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## WWII re-enactment society to headline A&P Show

War could break out at the Helensville A&P Show on Saturday, February 27 - but don't expect any casualties.

One of the headline features at this year's 114th annual show will be the World War II Historical Re-enactment Society (HRS), which will be bringing both Allied and German 'troops' to the show.

The society will set up displays depicting typical WWII German, Kiwi and American tents, equipment and weapons, with up to 20 members dressed in full uniform.

The equipment they use is almost entirely authentic, including the weapons which include German Mausers rifles, Thompson submachine guns, Bren guns and various other rifles and machine guns.

The HRS often puts on battle re-enactments and gunfire demonstrations, but unfortunately that won't be happening at the A&P Show as the noise could scare the animals.

Members will be on hand to explain to the public about their equipment, and children may have the opportunity to have a photo taken wearing a helmet and holding a rifle.

It's not the first time the society has visited Helensville - they took part in the



• Members of the WWII Historical Re-enactment Society

town's 150th anniversary parade in 2012.

The HRS was formed 20 years ago and is based at the Museum of Transport & Technology in Auckland. It has around 40 members, with another 10 part-timers.

The society initially formed two units, one Allied and one German, for a TVNZ display battle, and went on to provide extras for several local television programmes including 'The Charles Upham Story', 'The Call Up', and 'Heroes', as well as several short films.

It has toured New Zealand, appearing at

the Warbirds Over Wanaka, Ardmore, Classic Fighters Omaka, Wings Over Wairarapa, Whangarei and Matamata airshows, the Motat Military Live Day, various gun and military shows, and in many ANZAC and RSA parades.

Today, the society has four military re-enactment units, based on the Kiwi 21st Battalion 5th Brigade; the German 100th Gebirgsjäger Regiment 2nd Battalion; the American 82nd Airborne Division, 505th Parachute Infantry Regiment; and the German 1st Division, Fallschirmjäger Regiment 3.

HRS members take part in monthly training days which include foot and rifle drill; weapon safety skills; tactical training; and World War II history.

The society is dedicated to preserving and presenting New Zealanders, their Allies and their enemies in their struggle during the Second World War, preserving that history in a unique way by collecting and wearing authentic equipment and apparel and representing the soldiers from that period, and educating both members and the public about the units' history, tactics, and training.

## Show writing competition on again

It's time for readers to put pen to paper again to write entries for the *Helensville News*-sponsored A&P Show short story competition.

The 'original writing section' has both adult and children's classes. Subject matter for the entries is completely open, however each story must use three specified words - 'joke', 'yolk', and 'soak'.

There is a first prize of \$25, and entries cost just \$1 for show members and \$2 for non-members.

Stories should be original writing around

450 words in length (one A4 page in 12pt text), and must be received by 5pm on Wednesday, February 17.

Hard copies can be dropped off either at the showground office or at Allsorts in Commercial Road, or emailed to [info@helensvilleshowgrounds.co.nz](mailto:info@helensvilleshowgrounds.co.nz) as either a Word document or PDF file.

Entries will be displayed in the main indoor building on show day if space allows, and the winning stories will be printed in the March or April issues of *Helensville News*, depending on available space.

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# editorial

One of the things I love about Helensville is that it can still surprise.

Last year I was lucky to travel through Spain, and while visiting the Thyssen Museum in Madrid I saw my first original Roy Lichtenstein artwork. Lichtenstein was one of the leaders of the Pop Art movement in the 1960s.

Imagine my amazement, then, when I visited the Art Centre in Helensville a couple of weeks ago and saw an original Lichtenstein on the wall. And not one, but two, original Andy Warhol prints. I mean, this is *Helensville!*

I think it's just wonderful that a little town like ours can surprise like that. The works were from the private collection of local John Perry, and he is to be applauded for letting them be displayed locally as part of his 'Pop Up, Pop Art, Pop In, Pop Eye' exhibition (sadly now finished - see page 4).

You would normally only expect to see world-class art like this in major international galleries, and for the Art Centre to have these on display was a real coup. It's probably a shame the exhibition wasn't promoted more widely throughout Auckland - I'm sure a lot of art aficionados would have made a special visit to our town just to see those.

On other matters, we were pleased to start 2016 by giving one of our wonderful advertisers a treat (page 3), and glad to learn of the successes Kaipara Medical Centre is having in cutting down the number of local people smoking (page 6). And of course I mustn't overlook our coverage of the Helensville A&P Show - sure to be the great event it always is (front page and pages 8-9).

- Dave Addison, Editor

## Locals sought to train as tutors for adult literacy programme

The South Kaipara Men's Trust (SKMT) is looking for locals to train as tutors for a planned adult literacy programme to teach reading skills to adults who have difficulty reading.

Helensville Library had identified a number of local adults, men in particular, trying with limited literacy skills to create CVs on the library computers, which they need to register with Work and Income New Zealand (WINZ).

That issue came to the attention of SKMT activities and services leader Jens Hansen, who approached Holly Southernwood to help co-ordinate the project. Jens is currently in Australia for a year, and his role at the SKMT is being filled by Frank Veacock, who with a background in adult literacy will lead the programme.

In a lucky coincidence, Tony Morrison, a long-time colleague of Jens, recently moved to Helensville and has agreed to take on the role of training the tutors for the programme.

Tony is a retired academic who spent 30 years "training teachers of adults", mostly at

the University of Auckland, but also at Massey University, the University of Phnom Penh in Cambodia, and the University of Botswana.

He says people volunteering to train as tutors will probably only have to undergo a couple of two- to three-hour sessions, with some regular follow-ups once they begin their tutoring roles. He says adults are quick learners and won't need a lot of time to learn how to be tutors.

Once tutors are in place the program will be run on a one-on-one basis, most likely at Alison McKenzie House on the corner of Commercial Road and Porter Crescent. All courses will be free of charge.

Anyone interested in becoming an adult reading tutor should in the first instance contact either Holly Southernwood on 021 488 427, or Frank Veacock at the SKMT (Thursday and Fridays only) on 420 8263.

Donations towards the cost of running the literacy project would be welcomed, and anyone able to help in that way should also contact Frank.

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# Treat for longest advertiser



• Jenny receives her Beauty Elixir voucher from Helensville News editor Dave Addison

Helensville News decided to start 2016 by giving one of our valued advertisers a treat - and when it came to choosing who, we couldn't go past Jenny Coles of Allsorts.

Why? Because Allsorts, in Commercial Road, has advertised in every single issue of Helensville News, from our first edition in April, 1999 right up to this issue. That's 185

## March issue

Please note that the March issue of Helensville News will come out one week later than usual, on Tuesday, March 8th. This is so we can bring you full coverage of the Helensville A&P Show.

## \$1000 for women's centre

Rodney Local Board awarded the Helensville Women & Family Centre \$1000 in its latest round of 'quick response' grants.

The money will go towards venue and bouncy castle hire, and the purchase of resources, arts and crafts, decorations, and prizes for the next Children's Day Out, to be held in March.

advertisements in total!

We've given owner Jenny a voucher for an aroma touch massage at another of our advertisers, Melissa Carr's Beauty Elixir, also in Commercial Road.

Allsorts, originally across the road from its current location, used to be called Dianne's, after then-owner Dianne McMurdo. The business was bought by Glenda Harder, who renamed it Allsorts, and who first started the long-running advertising campaign in this paper.

Jenny took over Allsorts on April 1, 2004, and has continued advertising ever since - and what's more, she has kept every copy of the paper.

"I use [it] often to provide people with local activity happenings, phone numbers and general information."

She says she enjoys and supports Helensville News because it is "a very professional small newspaper [with] lots of news and local information".

She gets responses to her adverts, which change every month, and says she loved the paper's change a couple of years ago to glossy paper.

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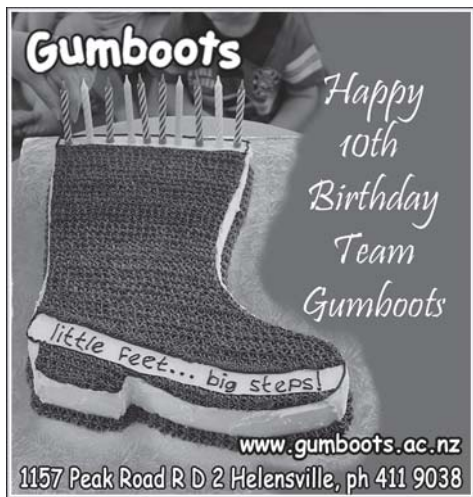


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## Famous artists in local exhibition

Original artworks by renowned international artists Andy Warhol and Roy Lichtenstein were among 40 pieces on display at the Helensville Art Centre's Basement Gallery last month.

They were part of an exhibition titled 'Pop Up, Pop Art, Pop In, Pop Eye' sourced mostly from the private collection of Helensville's John Perry, who runs Global Village Antiques in the old Regent Cinema building.

John was studying at the Elam Art School in Auckland in the early 1960s when the international Pop Art movement developed, and he says it had a "profound influence" on him, "not only as an artist but also as an educator, curator and collector".

The exhibition brought together artworks collected and preserved by John from his times as an art student in the 1960s, an art teacher in the 1970s, an art gallery curator and director in the 1980s and 90s, and also during his 15 years here in Helensville.



• John Perry with his Andy Warhol Marilyn Monroe silkscreen print

## Parakai property prices leap

Real estate price rises in Parakai have been among the highest in Auckland - and therefore New Zealand - over the past year.

Latest figures released by CoreLogic, which supplies data to property valuation company QV, show Parakai property values rose an average of 26.3 percent during 2015.

That puts the area ninth equal with Manurewa on the list of highest increasing Auckland values - and the only area outside South Auckland to make the top 10.

It's a rise that's also well above the average increase for the rest of Rodney, on 19.6 percent, and Auckland as a whole on 22.5 percent.

Monique Rowe from Mike Pero Real Estate in Commercial Road says the last property she sold in Parakai had a cv of \$370,000 and sold for \$600,000.

"There are people getting priced out of Auckland and coming thick and fast into this area in search of somewhere affordable to live and still have reasonable access to Auckland city," she says.

"Auckland spread around the Parakai/Helensville area, seemingly

missing us altogether [and] leaving the area somewhat undiscovered - until now that is. People are beginning to worry they are going to miss out, and they have a point, as this area too will become unaffordable to many.

Jana Mills of Prestige Realty says according to Real Estate Institute figures for Parakai "the number of sales hasn't really changed. What has changed is a marked increase in price, along with a decrease in the time to sell," she says.

"The top sale price in 2015 was \$635,000 compared with \$430,000 in 2014." Average prices have risen from the low \$300,000s to the high \$500,000s.

Importantly, the average length of time for a property to sell has dropped from more than 60 days in 2014, to less than half that last year.

Jana believes prices in Parakai will keep rising, saying prices here are relatively cheaper than other Auckland outskirt areas, attracting young families, investors and retirees who are "excited about getting more bang for their buck" in comparison to places like Henderson, Orewa, or the North Shore.

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# New Māori, photo rooms to open at museum

The old Helensville schoolhouse at Helensville Museum is to be revamped, with two new rooms open to the public, one of which will be devoted to local Māori history.

The centerpiece of that room will be the pre-European carving 'Te Aroha', which was gifted to the museum by Haranui Marae last November and covered in the last issue of *Helensville News*.

It will be joined by history boards for each of the five iwi in the South Kaipara area, along with interactive displays.

The Māori Room will link into the main schoolhouse room which will be redesigned with a 'river timeline' theme, which will follow the Māori displays with information on the various industries that have come and gone in the Helensville during the area's history, such as shipping, milling and dairy. Stories from the past will be featured, along with some electronic photo displays and commentary.

The second new room will house the museum's photo collection and family histories. Photos and histories can be purchased for a small charge. The room will also house the duty

volunteers, and the museum's selection of books, jams and pickles for sale.

The changes have been made possible by the recent move of the museum office and archives into a new purpose-built archive building.

A timeframe for the new work was unavailable when we went to print, but the museum will still be open Wednesday, Saturday and Sunday from 1pm to 3.30pm while the renovation work is underway.

The schoolhouse building has just been painted by Justice Department community service workers.



• The Helensville Museum schoolhouse building

## Parenting through separation course

A four-hour course on how to help children when parents separate will be held at Te Whare Oranga ō Parakai on Saturday, February 20 from 10am to 2pm.

Called Parenting Through Separation, it will be facilitated by Michele Cogle and will teach parents how to minimise the effects on their children of a marriage separation.

The course will provide separating parents with a wealth of information and proven ideas that will benefit them and their children.

Two DVDs are supplied, one for parents and one for their children, along with leaflets.

The course is free thanks to funding by the Ministry of Justice through the Family Courts. Refreshments and snacks will be provided. Those attending must show a driver's licence for identification. The course will be repeated on April 23, June 25, August 20, and October 22.

Topics will cover: 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; family dispute resolution; and going to court.

For more information contact Sharon Zand, phone 09 818 6834 or email: [sharonz@lifewise.org.nz](mailto:sharonz@lifewise.org.nz).



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# Local smokers getting the quit message

Helping people to stop smoking is an important role of any modern medical practice, and Kaipara Medical Centre is notching up its share of successes.

The centre has been announced as the winner of the Procure 'Stoptober' competition for 2015 for registering the most patients (as a percentage of the smoking population) in the Waitemata Health Board area.

That follows on from a similar success in Procure's World Smokefree Day competition last May, as well as also winning the 2014 Stoptober competition.

Health care assistant and enrolled nurse Kirsty Adams runs Stoptober for the Kaipara Medical Centre, and says last year she registered 90 patients into the competition, which is a 31-day quit smoking challenge designed to help people kick the smoking habit for good. Smokers are five times more likely to quit permanently if they manage to stop smoking for an entire month, and more likely to succeed with support.

Kirsty estimates around 50 of those who registered for the 2015 Stoptober campaign have kicked the habit permanently, and many others have cut down the amount they smoke.

Perhaps even more impressive, Kirsty says since she started at Kaipara Medical Centre in May 2014, the number of patients who are smokers has dropped from around 1000 to 750 - a 25 percent decrease.

The patients who registered for Stoptober went in a draw to win an iPad Mini, though Kirsty says that's not why they enter.

"They're not really in it to win something - they really want to stop [smoking]," she says.

Her role in organising Stoptober for Kaipara Medical Centre starts with contacting all patients who are smokers to see who would like to give up, and then providing advice and support, which can include referrals to Te Ha Oranga, support groups, nicotine replacement therapy (such as patches) or medication.



• Kirsty Adams

She says every person is different, and needs to be assessed on things such as how much they smoke, and what they have tried previously to stop smoking.

Kaipara Medical Centre won a \$250 Westfield shopping voucher for its success in the Procure competition, which Kirsty says will be used to buy new toys for the waiting room play pen and the doctors' offices.

## Writing grant

Applications close at 5pm on Friday, February 19 for the second \$12,000 Auckland Mayoral Writers' Grant.

Mayor Len Brown established the grant in 2014 to capture Auckland life in the written word. It will be awarded to a local writer on completion of a quality text work about living in Auckland.

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# Call for CAB volunteers

Locals with an inquisitive mind and a few hours each week to spare are asked to think about volunteering for the Helensville Citizens Advice Bureau.

The centre relies on volunteers, who must commit to at least one 2.5 hour shift per week. Full training is given – most of it completed online – and there are ongoing training sessions during the year.

The office at 27 Commercial Road, Helensville, attracts many locals wanting help, with enquiries ranging from

immigration matters, to queries about a dodgy car they might have bought, to getting a passport application signed by a Justice of the Peace.

Centre Manager Karen Rutherford says it can be hugely rewarding for the volunteers, and is a great way to “meet other locals, and keep your finger on the pulse of the wonderful, wider Helensville community.”

Those interested should email Karen at [manager.helensville@cab.org.nz](mailto:manager.helensville@cab.org.nz), or call in between 10am-3pm, Monday to Friday.

## medical centre notes

Summer is well and truly here, and seems a good time to talk about the risks of sun damage to the skin.

With exposure over time to UV rays, the risk increases for skin cancer in the future. There are three main types of skin cancer - Basal Cell Carcinoma (BCC), Squamous Cell Carcinoma (SCC) and melanoma.

Sunspots (Solar keratosis) are sun damaged skin, dry and crusty areas that don't heal, and need to be watched as they can develop into skin cancers in the future.

BCCs and SCCs tend to be in the exposed areas, scalp, face, neck and arms. Melanoma can be anywhere on the body. SCCs and BCCs typically start as crusty scaly red areas that don't heal, or a persistent pearly lump. They are more easily treated either by surgical removal or a topical treatment, and of the two, SCCs can spread elsewhere if left for too long a time.

Melanoma is the more dangerous and rarer form of skin cancer, and can occur anywhere on the body. Key worrying signs are moles that change shape, size or have asymmetry in their colour distribution. Molemap provides a good service for people who are high risk or have several moles to keep track of, but observation by yourself is important to pick up any changes as you know your skin better than anyone.

A key time for having higher risk of skin cancer in the future is having blistering sunburn in the teenage years. So sun protection is vital to reduce risk - broad brimmed hats, sunblock of good strength protection, wearing long sleeved shirts, and taking care on even cloudy or windy days of the UV exposure.

- Dr Phillip Barter, Clinical Director

As many readers are aware, Kaipara Medical Centre continues to have a shortage of doctors - a consequence of the reported shortfall of 1000 doctors nationwide. Our search has taken us abroad, where we have been able to recruit a GP from the UK, but only until June. Dr Emily Moss and her partner (a hospital doctor at North Shore) came to NZ in December for six months as part of his training.

Emily has quickly settled in at the centre and is providing much-needed extra capacity, as we run into autumn and winter. Please make her welcome if you are booked see her.

Meanwhile our hunt to secure a long term replacement goes on. Business Manager Richard Reid and his team are interviewing other possible candidates, and we hope to have more news soon.

- John Issott, Administration Manager



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# Day of family fun guaranteed at this month's

As well as the headlining World War 2 Historical Re-enactment Society (see article front page) there are numerous new and updated attractions at this year's Helensville A&P Show, which for the third year in a row will be a zero waste and smokefree event.

Only minor changes have been made to the layout of the 114th annual show on Saturday, February 27, following some quite major changes last year.

The main stage will host several acts, including a return of the popular band The Groove Diggers, and Tweed.

Youngsters will be kept amused by not one, but two clowns - Cherry and Poppy, and by puppeteer John Rew. Carmel's face painting will be back again to deck the kids out in all sorts of colourful designs.

The Cookie Bear Roadshow will return, featuring a range of rides and sideshows for school-aged and younger children. Also returning will be the popular 'Water Walkers' Zorbs, and there will be a vertical bungee jump.

Always popular with the show's smallest visitors, McDonald's Travelling Farmyard lets children pet and feed lambs, piglets and goats.

Children under 10 will receive a 'Children's Trail' entry form at the gate with

questions about various aspects of the A&P Show. The answers will be available at locations around the grounds. A stamp will be given for each correct answer. Once completed they can take their sheet to the kids' colouring tent for some more fun, and to

dog show, always very entertaining.

The Helensville Show of course has its roots in this area's agricultural and pastoral heritage, and the 2016 show will do what it does best each year - highlight the farming aspect of our community through displays and competitions of animals, including cattle, sheep, alpacas, miniature donkeys, horses, poultry and working dogs. Many of the 120-plus trade stands will be farming-themed, plus there will again be a Junior Farmer competition for local school children.

Supporters of the equestrian section are in for a treat, with new classes for pintos and standardbred horses.

The indoor displays are always a big attraction at the Helensville A&P Show, and this

year expect plenty of entries in the baking, floral, produce, crafts and photography sections.

There will be a display of tractors old and new, and the MG Car Club may hold a display as well.

Paul Stroobant will be running his popular clydesdale-drawn carriage rides, which give show visitors a good look around the grounds and everything that's on offer, while

• To page 9



• Highland dancing is a show staple, but sometimes overlooked by visitors

receive a certificate and treat - the first 30 receive a prize as well.

Returning after its popular introduction last year will be the Farmers' Market marquee, located in the trade area and featuring a wide range of under-cover food-related stalls. The food and wine will again be between the wood chopping and bar areas, by the office end of the show building.

Also back again this year are the maypole dancers - and don't miss the pet

## HELENSVILLE A&P SHOW

### Saturday, Feb 27

from 9am

Helensville Showgrounds

Ph 09 420 7572



- ▶ Live music with The Groove Diggers & Tweed ▶ Farmers' Market
- ▶ World War II Re-enactment Society displays
- ▶ Food & wine from our area ▶ Children's Trail
- ▶ Clowns ▶ Puppet Show ▶ Maypole dancing ▶ Tractor Display ▶ Cookie Bear Roadshow ▶ Animals: horses, cattle, sheep, alpacas, poultry ▶ Cow & Goat milking ▶ Sheep dog trials ▶ Water Walker Zorbs ▶ Old McDonalds Farm ▶ Vertical Bungee ▶ Clydesdale carriage & Pony rides ▶ Highland dancing ▶ Pet Dog Agility ▶ Junior Farmers comp. ▶ Carmel's Face Painting ▶ Wood Chopping ▶ Winemakes & Brewers' Guild ▶ 120+ Trade Stalls.

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# Helensville A&P Show

• From page 8

The Dayle ITM Woodhopping is one of the show's most popular spectator sports, and the North Harbour Axemen will be in action again this year.

Show organisers are keen for visitors to check out some of the regular competitions which because of their locations on the ground are sometimes overlooked, such as highland dancing at the Railway Street side of the trade area, the sheepdog trials which are situated in the triangle of land between the racetrack, Railway St and Stewart St, and the poultry in the round barn closest to Pipitiwai Drive.

Other regular features will include demonstrations by Brightside Spinners, butter making by the Historical Society, and the River Valley Amateur Winemakers & Brewers Guild.

Once again a number of community organisations have been granted free trade spaces for the show. This year they include South Kaipara Landcare, the McCosh Charitable Trust, the St John Op Shop, Helensville, Helensville St Johns Youth, Peggy Purl in your Community, Helensville Lions, and Woodhill District Girl Guides.

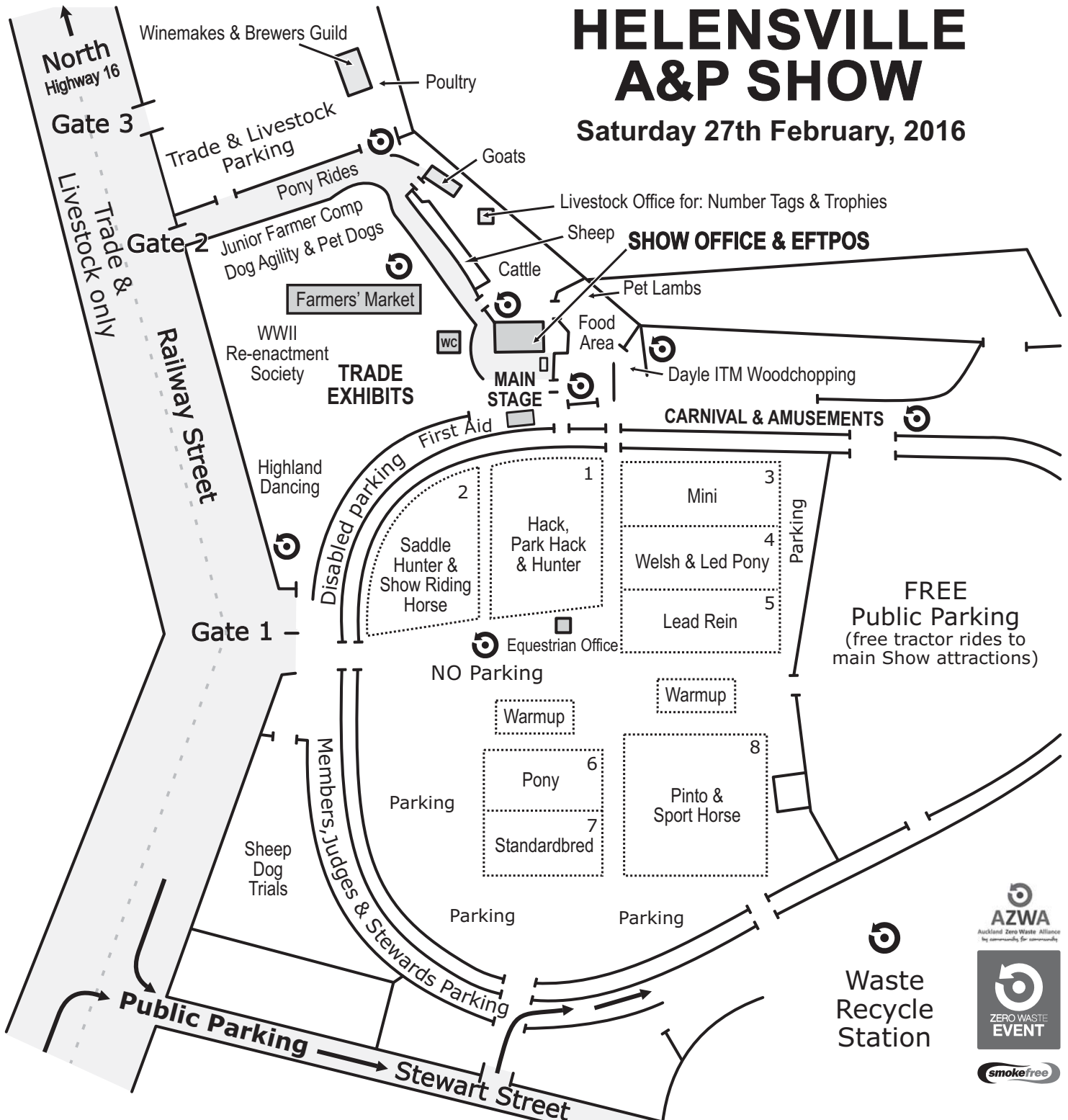
Look out for the free tractor rides from the public carpark, accessed through Stewart Street, and an EFTPOS cash out facility will be available at the show office.

Entry to the show is by cash only - EFTPOS will not be available at the gate. Entry: adults \$10, school children \$5, pre-schoolers free, family pass (two adults and up to four children) \$25.

Show manager David van Dam thanks the show's sponsors and supporters, and gives special "to the countless volunteers who make the show possible".

## HELENSVILLE A&P SHOW

Saturday 27th February, 2016



# New owners for supermarket

Starting out in a new business is a big challenge for anyone - but try adding a newborn baby into the mix.

That's exactly the situation Parakai's Dan and Diana Dale have found themselves in, taking over ownership of the Parakai 4 Square supermarket on January 25 just three weeks after the birth of their first child, Henry, on January 2.

It wasn't planned that way - Dan says they had originally hoped to be running the business by June last year, but as often happens things took longer than anticipated.

Dan has been involved in the grocery trade much of his life, starting out as a trolley

boy at a Fresh Choice supermarket before becoming a grocery boy at the Halswell New World in Christchurch, where he is from.

Leaving school Dan decided to skip university "as I was going to be in business". He started full-time at the New World, within

was financially viable. He started a two-year process with Foodstuffs which involved an application, individual and panel interviews, psychometric testing, and a week's in-store training just to be approved to buy a store.

He then quit his bank job and started working at the Alberton 4 Square in Mt Albert to "learn the ropes and make sure I knew what I was doing before getting into my own store".

When the chance came to buy the Parakai 4 Square the couple jumped at it, even though it meant selling their Mt Albert home. They are now renting in Parakai.

Dan has big plans for the Parakai supermarket.

A new produce display is first on the agenda, then an in-store bakery with Dan doing the

baking himself. Fresh meat will hopefully be cut up on the premises.

He plans to introduce more boutique-type products, including wines and craft beers. The wine section will be revamped with a new display and fridge, and will feature some higher-end wines. Dan also hopes to hold monthly wine and beer tastings.

New chillers are on the wish-list in the longer-term, and possibly a deli section and florist section.

The changes will take place "one stage at a time", and Dan says he "wants to keep it as a community store, with a good range of products for everyone".

The supermarket will continue as a Lotto agent with a revamped presence, and Dan says New Zealand Post is keen to increase the range of services within the next three months, a change which may be combined with a small stationery and magazine area.



• Dan & Diana Dale with baby Henry, just over two weeks old

18 months rising to become grocery manager.

At age 21 he decided to go into business for himself, buying a distribution run covering the whole Canterbury region and doubling its turnover in 12 months. He next did the traditional Kiwi OE, backpacking around Europe as well as working aboard cruise ships.

Back in New Zealand, Dan revisited the idea of university, enrolling in a Bachelor of Commerce degree, majoring in finance and marketing. At this time he was working for a bank in Auckland, and part-time in one of his sister's McDonalds restaurants.

While in Auckland he met Diana, who was born in Australia and raised in Papua New Guinea where her father worked for an airline, before moving to Christchurch at age 12. The couple renovated first a flat in Kelston, then a house in Mt Albert.

Keen to get back into his own business, Dan discovered that owning a supermarket

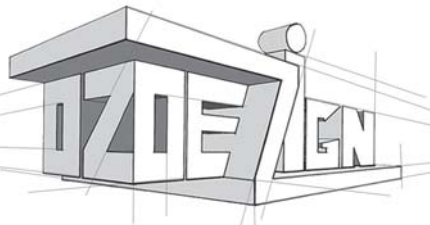
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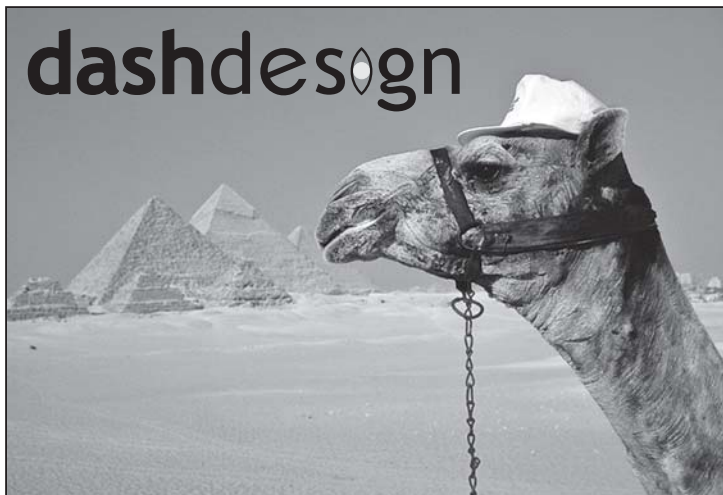
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# Defibrillators for Sth Head



• From left, ambulance officer Mark Jeffries, paramedic & acting St John Helensville station manager Michelle Kearney, & Shelly Beach Rural Fire Force chief fire officer Adam Knezovic with the two new defibrillators

Shelly Beach and South Head residents are a little safer, thanks to the arrival of two new Automatic Electronic Defibrillators (AEDs).

One of the top-of-the-line units worth \$3873 retail was donated to the Shelly Beach Volunteer Rural Fire Force by the St John Area Committee Kumeu/Helensville using funds raised through its Helensville St John Op Shop. It will be deployed in the station deputy chief's vehicle.

The second unit was purchased using money fundraised by the Shelly Beach Volunteer Rural Fire Force, and will be carried aboard its fire engine.

Area committee member Shelley Vitali says the AED units are designed to be hardwearing and easily portable, and will ensure South Head residents have excellent coverage in case of heart attack.



## Helensville Birthing Centre

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to establish your business (or manage your current business) more effectively including a comprehensive working business plan. To find out more please attend a free info session at Te Whare Oranga on 3 or 10 February 2016 between 6–8pm.

### One day Food Safety Courses

Run by Mahurangi Technical Institute, these valuable courses will launch in our Teaching Kitchen and Classroom on February 16, March 15 and April 12 from 9am–4pm. We need a minimum of 10 students per class, so please visit <http://mti.net.nz/> or contact Mahurangi Tech directly on 09 425 8493 for more information!

Keep an eye on [www.thrivekaipara.org.nz](http://www.thrivekaipara.org.nz) for more courses planned for 2016 including cooking classes in our Teaching Kitchen...

## PEOPLE'S CORNER



### Welcome to our new Trust Chairman Erica McKenzie

Our new Chairman Erica McKenzie has lived in Helensville for 30+ years and brings a comprehensive background in health and education to the role. The daughter in law of founding Trustee and Chairman Alison McKenzie, Erica taught at Kaipara College for many years and has been involved in many sporting and wellbeing activities around South Kaipara. Waitemata DHB's Health Promoting Schools (HPS) Team Coordinator, Erica is on the national HPS National Advisory Group and is passionate about health and youth. She's excited about her new role on the Trust and about the year ahead.

# “We can make or repair anything” - new engineers

An engineering firm that can manufacture everything from a tiny bolt right up to massive machinery has moved to Helensville.

“We can make or repair anything,” says Lightning Bolt Engineering owner Ron Sluiters.

Ron moved his business from New Lynn to it's new home on a 6.5ha block at 110 Rimmer Road in January - a shift that took two weeks, with equipment weighing up to 15 tonnes needing to be trucked on-site.

The wide array of machinery, much of it computer-controlled, has been installed into a purpose-built 375m<sup>2</sup> workshop, which opened for business just a week ago.

As well as the workshop equipment, there is a mobile welding plant, crane truck and cherry picker, meaning the company is well set up for on-site work - a potential boon for local farmers. The company is also an agent for Sparex tractor parts.

Ron has been an engineer for 33 years, starting underneath his parents' house in Titirangi before moving into premises first in New Lynn, then Avondale, and finally back to New Lynn.

He has lived around this area for several years, and bought the Rimmer Road block six months ago. He was getting tired of commuting, and when one of his major clients, Monier, closed mid-last year, that provided the impetus for the move.

Ron points out that much of Lightning Engineering's work is for export, so it makes no difference if it's manufactured in the city or here. Major New Zealand clients include Fletcher Construction, Tasti Foods and Golden Homes.

The company carries a large stock of steel, stainless steel and aluminium, and Ron says that will probably be expanded in future



• Ron Sluiters in his new Rimmer Road workshop

with other product.

There are four engineers including Ron, and his foreman has been with the company for 24 years, adding to the wealth of experience. Ron's wife Michelle runs the office.

The land Lightning Bolt Engineering sits on isn't a bare block - it's a fully stocked orchard with 320 avocado trees, 1200 apple trees and 400 citrus, along with smaller quantities of a variety of other fruits such as grapes, feijoas and peaches. Ron says he's a beginner when it comes to horticulture, and he may either hire a manager or lease out the orchard in future.

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# Plans to grow junior rugby

Helensville Junior Rugby Club hopes to grow its membership this year with the introduction of a North Harbour-wide girls-only Rippa Rugby competition.

Club membership has dropped over the last couple of years – in line with other junior rugby clubs – to around 175, and the local club hopes to boost that number to 200 for 2016.

Brooke Painter says the girls Rippa will be no contact, safe and fun, and “a great alternative to those not wanting to tackle, yet still develop most of the skills and team culture rugby offers”.

Played 10-a-side on a half field with 50-minute games, the new competition will be open in 7 and 8 years, 9 and 10 years, and 11 and 12 years age groups.

The first player registration day will be at the Helensville A&P Show on Saturday, February 27. Further registrations will be taken at a club 'Skills and Drills' day on Sunday, March 6 at the Rautawhiri Park rugby grounds.

All children registering at either day will get a free game of Laser Tag, to be held at the club day by Riverhead specialists Laser Combat. Family members or children not

registering to play can take part for \$5. There will also be spot prizes on the day.

Helensville Junior Rugby Club fees for 2016 are \$75 per child, with family discounts available.

Registration subsidies are available for all 11 and 12 year olds over 43kg signing up for J1 rugby.

Training will be on Thursday evenings this year, rather than Wednesdays as in previous years.

Brooke says the club's focus is to provide children with a safe and fun environment where they can develop their fitness, rugby and balls skills in a team environment.

For more information visit the club's Facebook page, or contact Brooke Painter, phone: 0274 222 639 or email: brooke.painter@xtra.co.nz, or Roxeanne Mulvany, phone: 420 4458 or email: roxmulvany@gmail.com.



• Helensville Junior Rugby sent these 32 players, aged 11 and 12, to play on the Gold Coast in Australia last July after 18 months of fundraising.

## Lions Club seeking new members

Helensville Lions Club needs new members.

“We need to increase our numbers to enable us to continue our efforts,” says president Yvonne Hilton.

The club has been a major community asset in Helensville for 51 years, during which time it has helped numerous local groups and individuals achieve their goals.

Major projects it has undertaken include the playground behind the Helensville War Memorial Hall; the Rautawhiri Park helipad; Commercial Road seating and planter boxes; and the Riverside Walkway.

The club has provided funding over the years to all the area's schools, from pre-school through to college, for a wide range of educational, cultural and sporting purposes.

And few locals will have missed the club's involvement with the annual Christmas parade, A&P Show, and its own popular book fairs.

It is no secret the club's membership is ageing, and new blood is needed for the club to maintain its level of support for our community.

Yvonne says locals of all ages will be considered for membership, and while the club meets twice monthly at its clubrooms at Rautawhiri Park, she says a member's level of involvement is their choice.

Anyone interested in joining should contact any of the following: Yvonne Hilton, phone 420 8122; Pauline & Mike O'Neil, phone 420 6208; Chris Clark, phone 420 8527; or Marg Collins, phone 420 9267.

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## from the frontline

Social media today plays a significant role in our society, and there are many good reasons to use it, but unfortunately many people display a lack of etiquette when using social media. Why is it that decorum seems to get forgotten when someone is hiding behind the internet?



Should social media be used as an emotional dumping ground? Maybe we need to start asking ourselves ... is this honestly something I want to be sharing online, or am I just venting and should I really be finding another outlet to do so? Reactive communication has the potential to have severe consequences, and once posted can't be taken away.

If you are ever a victim of cyber bullying it is very important to keep all evidence of the bullying: messages, posts, comments. You should immediately contact the service provider through which the bullying is occurring.

Never retaliate, or do anything that might be perceived by an outsider to have contributed to the problem. Don't respond, other than to calmly tell them to stop. If it continues it needs to be reported to the police for further investigation.

Police are beginning to receive more and more complaints where people are persecuted and bullied via the internet. This has led to new legislation under the Harmful Digital Communications Act 2015, under which it is now an offence to post digital communication with the intention to cause harm.

Bullying via social media looks like it will be the most serious form of bullying, because victims struggle to escape from it. This can lead to a wide range of issues, including but not limited to: low self-esteem, a sense of powerlessness, and an increased risk of depression.

Your grandma was right when she said: "If you don't have something nice to say, don't say anything at all!" And remember, there will always be a consequence to what you post, be it positive or negative, significant or insignificant.

- Mandi Bell, Community Constable

## Call to help prevent spread of Kauri killer



• Dead Kauri - photo: Zoe Lyle

Helensville Pony Club will hold pony rides for the children.

Auckland Council's Biosecurity team is calling for local farmers and rural land owners to help prevent the spread of Kauri dieback disease in the Helensville, Rodney, Kaipara, and Mahurangi areas.

Kauri dieback is a fungus-like disease; symptoms include yellow foliage, loss of leaves, thin canopy and lesions that bleed resin. Kauri of any age with kauri dieback eventually die.

Northern parts of the Auckland region are mostly a 'healthy kauri area', though the Council admits that might be due to a lack of reports, leading to a gap in its knowledge of the disease's distribution.

Livestock can easily spread the disease on their feet/hooves to native bush areas on private land. Many farms in our area have unfenced patches of native bush, meaning stock can spread kauri dieback into these areas. There is the potential for stock to spread the disease both between patches of bush on a property, and from one property to another.

The spread of the disease can be prevented by cleaning footwear, tyres and equipment before and after visiting kauri areas, and keeping off kauri roots.

Auckland Council Biosecurity wants to hear of any reports of sick or dying trees on rural land, and can visit areas of bush and/or discuss ways to protect bush with landowners. Phone 0800 695 2874 to report any kauri with symptoms.

A full description of the disease and ways to combat it are

## Sugar & Salt Cured Beef

- Meat: 1kg of beef eye fillet (tail ends work well), or venison fillet, or venison back steak.
- 3 cups flaky sea salt
- 4 cups raw sugar
- 8 cloves of garlic roughly chopped
- 2 teaspoons chilli flakes
- 8 whole star anise
- 1 cinnamon stick
  
- ½ cup sesame seed oil
- ½ cup Kikkoman soy (gluten free)



Leave the meat in a piece. First, trim all the skin and membrane from the meat you wish to cure. Return to the fridge while you assemble the cure.

You will need a container that is long and slim but is higher than the meat, as the meat will need to be submerged in the cure.

Mix together the salt and sugar. Roughly chop the garlic (there is no need to peel it). Break the star anise into smaller pieces by placing them on the chopping board and tap them with the heel of your cooks knife. Break the cinnamon stick into pieces with your fingers. Add the garlic, chilli, and anise to the sugar and salt and mix through.

Spoon a layer of the cure mix into the bottom of the container about a centimeter thick, lay the meat on top and then add the cure until it surrounds and covers the meat. Finally drizzle on the soy, and then drizzle on the oil. It does not have to evenly spread. Now cover with cling wrap and place in the fridge.

The cure will start to pull moisture from the meat, and within 24 hours there will be a layer of liquid in the bottom of the container. The next day remove from the fridge and turn the meat, push it back below the surface, cover and return to the fridge. You need to repeat this process each day for three days.

On the fourth day, lift the meat from the cure and wipe with a paper towel. A few pieces of chilli flake stuck to the meat is fine, but you want to wipe off the anise and the cinnamon - those are not nice to chew! Wrap the meat in cloth - an old tea towel or muslin cloth - and return to the fridge. Discard the cure.

Leave for at least a week or longer if you want to make biltong. Cut thin slices, and look at the colour - it should be a deep, brownish red with a slightly soft pinkish centre. It is ready to eat. The longer you leave it the darker, dryer and firmer it will become.

To serve, slice thinly and serve alongside sliced salami with a dip of horse radish and sour cream. The thin slices can also be dropped into a broth type soup just before serving, it is also lovely stirred through a cold pasta salad.



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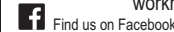
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community tidbits from town and around

## ■ WAITOKI VILLAGE MARKET

Waitoki Hall's first market morning for 2016 is on Saturday, February 6 from 8.30am to midday. Stalls will feature homemade and used bargains, bric-a-brac, baked goods, preserves, plants and more. Barbeque brunch and morning teas available. All proceeds go towards the upkeep of the hall. Contact Shirley, phone 420 5111.

## ■ SOUTH KAIPARA U3A

The first meeting of South Kaipara U3A will be on Friday, February 12 from 1pm at the St John Ambulance rooms in Rata Street, Helensville. The guest speaker was still being finalised as we went to print. Entry by gold coin donation, which includes afternoon tea. For more information phone Judy Goodsir, 09 411 8322.

## ■ KAUKAPAKAPA MARKET

Live music from Wedding Singer Michelle from 10am to noon plus performances from Aisha belly dance studio and Tribal Spirit belly dance from midday will be the headline features at the next Kaukapakapa Village Market on Sunday, February 21 from 8.30am to 1pm. The usual wide range of stalls, food, barista coffee and much more will feature. For more information or to book a stall phone Sarah on 027 483 1542 or email her at: sarah1@maxnet.co.nz.

Visitors to the historic Kaukapakapa Library on the same day from 10am to 1pm can meet writer Judy Lawn. Judy has been

writing for nearly 30 years and her ideas for her stories come from her love of animals and nature and a childhood spent exploring the countryside and beaches of the North Island. Judy will have a selection of her children's books and novels on display, and will be happy to talk about her books and her writing.

For more information contact Sarah 027 483 1542 or email: sarah1@maxnet.co.nz.

## ■ PARAKAI HARVEST MARKET

The next Harvest Market at Te Whare Oranga o Parakai is on Sunday, February 28 from 10am to 1pm. Held rain or shine, its features will include a kids' playroom, live music, dog watering stations and food and barista coffee.

## ■ HELENSVILLE AGLOW

Cherie Trent from Streams Pacific Training Centre will talk about "God still speaks in dreams and visions" at the next meeting of Helensville Aglow at 7.30pm on Friday, March 4 at the Helensville Community Church, 40 Mill Rd. For more information email Yvonne Bartlett at: ybartlett@maxnet.co.nz.

## ■ TE WHARE ORANGA COURSES

A Certificate in Small Business Management course will be held at Te Whare Oranga o Parakai on Wednesdays, February 3 and 10 from 7pm to 9pm. Phone tutor Colin Frampton on 027 679 5622 or 420 2628.

NorthTec will hold a National Certificate in Horticulture Level 3 course starting March 14. The course will be three days per week, and enrolments can be made by phone 0800 162 100.

All courses depend on sufficient student numbers to go ahead.

## ■ WAIONEKE SCHOOL GOLF

Waioneke School will hold its annual golf tournament on Friday, April 8. More information will be available closer to the time, or phone the school on 420 2884.

## classifieds & trade

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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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