry of Education, in leadership and management, and gifted and talented education.

At Northcote she spent nine years overseeing the development of a huge building project, only leaving once the building had begun.

She says the powhiri which welcomed her to Helensville School a week before she officially started on November 14, was "incredibly powerful and humbling at the same time. It was such an amazing welcome into this community."

Deborah describes herself as "very community minded", and plans to attend as many local events as she can.

"I'd like to make connections with the

local marae. That's really important to me.

"The community is the heart of everything really."

Deborah has no immediate plans for change at the school, and plans to spend her first months just meeting people and seeing how everything works.

She's arrived right on the back of a glowing Education Review Office (ERO) report, which assistant principal Andrea

Clarke says didn't find a single issue that needed addressing. What's more, ERO has given the school the rare honour of putting it on a second consecutive four to five year review cycle.

A keen singer and fan of theatre, Deborah is looking forward to the school's production next year - Helensville alternates productions with school camps every other year.

She is also looking forward to the next school ag day; while she was city raised, she spent holidays on a farm at Matamata so is familiar with rural life.

Two art exhibitions

Helensville Art Centre's annual Kids Art Show runs from Saturday, December 3 to 17 and then again from Saturday, January 14 to 29.

On those same dates will be a solo exhibition titled 'Fragmented Perspectives' by Argentina-born Helensville artist Leda Daniel. Her works have been a year in the making and are a move into more abstract art with a focus on colour and composition.

Hours: Tuesdays to Fridays from 10am to 4.30pm, and Saturdays 10am to 3pm. For more information phone 021 158 6859.



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Inaugural St John medical scholarship awarded

Courtney Webber, pictured at right, is the first recipient of a new, \$5000 Order of St John Scholarship for Kaipara College students, which she received at the school's senior prize giving last month.

The scholarship is funded through the Helensville/Kumeu St John Area Committee using money raised by the Helensville Op Shop, and in conjunction with a bequest from the late Mr Bruce Cochrane.

It will be awarded annually to a local student who is going to study nursing or para medicine; Courtney will shortly start studying for a career in nursing and health sciences.



medical centre notes

A healthy lifestyle is best started at a young age, and with focus on sugar in our diet and childhood obesity there are more resources becoming available all the time.

Weight is affected by how many calories we have from the food we eat, versus how much we burn up with the activities we do. So if the food is healthier and activity is increased, weight is better controlled.

Childhood obesity can affect multiple health issues, from self-esteem and depression through to increased risk of high blood pressure, diabetes, respiratory function and development of sexual organs.

The best way to help a child achieve a healthy weight is for the whole family to change its lifestyle together, with more physical activity and fewer foods high in sugar and fat. Use smaller portions, try to avoid buying processed foods, and support and encourage physical activities as much as possible.

A free resource available in Rodney is the Harbour Sport 'Green Prescription Active Families', which provides group activity sessions designed for the entire family. Sessions include physical activity; goal-setting and review; advice on nutrition, health and well-being; and building skills and confidence for sport and regular exercise. Children's progress is monitored, and families receive home visits to get support on nutrition knowledge, activity time, screen time and the BMI for the child and family.

The target group is families with children aged 5-12 years, who are: overweight/obese; inactive (less than five hours exercise per week); have a stable medical/mental condition that could benefit from physical activity; and a family ready to make lifestyle changes.

The contacts at Harbour Sport are Liz Golding, email: grx@harboursport.co.nz or phone 09 415 4659, or David Catherwood, email: davidc@harboursport.co.nz, phone 09 415 4656.

The website is: www.harboursport.co.nz/harbour-sport/active-families

- Dr Phillip Barter, Clinical Director



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Full circle for Women & Family Centre

The Helensville Women & Family Centre (HWFC) has returned to its roots in Helensville – it's back where it first started up 23 years ago in the Old Post Office building in Commercial Road.

The HWFC was initially established in the Old Post Office building in November 1993, and stayed there for 14 years before moving in 2007 into Alison McKenzie House a bit further along Commercial Road.

Then in 2013 the Helensville District Health Trust purchased and refurbished the house next door at 1 Porter Crescent, and the HWFC moved into that along with antenatal services and clinics, with the Health Trust taking over the office space in Alison McKenzie House.

But that building was declared unsafe for occupation due to issues with its foundations in mid-May this year. That forced the HWFC, and the South Kaipara Men's Centre (SKMC), to move to Te Whare Oranga o Parakai so the Health Trust could move into the 1 Porter Crescent building.

Neither HWFC nor SKMC found Te Whare Oranga to be an ideal location for their services, so both have now moved into the Old Post Office at 104 Commercial Road.

The HWFC will be closed from Wednesday, December 14 through to Tuesday, January 17 for the Christmas/New Year period. Normally it is open Monday to Friday from 10am to 2pm.

Locals requiring support or emergency contacts for the holiday period please should phone or call into the centre before it closes to receive a list.

The HWFC is creating Christmas hampers again this year for local families in need, and asks any locals who have dry grocery goods or Christmas treats they would like to donate to bring them into the centre from Monday, December 5.

There will also be two craft markets being held at the Parakai 4 Square carpark on Saturdays, December 10 and 17 as fundraisers for the HWFC.

Holidays at the library

A free summer reading programme, Kia Māia te Whai – Dare to Explore, for ages five to 13 will run at Helensville library from Monday, December 12.

During the summer reading programme period, challenge events will be held on Tuesdays, Wednesdays, and Thursday from 10.30am to 11.30am and 2pm to 3pm. Each session will focus on a different challenge, such as kitchen chemistry experiments, crafts and possibly poetry.

The library's preschool sessions will be put on hold while the summer reading programme is on, restarting in February.

In the lead-up to Christmas, children will be able to follow the story of 'A Pukeko in a Ponga Tree' in shop windows along Commercial Road. They can take photos in front of their favourite image and share them on the library's Facebook page.

Helensville Library will close at 4pm on Saturday, December 24 and will reopen at 9.30am on Wednesday, January 4. No library items will be due during that time. The overnight return slot will be open, so you can return items during the closure period.



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Helensville karate instructor helps set world record

Helensville karate instructor Tim Herlihy has set a Guinness World Record - or at least he's been a small part of one.

Tim recently returned from three weeks of intensive training in Okinawa, Japan, and while there took part in a demonstration with 3974 other karate enthusiasts which successfully set the Guinness World Record for the largest number of people performing the same karate kata at the same time.

"It was truly amazing to see all these passionate karate people lined up along a 1.5km stretch of road, all performing in unison to break the world record," says Tim.

While in Okinawa he was graded to the Black Belt level of Rokudan, or 6th Degree. He was also given the formal karate title of Renshi, which acknowledges he has become an expert instructor and teacher by example.

"I was absolutely thrilled to have passed the grading, but totally gobsmacked to also be given the title of Renshi as this is not



• Tim (left) receives his title

usually awarded with 6th Degree," he says.

As well as the world record attempt, Tim participated in other demonstrations and festivals to help celebrate Okinawa as the birthplace of karate.

Crown Solicitor talks to JPs in Helensville

The Crown Solicitor for Manukau, former Helensville resident and Kaipara College student Natalie Walker, spoke recently at the final 2016 conference for the north-west region Justices of the Peace held in the Helensville Masonic Centre.

Just 15 months into her new job, Natalie (41, pictured at right) told the gathered JPs about the roles of the Crown Solicitor, Crown Prosecutors, and her supporting law firm Kayes, Fletcher, Walker.

In July last year *Helensville News* reported on Natalie's appointment to become New Zealand's newest and youngest female Crown Solicitor.

Natalie described her progress since the 2015 appointment as being "on target". Her law firm has since engaged more than 30 lawyer/prosecutors, mostly younger than herself and including 10 of Maori, Polynesian or Asian descent.

Her staff meet regularly to improve their cultural knowledge and Te Reo skills - both vital for serving justice within the South Auckland region.

After speaking, Natalie answered many business and personal questions from the JPs, who met to update their judicial know-how.

Asked for the secret of her success she said there was a large element of luck - her parents choosing to live in the rural West, attending small country schools where she had unlimited opportunities, and



meeting her future husband Ned Fletcher at law school in Auckland.

Natalie is the daughter of Helensville's Grev and Maureen Walker.



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- Sausage sizzle
- Raffle
- Xmas lilies
- Macadamias
- Espresso coffee
- Locally made crafts
- Plants and produce
- Performances by local musicians and dancers

See you there!

All proceeds from running the market, the raffle & sausage sizzle go to the Helensville Women & Family Centre.

They will also be accepting donations of non-perishable foods.

Enquiries to: Parakai 4 Square or email: parakaimarket@gmail.com



Support the HWFC by buying a raffle ticket. Loads of prizes to be won!

Murder at museum



Photo: Stellanova

Stalking around Helensville Museum at night by torchlight and coming across a blood-spattered girl in a blood-dripping bathtub (above) might not be everyone's idea of fun.

But for those who took part in the museum's inaugural Halloween Haunted House Night, it was one of the highlights.

The theme for the evening was the murders which took place in Helensville, and visitors had to find the murder weapon to go in a draw for a Halloween hamper. Along the way they came across – and from the frequent screams were scared by – ghoulish apparitions, a chainsaw wielding fiend, and various blood-dripping zombies, all actors made up and dressed up for the occasion by organiser Jen McCann.

The half-hour tours began at 8.30pm, but a queue had already formed outside the museum half an hour before that. While the evening was rated as R13, there were some younger visitors. The museum plans to repeat the successful event again next Halloween.

CHRISTMAS CHURCH SERVICES

SOUTH KAIPARA ANGLICAN-METHODIST, HELENSVILLE

Co-operative Parish, 60 Garfield Rd. Contact Suzie Smith, 420 7835

- Thursday, Dec 15th: 7pm, Blue Christmas.
- Sunday, Dec 18th: 9.30am, Carol Service.
- Saturday, Dec 24th: 6pm, Christmas Eve Service.
- Sunday, Dec 25th: 9.30 am, Christmas Day Eucharist.

ALL SAINTS ANGLICAN-METHODIST, KAUKAPAKAPA

Corner Peak Rd & Highway 16. Contact Suzie Smith, 420 7835

- Sunday, Dec 25th: 8am, Christmas Day Eucharist.

ST JOSEPH'S CATHOLIC CHURCH, HELENSVILLE

1 Puriri St, Helensville. Contact Fr. Alfonso Dujali. 420 8110

- Saturday, Dec 24: 7.30 pm, Christmas Carols; 8pm Christmas Vigil Mass.
- Sunday, Dec 25: 9am, Christmas Day Mass.

ST PATRICK'S CATHOLIC CHURCH, HUAPAI

380 SH16, Huapai. Contact Fr. Alfonso Dujali. 420 8110

- Saturday, Dec 24: 5.30 pm, Christmas Carols; 6pm Christmas Vigil Mass.
- Sunday, Dec 25: 9am, Christmas Day Mass.

RIVER VALLEY BAPTIST CHURCH, PARAKAI

1 Fordyce Rd, Parakai. Contact Shirley Wood, 420 2559

- Sunday, Dec 11: 6.30, Carols on the Corner. Combined churches Christmas carols.
- Sunday, Dec 25: 10am, Christmas Service.

HELENSVILLE COMMUNITY CHURCH

Mill Rd, Helensville. Contact James van Alstine, 021 113 5927

- Sunday, Dec 18: 10.30am, Christmas Service with carols and a pre-school Nativity concert. Bring a \$10 present to be swapped under the Christmas Tree. Morning tea served afterwards.

HELENSVILLE CHRISTIAN LIFE CENTRE

Commercial Rd, Helensville. Contact Sharon, 420 8911

- Sunday, Dec 18: 10am, Christmas Celebration Service with coffee/tea and Christmas cake after the service.
- Sunday, Dec 25: 10am, Christmas Service

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Phone: 09 420 8400



Summer camp on again

The popular annual free summer youth camp organised and run by Te Awaroa Youth Club at Highams Beach, South Head will be held again next January.

It's an action-packed team-focused week for 40 youth aged from 12 to 17 years, who will be organised into four teams of 10 to compete over five days in 'Survivor' style games as well as an 'amazing race', kayaking, arts, drama, music and a fear factor challenge.

Te Awaroa Youth Club manager Heidi Van Duyn says: "the camaraderie developed amongst participants has shown over the years to extend well beyond the duration of the event.

"Outcomes for young people from previous camps have been increased confidence, improved fitness, as well as environmental and social awareness."



• Teamwork fun at this year's camp

The camp, which will run from Monday, January 16 through to Friday, January 20, has allocated leisure time so the participants can relax in the sun, swim and play sports on the beach - but outside those time slots there is an action-filled schedule.

Youth interested in going to the camp can register now - phone Heidi on 027 685 2073 or 420 7977, or email her at: manager@teawaroayouthclub.co.nz.

The camp is free thanks to the support from the NZ Lottery Board, Foundation North, The Lion Foundation, Community Organisation Grant and the Ministry of Social Development's Break-Away School Holiday Programme. A donation towards food costs is encouraged.



Helensville Birthing Centre

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Kaipara Medical Centre in good health

Another year has almost come and gone and it's been a particularly busy one for the team at the Kaipara Medical Centre.

The Kaipara Medical Centre has a unique ownership model with the community it serves also part-owning the practice. The main shareholders are the Helensville District Health Trust, Waitemata District Health Board and some of the centre's own long-serving GPs.

Here are some of the highlights of the last year:

- Investment in technology, especially a new phone system which has meant better access for patients.
- Significant time and cost to employ a new doctor which included going offshore to find the right person. Dr Anuj Gupta joined the centre in May from Singapore, increasing the team of doctors from five to six.



- This increase in doctors ensured that more appointments were available over the busier winter months to better match patient demand.
- Maori health care plans have been put in place that include partnering with other health organisations to deliver services off-site.

Looking ahead to 2017, one of the centre's key goals is to get 2000 patients enrolled in its online service **Manage My Health** which enables patients to

book appointments and order repeat prescriptions using a phone, tablet or PC. If you haven't signed up yet, ask about it at your next doctor's visit.

With a full quota of staff now on board, 2017 should mean more stability among both support staff and the medical team and that'll be welcome news for all patients.

Xmas Harvest Market

Make a dent in your Christmas shopping with a visit to the last South Kaipara Harvest Market of 2016. As well as the usual regular stallholders offering their locally grown produce and food items, we will have a number of local artisans and craftspeople selling their wares. See you at Te Whare Oranga o Parakai, Sunday 11 December 10am-1pm.





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Top college students

Jake Clayton is the 2016 Dux of Kaipara College, with Alison Barnard taking the Proxime Accessit award.

Jake also won a scholarship to Auckland University of Technology; the Lions Trophy for public speaking; the Riddering Cup for design; the Mitchell Plate for top painting student; the Jens Hansen Cup for senior photography; and the Brooks Cup for graphics. Alison took out the Marilyn Aucutt Cup for senior biology and the Bradly Cup for media studies.



• Dux Jake Clayton



• Alison Barnard

SENIOR ACADEMIC AWARDS:

Pengelly Cup: Paris Bagosi; **Audrey Luckens Writing Award:** Sydney Everard; **John Key Cup:** Keanna Phillipps; **McCurdie Cup:** Luke Walker; **Lions Trophy - Public Speaking:** Jake Clayton; **Te Atawhaitia Award for Contribution to Things Maori:** Jamie Beale & Keanna Phillipps; **Te Ihi Award for Maori Performing Arts:** William Black Hyland.

SENIOR FACULTY AWARDS:

Faculty of Arts: Beth Stewart; **Faculty of Phys Ed & Health:** Keziah Lawes; **Faculty of English:** Paris Bagosi; **Faculty of Mathematics:** Sascha Crossman; **Faculty of Social Sciences:** Keziah Lawes; **Faculty of Science:** Sascha Crossman; **Faculty of Technology:** Jeremy Blackman.

SCHOLARSHIP RECIPIENTS:

University of Otago: Keziah Lawes; **University of Waikato:** Paris Bagosi and Rina Paraone; **Auckland University of Technology:** Jake Clayton; **Unitec:** Maraea Rimene and Tori Rogers; **Neil Notley Scholarship:** Bradley Povey; **Helensville District Health Trust Scholarship:** Janelle Lawson; **The Order of St John Scholarship:** Courtney Webber.

SPORTS AWARDS:

Sportsman of the Year: James Freshwater; **Sportswoman of the Year:** Sativa Tarau-Peehikuru; **Junior Sportsman of the Year:** Jordan Cowper; **Junior Sportswoman of the Year:** Jamie Allen; **Honours Recipients for 2016:** Rina Paraone and Caitlyn Cox.

4 FOUR SQUARE

PARAKAI Beer Month

Tasting Saturday 10th December. Parakai Four Square. 4:00-7:00pm

The Herbalist Craft Beer

The Herbalist craft beer has been created by local woman Rebecca Stenbeck, who has lived in Kumeu all of her life. Rebecca was exposed to brewing from a very young age by her grandmother and has carried on this ancient tradition of women brewing for their menfolk.

Incorporating brewing and her experience as a qualified Herbalist and Naturopath has allowed Rebecca to create a range of tasty craft beers that are infused with herbs and brewed with GE-free New Zealand barley and hops, appealing to both males and females alike.

NEW - Nettle & Bilberry Lager 5.3%

This well balanced, dry hopped herbal lager is delicately sweet, low in bitterness (20 IBU's) and layered with subtle and interesting malt and herbal flavours. Food Match: Red Meat, Salmon and Berry Desserts, or even delicious just consumed on its own.

Rosemary and Liquorice Ale, 5.4%

This Ale is also very refreshing and layered with Rosemary Leaves and Liquorice root to excite your taste buds. Food Match: Roast Lamb, Blue Cheese and Crackers, Liquorice.



OPEN 7 DAYS 6:30am – 8:00pm
137 Parkhurst Road, Parakai
T: 09 420 8186

Scholarship recalls popular teacher



Bradley Povey (left) has become the newest recipient of the \$2000 Neil Notley Scholarship, established in 2011 on the wish of the late Neil Notley, a popular Kaipara College teacher.

He's pictured receiving his scholarship from Josh Taylor, a former college student and Helensville's youngest Freemason. The proceeds from Neil's trust are administered by the Helensville Masonic Centre.

Bradley's subjects of interest are metalwork, woodwork and technical drawing – a solid basis for the apprenticeship he starts next year.

Helensville's Masonic Lodge has provided the local areas with a fraternity since 1884. For more information phone Grev Walker, 420-7173.

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from the frontline

I thought with the holiday season approaching I would talk about driving behaviour and getting to your destination safely. At the time of writing, 292 people had died on New Zealand roads this year. That's 13 more than at the same time in 2015.



From the information I sourced from the NZ Police website and the Ministry of Transport, it appears most of these road fatalities occurred because drivers drove too fast for the conditions and vehicle occupants weren't wearing seatbelts.

When I talk of road conditions that doesn't just mean the weather. It also means the physical condition of the road, the traffic, the load you are carrying, and how you are feeling at the time.

If you are heading away over the Christmas/holiday period you need to be taking extra care on the roads. Traffic volumes increase, which causes congestion. Drivers could also be driving campervans or towing caravans or driving on unfamiliar roads.

If you are towing a trailer or caravan your maximum speed on the open road is 90km/h. Keep to the left, be mindful of vehicles behind you, and regularly pull over to let them pass.

Remember that as a driver you are sharing the road with others, so keep your cool and don't get provoked by other people's actions. Driving over busy periods can be frustrating for all of us, but stay alert and always be courteous.

If you are a slower driver, you should be checking regularly to see who is behind you and again be allowing them to pass by pulling over when safe to do so. Drivers should also be giving cyclists, horse riders, and pedestrians on the roadside plenty of space and slowing down as you pass.

So remember to assess the road conditions at the time and respond accordingly. By doing this we do our bit to ensure the safety of everyone whilst travelling.

- Mandi Bell, Community Constable

Open Christmas Day!

Don't panic if you run out of cream or forget the strawberries - we will be open on Christmas Day.

We'll have our full range of freshly baked goods on offer (we recommend pre-ordering to avoid disappointment).

Contact Dan with orders, conditions apply.

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Israil Foreman (Director of Sports) - iforeman@kaipara.school.nz



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Xmas/New Year Trading Hours

- Saturday 24 Dec to Tuesday 27 Dec: Closed
 - Wednesday 28 Dec to Friday 30 Dec: 8am - 4pm
 - Monday 2 Jan to Tuesday 3 Jan: Closed
 - Wednesday 4 Jan to Friday 6 Jan: 8am - 5pm
 - Saturdays (except Dec 24): Normal hours 8am-1pm
- Normal trading hours resume Monday, 9 Jan 7am - 5pm



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Car show raises \$1100



The Kaipara Classic Car Club's annual Shine in D'Ville last month raised \$1100 for Helensville Museum, a slight increase on the previous year's show.

More than 100 classic cars were on display, predominantly American but also a number of Volkswagens and Porsches among others. Cars ranged in age from the 1930s to the very latest models. For the first time there was also a small selection of motorbikes.

Former student now inspiring teacher

A former Kaipara College student who is now the head of Maori at Rosmini College on Auckland's North Shore has been named a runner-up in a nationwide Most Inspiring Teachers competition.

Heke Rankin says: "My own experiences [at Kaipara College] helped mould the teacher I am today."

When Heke first started teaching at Rosmini College, the Maori culture there was minimal, he says. In less than two years, he has written a new school haka, introduced waka ama to the school, and established a mentoring programme.

Heke was one of three runners-up in the secondary school section of the competition, chosen from 100 shortlisted teachers.

making the difference

Is there someone special who has done something that's really made a difference for you or your family? To nominate someone you think deserving, write to: Nicky Horsbrough, Harcourts Helensville, 37 Commercial Road, Helensville 0800 or fill out the form online at: <http://nickyhorsbrough.harcourts.co.nz>. The lucky recipient will receive a \$100 voucher for a local business of their choice.

Our July recipient is Tania Sterk, who received a \$100 voucher for Shades Hair and Beauty.

Tania was nominated by Raewyn Mercer, who says "Tania is helpful and takes care of the many who use the great facilities of Te Whare Oranga ō Parakai, be it corporate, educational or community. Tania ensures all are made to feel welcome and comfortable to make a difference.

"I have drawn Tania out because of her ability to be 'everywhere' but 'nowhere' in her wonderful ability to be non-intrusive in the way she goes about her duties. This is a way on behalf of all of us who have benefitted from Tania's kindly goodwill to say 'thank-you'."



• Tania receives her voucher from Nicky

with Kaipara chef, Peter Brennan

Mini pavlovas with mascarpone vanilla cream

Pavlova recipes seem to be remarkably similar no matter where you find them, yet some batches turn out better than others. This leads me to believe that it is technique, freshness of ingredients and the temperature in the oven that are the variable factors, rather than the ratios of the ingredients.

I have had more success with mini pavs than when making a big one, and these delights, when topped with a dollop of mascarpone cream and fruit, will definitely finish off your Christmas meal in style. Pavs can be made well in advance and stored in an air tight cake tin until needed.

■ Pavlovas

- 8 egg whites at room temperature
- Pinch of salt
- 400g caster sugar
- 4 teaspoons cornflour
- 1 teaspoon vanilla essence
- 1 teaspoon white wine or cider vinegar



Preheat the oven to 170°C. Line two trays with baking paper.

Place the egg whites and salt into the cake mixer and start to beat at medium to high speed. Beat for several minutes until the whites are peaking but are still glossy white. Slow the speed to medium low and begin to add the sugar a tablespoon at a time, keep the mixer running until the whites are glossy but not dry and the sugar has dissolved.

Turn off the machine and add the cornflour by sprinkling over the surface, add the vanilla and vinegar and fold into the whites on low speed for 10 seconds.

Dollop the pavlova mix onto the paper lined trays; you should get about 16 little pavlovas from this mix.

Pop into the oven and reduce the heat immediately to 150°C. Allow to cook for 30 minutes. Don't open the oven door, but turn the oven off and leave for another 30 minutes. Remove and allow to cool before putting away.

■ Topping

- 250mls cream
- 250g mascarpone
- 1 tablespoon icing sugar
- 1 teaspoon vanilla essence

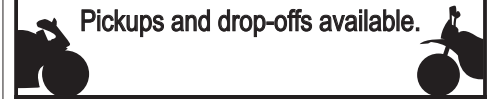
Pour the cream into a bowl and add the sugar and vanilla, beat until softly whipped. Add the mascarpone and beat again until combined and thick. Place in the fridge until needed.

When ready to serve, dollop on some mascarpone cream and decorate with berries. Finally dust with a little grated chocolate, icing sugar and add some small mint leaves as garnish.

I hope you all have a fantastic festive season and enjoy a break from work. I'm always delighted to hear from my readers, so email me at: peter.b@burmester.co.nz if you have questions or ideas to share.



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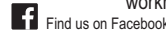


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community tidbits from town and around

■ WAITOKI MARKET DAY

Waitoki village will hold a market day on Saturday, December 10 at the Waitoki hall from 8.30am to noon. The local fire brigade will have one of its appliances on hand, and visitors can have their photo taken wearing a fire fighter's helmet. The brigade will be selling Christmas trees as a fund raiser. Stall holders should phone Shirley on 420 5111.

■ HARVEST MARKET

The South Kaipara Harvest and Artisan Christmas Market will be held on Sunday, December 11 from 10am to 1pm at Te Whare Oranga o Parakai. As well as the usual fresh local produce and food there will be craft stalls for Christmas presents. To book a stall phone Helen Frampton on 420 2628.

In conjunction with the market, the Kids' Kitchen Cooking Club will be making candy cane truffles, with sessions at 9am, 10am and 11:30am. Cost is \$5 per child, suitable for

ages 3 to 12. To book, email chef Keryn at: kitchen@thrivekaipara.org.nz.

■ SANTAAT KKK LIBRARY

Santa will be at Kaukapakapa library on Sunday, December 18 from 10am to 1pm. The library will be themed as a sparkly grotto, and those visiting can give Santa their wish list, take home a souvenir photo, and maybe even receive a gift. Grotto guests are asked to make a gold coin donation. For more information phone Megan on 021 959017 or email: threehorses@xtra.co.nz.

■ KAUKAPAKAPA MARKET

The Kaukapakapa market on Sunday, December 18 will be a special Christmas market with live music from The Cougar Chorus performing from 10am to 12pm plus a Santa grotto at the library and candy floss. The market runs from 8.30am to 1pm. For more information or to book a stall phone Sarah on 027 483 1542 or email: sarah1@maxnet.co.nz. The first market for 2017 will be held on Sunday, January 15.

■ BLOOD DRIVE

The New Zealand Blood Service will be in Helensville on Friday, December 23 at the Helensville War Memorial Hall from 9am to 2pm to collect blood.

Book online at www.nzblood.co.nz, download the smartphone app, or walk in on the day. For more information email: paul.thompson@nzblood.co.nz.

■ CHRISTMAS LUNCH

The Helensville community Christmas lunch on Sunday, December 25 is open to everyone this year. If you wish to attend, please RSVP at the library, council service centre, CAB, Helensville Women & Family Centre, South Kaipara Men & Family, Heartlands, St Johns Op Shop, Te Ha Oranga, WINZ or at the Budget Advisory Service. Enquiries and offers of food or help should go to Holly Southernwood, phone 021 488 427 or email: hollyinvest@xtra.co.nz.

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



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