

5000 copies delivered monthly to Helensville, Parakai, Kaukapakapa, Waitoki, Wainui, Woodhill, South Head and Shelly Beach

Inaugural 'Rescue Run' set to be huge challenge

A simulated 30-car pile-up, a flooded maze, a mudslide and an earthquake zone will be among the obstacles more than 300 competitors face in the inaugural Auckland Rescue Helicopter Trust 'Rescue Run' to be held in Helensville on Saturday, November 19.

Event director Mike Cathro hopes the event will raise \$250,000 for Auckland's rescue helicopters.

More than 50 teams of six people, each with at least two female members, have already paid entry fees of \$2875 to compete, and have also pledged to raise a minimum of \$5000 per team.

The teams will be provided with matching helmets, a gurney and first aid kit, race bibs, rope, and a specially designed GPS-locator app.

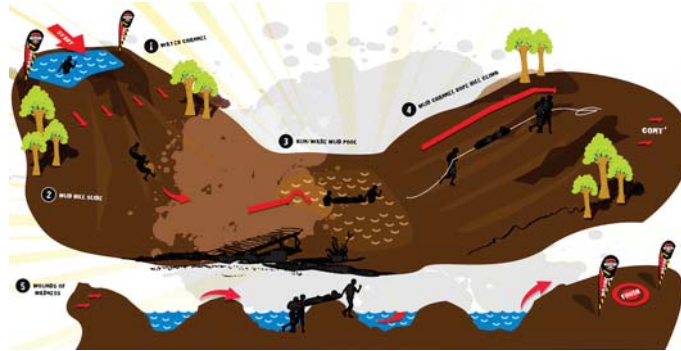
The disaster zone obstacles have been designed by disaster relief and emergency service professionals including the Police, Fire Service, Land Search & Rescue, Civil Defence and the armed services, to simulate real world rescue scenarios.

It is expected it will take competitors four to six hours to complete the 15km course. It will start at 7am in Woodhill Forest, with teams setting off at two-minute intervals.

The first challenge will be a Patient

Rescue Zone simulating a first responder callout. Using GPS technology, teams will have to locate survival equipment, rescue an 'injured patient', perform first aid, and perform an emergency evacuation.

Next up will be a Flood Zone, a large water maze obstacle created with concrete barriers and water up to 80cm deep,



• A graphic showing the Mudslide Zone challenge

designed to mimic submerged city streets. Teams will need to navigate and escape while keeping their patient warm and dry.

The final test in Woodhill Forest will be a Mudslide Zone to challenge the teams' strength and endurance. They will have to carry their patient through a flow of mud and

water by sending someone across the mudslide to anchor a guide rope to help them climb out.

After a run across farmland, the teams will then face a simulated major motorway car crash, with 30 old vehicles piled up at the top of Fordyce Road in Parakai, which will be partially closed for the event. Teams will have to clamber around, over and under the accident simulation which will be filled with noise, smoke, fire and screams.

The final major test before the finish at Parakai Springs will be an Earthquake Zone, with teams forced into an earthquake aftermath simulation featuring damaged buildings, fallen power lines and debris. They'll need to assess damage, find a safe passage, and retrieve an injured patient from the rubble.

In addition to the major 'disaster' zones, there will be a number of other team tests. The course will see teams race through open paddocks, forest and native bush, coastal sections, public walkways, forestry roads and a few sections cleared especially for the Rescue Run.

More information is available online at www.rescuerun.org.nz.

Rotary Club sets up local branch

Helensville has a new community service group – Rotary.

At this stage the nascent South Kaipara Rotary Club is a satellite of Henderson Rotary, and will be supported by them until it's big enough to stand on its own.

Consequently the new club is actively looking for members and is keen to hear from anyone, particularly those new to the area, who would like to get involved with community projects.

Club members have already undertaken some local projects including maintenance work for River Valley Kindergarten; digging up kanuka seedlings on a local property to grow on and sell to raise funds for the club; providing financial help for a youth to go on the Spirit of Adventure; and supporting the Helensville community Christmas dinner.

South Kaipara Rotary meets at 7pm on the first and third Wednesday each month at the South Kaipara RSA in Commercial Road. Anyone interested should phone Leigh Kelly on 021 625 491 or email: rotoville@clear.net.nz.

Inside...

- Plan to buy Woodhill Sands ... Pg 3
- Community Christmas lunch ... Pg 5
- Christmas Festival ... Pg 6
- After school care closes ... Pg 7
- New councillor Greg Sayers ... Pg 8
- Christmas book fair ... Pg 11

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editorial

This is a tricky one - it's great to welcome the Rotary Club to Helensville, but I also can't help wonder if the club's arrival may actually be counter-productive.

While any person or organisation prepared to help our local community is to be applauded, and Rotary has a long and stellar international reputation as a grass-roots community group, how is its arrival going to affect existing groups?

I've written previously about the trouble local groups like the Lions Club of Helensville, Masonic Lodge, and the A&P Association have attracting new members. Any local involved with pretty much any community group knows the problem. So adding one more group to the mix is going to dilute the pool of willing volunteers even further.

I'm sure that's the last thing the Rotary Club wants to do. The good news is that our area is growing, and is likely to do so at a faster rate in future, so hopefully the number of available volunteers will grow accordingly and enable all these groups to co-exist and grow.

- Dave Addison, Editor

Christmas markets at Parakai

Two Christmas markets will be held on Saturdays December 10 and 17 from 9am to 1pm in the Parakai 4 Square carpark.

The events will support the Helensville Women & Family Centre, which will run a sausage sizzle and Christmas raffles during market. Stall holders will be asked to make a donation to the centre.

"We would like the market to showcase

local crafts and artisan producers from the area," says Parakai 4 Square owner Daniel Dale, "like knitwear, wooden toys, fruit preserves and chutneys, hot coffee and food stalls."

Any local crafts people and artisan producers interested in having a stall should email Daniel at: parakaimarket@gmail.com.

letters

We have just returned from a visit to your lovely area, and wanted to share our experience, and to thank your locals for their kindness to us.

After exploring nearly every corner of New Zealand, we wanted to visit the West Auckland area, especially the coastal areas. We'd travelled up from Taranaki, out to Raglan, and we enjoyed the road through to Piha Beach. Back up to Muriwai Beach and through to Helensville, where we were hosted by Dianne and Richard Kidd at their Rose Cottage B&B.

Our only glitch on the trip was during a half-hour dip at the Parakai Springs hot pools. As there were only a few bathers at the time, I made the mistake of leaving my clothes in the dressing sheds. Some light-fingered low-life stole my jeans (they must have been quick!), along with my car keys. Our car contained all of our valuables, and the local AA serviceman was very quickly on the scene to unlock it for us. Then another operator towed it to a safe place while we waited for our spare keys to be couriered overnight from the Manawatu.

We want to thank the many people who came to our assistance at the time. The pool staff were extremely helpful and sympathetic, offering coffee, telephone assistance, a temporary pair of shorts, and they even tried searching the grounds for the missing jeans and keys. Our B&B hosts offered us the use of their car for the day, the local police treated us courteously and sympathetically, and everyone was helpful.

While disappointed at the initial theft, we were grateful for the wonderful support and prompt service we received from every person. Faith in human nature restored!

We were able to continue our trip, visiting several of the wonderful points of interest in your region and enjoying some fine food and coffee along the way.

- Sue and Geoff Lovegrove, Feilding



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Trust raising funds to purchase equestrian venue

Local equestrian groups and riders are being asked to help contribute to a fundraising project which aims to purchase the Woodhill Sands equestrian centre.

A Woodhill Sands Trust has been formed to enable the riding community to secure

ownership and control of the popular venue, which is one of the most-used regional competition and training facilities for equestrian sports in New Zealand.

The trust already has a conditional contract to buy the property, and in May this year Auckland Council's Finance and Performance Committee agreed to guarantee a bank loan of up to \$2.5 million for the purchase, subject to a number of conditions.

Trust chair Kathryn Roberts says the recent change of council won't affect that deal.

The trust has set itself a fundraising target for the equestrian community in Auckland of \$300,000 - which equates to \$10 each for the 30,000 people it says take part in equestrian activities in the region.

A Give a Little online campaign has already raised more than \$11,000 in just over a month, and several equestrian organisations have pledged substantial sums, including the Waitemata Show Jumping Group and the Waitemata Show Hunter Area Group, which will each give \$25,000 to the cause.

Donations can be made online at: givealittle.co.nz/cause/woodhillsandstrust.

The trust is also applying for grants, and will shortly release a business sponsorship package. Kathryn says the aim is to maximise the purchase deposit, leaving as little as possible to be borrowed.

She hopes fundraising will enable the purchase to go through next year.

Kathryn says Woodhill Sands with its all-weather surfaces is used 160 days a year, and no other single venue - or even a collection of separate facilities - is available in the Auckland region which could replace it.

Woodhill Sands gets its income from running its own events, and from hiring the venue to other users for shows or training use. That operating model would be largely unchanged under trust ownership, although governance would be overseen by an elected board of trustees. A small team of people would be employed to manage and maintain the venue supported by volunteers.

Pet lamb cuddles



Tank the pet lamb gets a cuddle from owner Millie Limmer, aged 9, at Helensville Primary School's recent Ag Day. Millie is in Year 4 at the school.

- Photo: Keren Anderson

Free A&P Show trade sites

Community groups wanting to apply for a free trade site at the 2017 Helensville A&P Show have until Friday, December 9 to get their applications in. Application forms can be downloaded from the show website, www.helensvilleshowgrounds.co.nz.

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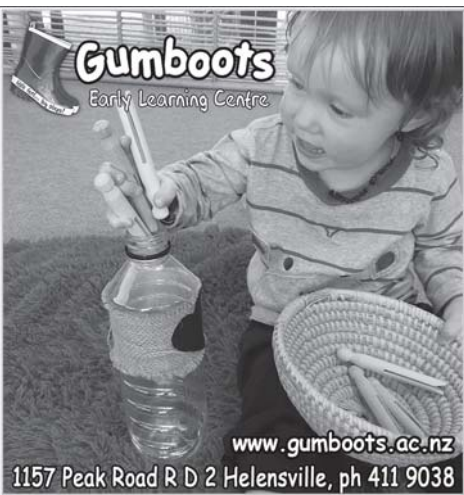
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\$100 bills on your loo seat?

Decorating a prosthetic leg cover with a 'Desert Storm'-style pattern featuring guns and hand grenades is probably the strangest job South Head's Jeremy Croft has done since he set up his home-based Auckland Hydrographics business a little over a year ago.

Although, patterning a toilet seat with hundred dollar bills comes a close second.

Hydrographics, also known as immersion printing or water transfer printing, is a method of applying printed designs to three-dimensional surfaces.

Sheets of patterned 'film' are floated in a large stainless steel tank filled mostly with plain water and a few 'secret ingredients' which turns the film to a liquid ink state and allows it to wrap around just about any shape.

It can be used on metal, plastic, glass, hard woods, and various other materials. The actual patterning process only takes a couple of minutes, but the items must first be prepared and painted, and then clear-coated afterwards. The result is a finish as tough as modern car paint.

Jeremy came into his new profession in a roundabout way, through his archery hobby.

His partner Angela Lainchbury comes from a family of top archers - her brother and sister-in-law are current national, USA and world champions and former Australian and Pacific champions, and her parents were world champions also. Both Jeremy and Angela are members of the Massey Archery Club who compete nationally, and Jeremy is just back from winning a silver medal in an Australian competition.

When he bought a new compound bow, he was intrigued with the camouflage pattern on it. He researched how it had been done, discovering hydrographics in the process, and decided to buy his own equipment. He then spent about two years practicing, trying out applying the patterned

film to numerous items to perfect his skills.

During an archery trip to the United States last year, he did four days of training in Palm Springs. Jeremy returned from holiday only to be made redundant from his job, so seized the chance to set up his own business - the only one in Auckland.

He doesn't find many drawbacks being based out at South Head, as clients can drop parts off at Angela's work in Grey Lynn. However, he would ideally like to get premises somewhere like Kumeu in future.

The patterned film he uses is available in more than 10,000 designs, covering everything from realistic animal prints and wood, stone and metal through to paisley



• Jeremy in his workshop with a patterned alloy wheel

and abstract styles. Camouflage patterns are popular with hunters, and Jeremy has patterned many guns and gun parts. Carbon fibre patterns are popular with car buffs.

Alloy wheels are among the most common items Jeremy patterns, although he has worked on a huge range of items, from crash helmets, radio controlled cars and guitars, through to X-boxes, car and motorcycle parts, and even household light switches.

Jeremy had a trade stand at the recent CRC Speedshow in Auckland, and won the Top Exhibitor Presentation award for a small site. He can be contacted at: 021 029 58432 or visit Jeremy's website at: www.aucklandhydrographics.co.nz.



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Christmas lunch for everyone this year

The Helensville Christmas Day community lunch will this year be open to anyone who would like to share a festive meal in the company of a wide range of community members.

Previously it has been restricted to just those who find Christmas a challenging time, either financially or emotionally, and for those a gold coin donation will be requested as in the past.

Those who are able to contribute more generously are asked to do so.

The lunch, hosted by Te Awaroa Residents & Ratepayers Association, is funded from within the local community, including Helensville Lions Club and South Kaipara Rotary, and relies on the generosity of many individuals and businesses.

Food donations are appreciated, either food to be cooked, or prepared food brought along on the day. Prepared gluten free, vegetarian, vegan or other special diet dishes are especially valued. Locals can register proposed food contributions at Helensville CAB, 27 Commercial Rd, phone 420 7162.

Those wanting to attend the lunch should RSVP at the CAB, Helensville Women & Family Centre, South Kaipara Men's Trust, Heartland Services, St John Op Shop, Te Ha Oranga, WINZ or at the Budget Advisory Service.

Organisers would welcome more volunteers, either to help with setting up on Christmas Eve (day or evening), or with preparing and serving food, washing dishes, and cleaning up on the day. Volunteers are welcome to join in the meal.

The organisers hope to give a gift to each child attending this year. Gifts, with a suggested value of \$10 to \$15 and a label stating age group and whether for a boy or girl, may be left at Helensville Library or the Council Service Centre. From Saturday, December 3 there will be a Christmas tree in the library entrance with an empty box where gifts may be left as well. Children's gifts bought from Helensville Paper Plus to donate will be Christmas wrapped for free.

Enquiries to Holly Southernwood, email: hollyinvest@xtra.co.nz or phone 021 488 427.

Arts in the Ville



This is Helensville's Kiri Abraham, hard at work on one of her intricate pen illustrations during the Arts in the Ville festival held over Labour weekend.

Kiri, who gets the inspiration for her finely detailed works from natural objects like stones, leaves, seed pods, and dried cicada shells, was working from Party Tree Studio at the old Helensville railway station, which was just one of more than 20 permanent and popup studios and venues open to the public for the three-day event.

Visitors came from around Auckland, many trying their hands at various forms of art at some of the venues.

TARRA AGM

Te Awaroa Residents and Ratepayers Association will hold its AGM on Wednesday, November 23 at 7.30pm in the Helensville War Memorial Hall meeting room. Guest speaker will be Ryan Bradley, principal planner at Plans and Places, Planning North West, Auckland Council, who will give an update on proposed Auckland Unitary Plan. For more information email: tarrassoc@gmail.com.




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Christmas Festival on Dec 3

Helensville's annual Christmas festival in on Saturday, December 3, and will follow the format set in recent years.

Entertainment will start at 9.30am and will include a bouncy castle and face painter in Creek Lane. Santa will be available for photos at his Grotto at the RSA from 9.30am to 11.45am. Photography will be courtesy of Helensville Museum for a gold coin donation, with the photographs able to be collected at the museum. Families may take their own photos.

The Santa Parade will begin at midday, following a one-way route from West Street to



• Guess who's coming to town?

Swale's yard in Mill Road. The prizes for best floats in the parade are sponsored by Swale Earthmovers, Helensville District Health Trust, Helensville Paper Plus and UHY Haines Norton.

Afternoon activities at the museum include a bouncy castle, face painting, a balloon twister, entertainment, food, and photos with Santa in a classic car, rounded off with the Harcourts Santa lolly scramble at 2pm.

Entries in the colouring competition, sponsored by Allsorts and organised by Helensville Lions, will be displayed in shop

windows. A children's bike, trike, or scooter decorating competition, sponsored by Gumboots Early Learning Centre, will again be held in the library courtyard - and entrants can join in the parade (with a parent) in front of Santa's sleigh.

A family Christmas tree decorating competition returns to the Museum. Sponsored by Oikoumene Forest, with trees donated by Noel Higham Christmas Trees,

the competition requires hand-made decorations. This year classes in making decorations will be held at Helensville Art Centre, sponsored by South Kaipara Rotary, on Tuesday 8, Wednesday 16, Thursday 24, and Saturday 26 November. Cost is \$5 per person, per session, and items

made can be taken home.

A shopping promotion will be held during the week before the Christmas Festival, sponsored by Mountainside 87.8 FM, with prizes awarded after the lolly scramble.

Organiser Holly Southernwood wants to thank South Pacific Pictures and major sponsors the Lions Club of Helensville, More FM, Parakai Springs, North West District Business Association, and Rodney Local Board. Parade entry forms are available at Helensville Copy and Print, by emailing: helchrisfest@gmail.com, or phone 021 488 427.

Classic cars to Shine in D'Ville

Kaipara Classic Car Club's annual Shine in D'Ville car and motorcycle show will be held on Sunday, November 20 at the Helensville Museum in Mill Road, starting 10am.

The rapidly-growing event, which last year attracted more than 100 cars from as far away as Ruakaka, will this year also feature a swap meet and trade stands, along with food stalls. A cash bar will operate at the club's rooms across the road from midday.

Entry costs \$5 per car and driver, with the public paying a gold coin donation. All proceeds go to the museum, and last year's show raised more than \$1000.

As in previous years, the public will get to vote for their favourite vehicles in a number of categories, with a prize-giving held at the clubrooms later in the afternoon.



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Parakai after school care service shuts down

The after-school care service run by the YMCA at Parakai School has been shut down because of a lack of available qualified staff.

The programme has been run at the school for three to four years, looking after an average of 14 children each day after the school day has finished.

It's been run through the YMCA Massey Leisure Centre, but centre manager Steve Bartholomew says they have "struggled to recruit suitable staff for the programme".

Staff need to have a "fair amount of qualifications" in education and also experience with child protection and care, must be Ministry of Social Development approved, and pass a police check. He says rural areas need to have the same standards as elsewhere.

Steve says there "has historically been a problem" attracting suitable staff to the Parakai programme.

He met with Parakai School principal Nick Neubert last term to explain the situation, and Massey Leisure Centre

rostered on staff so the programme could continue for the first two weeks of term four so parents had some notice of the closure.

Closing programmes like this is "not what the YMCA wants to do," says Steve.

The YMCA doesn't run any similar programmes elsewhere in this area, so Steve has approached Kim Saunders, who manages the after school care programme at Helensville School.

He says transport is an issue for parents to get their children from Parakai to Helensville, and he was looking into a temporary shuttle service to help ease the transition.

Parakai principal Nick Neubert says: "It is very disappointing that it is closing, especially since they have been here for a number of years.

"There is the unfortunate impact it will have on the parents too. We are doing what we can to look into alternatives," he adds.

Steve Bartholomew says the YMCA is still keen to run school holiday programmes at Parakai School.

medical centre notes

Nose bleeds (epistaxis) are common (twice as common in kids compared to adults) and can look dramatic.

They are often due to the small blood vessels in the lining of the nose being damaged. These vessels are fragile, and easily damaged from injury, having a cold, or other types of infection. After a while a clot will form to stem the bleeding from the vessel, but this is easily removed by sneezing, or picking or rubbing the nose, causing the nose bleed to restart.

If you have a nose bleed, lean forward over a bowl, compress the fleshy part of your lower nose between thumb and finger for 5-10 minutes while breathing through your mouth. Do not release the pressure to see if it has stopped for at least five minutes. Sometimes an ice pack to the bridge of the nose can help as well.

Once the nose bleed stops, avoid rubbing, picking, blowing your nose or sneezing (that is a hard one!) for at least 12 hours. If bleeding restarts, repeat the pinching of the nose. Avoid swallowing the blood, and if bleeding has not stopped after 20 minutes seek help with a view to other treatments such as packing the nose.

Other cautions around nose bleeding are if there is an issue with the person's clotting - either through medications such as Warfarin or some illnesses.

If nose bleeds are recurrent, options include using an antibacterial ointment or cauterising the bleeding area of the nose using silver nitrate.

- Dr Phillip Barter, Clinical Director



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New councillor makes position on council finances clear

New Rodney Ward councillor Greg Sayers has already met with Auckland's new mayor Phil Goff and voiced his desire for more transparency for council finances, and for rates money collected in Rodney to be spent back in the ward.

While he obviously didn't receive any promises from Mr Goff at this early stage, he says this is an issue shared by most council wards.

After being elected last month with a majority of more than 3000 votes over incumbent councillor Penny Webster, Greg spent a hectic fortnight going through the council's "complex" induction programme, which introduced new councillors to all the council departments prior to being sworn in on Tuesday, November 1.

With his background in business, Greg has been named by the mayor as deputy chair of the council's Audit & Risk subcommittee and a member of the Strategic Procurement subcommittee, both of which report to the powerful Finance and Performance committee.

He has also been named on the independent Rural Advisory Panel, the Kaipara Harbour Joint Political Committee and the Kaipara-Moana Working Party.

Greg says his first priority will be "building helpful relationships with Rodney

Local Board members, the council senior leadership team and local MPs."

That's so everyone is "singing off the same song sheet" when he presents Rodney's needs to council.

Getting a higher percentage of Rodney ratepayers' rates money spent back in the district is a top priority for Greg, who says currently only about \$60 million of the \$165 million collected in rates, fees and development contributions comes back to the ward - something he says locals are "very uncomfortable" with.

However he points out that a percentage of the money collected must be spent on regional services, so no-one should expect it all to come back to Rodney.

Roading is another prime focus, and he will be trying to increase the amount available for sealing by \$10 million a year for the next 10 years

- something he says the Mayor sees as important too.

Greg is also keen to see higher quality standards introduced for road maintenance work. He campaigned partly on stopping council waste, and says there is currently a lot of money wasted on road repairs that don't last.

Another priority will be beautification of Helensville township, with better footpaths, trees and possibility planter boxes.



• Greg Sayers

Ag day goes zero waste

Helensville Primary School's Ag Day last month was run as a zero-waste event in conjunction with the Helensville Community Recycling Centre.

School rubbish bins were sealed off and recycling stations, on loan from Auckland Council, were stationed around the school. The school purchased recyclable containers for serving food, and those attending had to sort their waste into three bins for recyclables, food waste and rubbish.

Three cubic metres of waste went into the bins, which in previous years would have gone to landfill. This year, using zero waste principles, 60 percent was diverted from landfill in the form of recyclables and a further 10 percent in food waste.

Treena Gowthorpe from the Recycling Centre says support from the school, the children, and those attending the event was really positive.

"I believe most people want to do the right thing when it comes to recycling - our challenge is to make it easy and accessible."

Sara Meadows, lead teacher of sustainability at Helensville Primary, was



• Recycling bins at Helensville School's Ag Day

delighted to have Ag Day run as a zero waste event.

"Our school is in the process of becoming a 'WasteWise' school and we are steadily increasing the amount of paper, food scraps and other materials we recycle," she says.

The Helensville Community Recycling Centre has a goal to support all organisations running local events with zero waste equipment and information on how to run a zero waste event. Anyone planning to hold a community event can contact Treena Gowthorpe on 022 430 3622.



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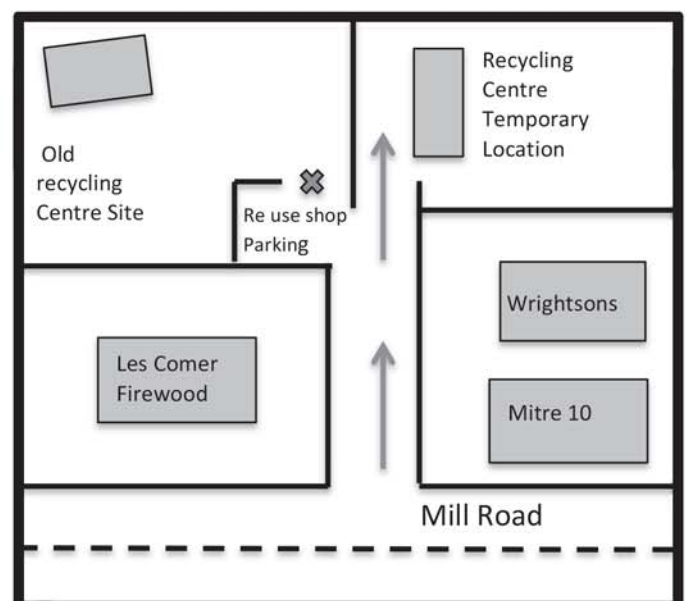
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Mustangs come visiting



Around 150 Ford Mustangs, ranging from classic 1964 models right up to the latest version, went on show at the Helensville Showgrounds (above) on Labour weekend Sunday as part of the 37th national Mustang convention, this year hosted by the Auckland Mustang Owners Club.

Literacy tutors ready & waiting

About a dozen students have already gone through some aspects of the South Kaipara Adult Literacy Programme, and seven trained tutors are ready and waiting to provide the help to any other locals who want help improving their reading, writing or numeracy skills.

"Generally the learners are very grateful for the one-to-one confidential learning situation, where they are able to ask questions and work at their own pace," says programme supervisor Tony Morrison, an adult educator with over 30 years' experience.

He cites one case of an elderly non-Kiwi learner who has been extremely pleased with the help he was getting in English conversation, as he had been finding it almost impossible to talk to locals. He is presently back in his home country, but is keen to continue with the hour a week sessions on his return.

By contrast another learner directed to the programme by WINZ only went through with the training because it was required by his case worker. The tutor soon found out the student could read and write quite well and was able to work. "He showed some reluctance at that point but we could not justify keeping him in the programme."

Tutors typically meet learners for about an hour a week for a number of weeks. Learners stay until they feel they have made significant improvement, ideally for at least six weeks. Students are able to choose if they would prefer a male or female tutor, but so far most have shown no preference. Tutorial rooms are available in both Helensville and Parakai, or tutors can go to the learner's home.

Any adult interested in improving their reading, writing or numeracy skills can phone programme manager Frank Veacock of the South Kaipara Men's Trust on 027 228 8603 or email: info@skmt.org.nz, or phone Tony on 027 448 6437.



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• Tutors (seated, from left): Jenni Brown, Dave Rohe, Jim Clough, Noeline Sheldon and Mike Bridgman. Standing: supervisor Tony Morrison. Absent: Niki Greendale and Keresoma Lloyd

Christmas book fair



Around 20,000 books will be on offer at the annual Lions Club Christmas book fair late this month - and chief book sorter Chris Clark says that's the limit of how many books they can handle at the fairs.

"We are trying to keep the numbers manageable by judicious culling. 600 boxes is the maximum we can handle, but we would like to keep it nearer 500, averaging 35 to 40 books per box.

"Unpacked boxes on the floor don't sell, and we have reached the limit as far as the number of tables go," says Chris.

The club's twice-yearly fairs have become something of a local institution, as well as a major fundraiser for the club – all money raised goes into the club's Charitable Trust for use in the local community. This year's mid-year fair in May raised a record \$9400.

The Christmas book fair is on the weekend of Saturday, November 26 from 9am to 4pm and Sunday 27 from 10am to 3pm, and will as usual be held in the Helensville War Memorial Hall.

Anyone with books to donate should phone Chris on 420 8527 or Yvonne Hilton on 420 8122.



Helensville Birthing Centre

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Experts report on Alison McKenzie House

A number of experts have had their say about the state of Alison McKenzie House, the pink and blue art deco building on the corner of Commercial Road and Porter Crescent, which has been closed since May when it was deemed unsafe.

The building's owner, the Helensville District Health Trust, now has four completed reports to consider as it decides what the building's future may be.

The completed reports include:

- An assessment of the site and a cost estimate for remedial works by Pinelea Builders.
- A structural condition assessment by Hutchinson Consulting Engineers.
- A specialised report from Dave Pearson, Heritage Architects, looking at community benefits and heritage factors.

- A review by planning consultancy, Planning Focus, to determine if Alison McKenzie House is afforded any official protection through Heritage New Zealand.

The Trust is currently considering all the information it has received and is working closely with council to determine the best way forward. It remains committed to keeping the community informed about the process, but in the meantime Alison McKenzie house remains closed, in the interests of community safety.

For any further information please contact the Helensville District Health Trust General Manager Sue Miller on 021 421 262 or smiller@helensvillehealth.co.nz.

Xmas Harvest Market

Make a note in your diaries – as well as the usual November market on the last Sunday of the month, there will be a special pre-Christmas South Kaipara Harvest Market on 11 December 10am–1pm, at Te Whare Oranga ō Parakai.

The Kids' Kitchen cooking classes will be on as usual, as well as all your favourite stallholders, selling artisan breads, exquisite cheeses, fudges, donuts, and barista coffee.





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Rugby club takes over kickboxing gym facilities

Helensville Rugby Club has taken over management of the Thai kickboxing gym, which operates from the clubrooms in Awaroa Road.

The club has purchased all the equipment, including boxing and kick bags, gloves, pads, medicine balls and skipping ropes - right down to the interlocking soft rubber flooring.

Now the hunt is on for instructors, with the club keen to keep the kickboxing going, says club treasurer Rex Keane.

The club is also looking for fitness trainers interested in running other types of training sessions.

"We have divided each day of the week into 1.5 hours sessions," says Rex. The club will hire the facilities out for \$40 per session, and is prepared to negotiate rates for three or more sessions per week, and for new start-up trainers or off-peak hours.

Instructors would pay the hire fee to the club, and keep any class fees for themselves. The club currently has bookings for box-fit classes.

The gym facilities feature a high ceiling and a 13m by 13m clear span room. Amenities include stereo music, toilets and showers for men and women.

Rex says the facilities are ideal for most forms of fitness training such as aerobics, step classes, pilates, yoga, zumba, boot camps, or crossfit, and adds the high ceiling would also accommodate pole-dancing.

Helensville Rugby Club is moving away from its former funding model where a lot of funds were raised through the bar, and wants to see locals of all ages using its facilities to improve their health and well-being says Rex.

The club is also looking for a touch rugby co-ordinator for its Wednesday evening competition - a paid position which Rex says may suit someone running fitness classes.

For more information phone Rex on: 027 293 2768 or email: secretary.hdrfc@gmail.com.

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'Walking bus' kids get high-vis vests

Every Tuesday a group of preschool children from Sunny Days Early Childhood Centre in Commercial Road heads up the road to the Helensville library. Each child holds onto a rope to keep them together in what's known as a 'walking train'.

Now their weekly walk has just got a little bit safer, thanks to the Helensville Lions Club which has donated 15 high visibility vests to the preschool to enhance the children's visibility.

Pictured above at the presentation are (from left) Lions Club president Verna Healy, Debbie Blackman from Sunny Days, and Lions members Glenys Curran and Marg Collins.

It is expected the Sunny Days children will also wear the vests on other outings.



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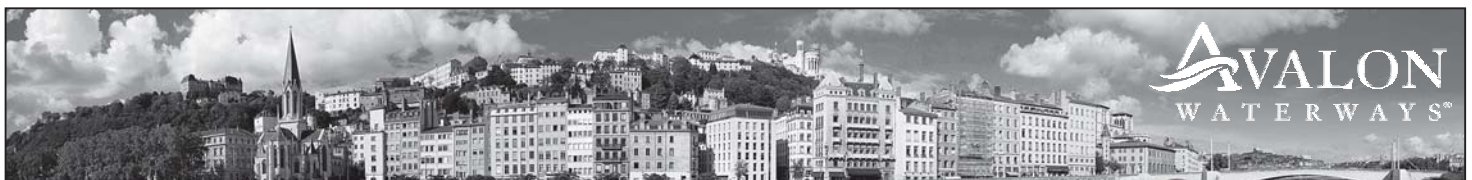
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ANNE HOLST VISITS BURGUNDY & PROVENCE



As one of the five lucky Kiwi travel agents I've just returned from an Avalon Waterways river cruise through Burgundy and Provence.

After a few beautiful days in Paris sightseeing it was on to Beaune to board Poetry II for seven divine nights' cruising to Avignon. Our cabin with its glass floor-to-ceiling open air balcony was the perfect haven to wake in each morning and be greeted with another picture perfect view while planning our day.

In most ports you are walking distance to the main area of town. The included sightseeing tours are a great orientation, but you have the freedom to fill your days how you please, with any of the optional tours or your own free time. Chateau visits were a popular choice for many, as were the bikes provided on board for us to explore like a local at our leisure. We weren't short of advice and information on all of the options, and the guides were incredibly experienced and knowledgeable.

The mainly Eastern European crew embraced us like family and made for an easy paced, casual on-board atmosphere. One highlight was the fabulous show they performed one evening - it had us in stitches. The mouth-watering cuisine complemented the region well, as did the wines provided with the evening meals, not to mention the champagne breakfasts.

There were times we cruised during the day, which allowed us to experience the fascinating lock system and also the closing of the upper deck and lowering of the bridge house to navigate under low bridges with centimetres to spare.

There are many different ways to explore the world today, and a lot of us did the kombi van, rail pass, DIY trip in our younger years. River cruising offers a perfect blend of simplicity while being transported to cobbled villages, enchanting castles, and churches, and experiencing the culture and tradition along the way. From my experience river cruising really does provide an enriching, hassle-free experience that really makes for a perfect holiday.

Pop in and pick up the latest edition of the Avalon Waterways brochure and take yourself on your own little journey.

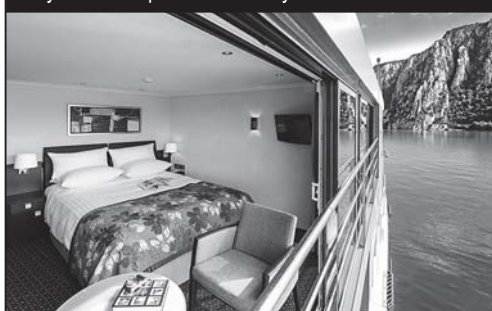
Anne Holst, YOU Travel Helensville



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Our July recipient is Clover Whitely, who received a \$100 Countdown supermarket voucher.



• Nicky Horsbrough gives Clover, with sons Kieran and Alex, her voucher

Clover was nominated by Judy and Warren Dean of Parakai. Judy, 74, and Warren, 83, were rescued by Clover when their car broke down at Dairy Flat recently "in a very dangerous place". Judy says Clover waited with them for three hours for an AA breakdown person to arrive, and a further hour until a towtruck turned up. She then drove them all the way home to Parakai so they wouldn't have to ride in the tow truck, and refused to take any petrol money for her trouble. Judy says it was a "selfless sacrifice" of Clover's time.

Exponents drama films in Helensville

Two Helensville locations and a number of locals were involved in filming last month for an upcoming fact-based television drama.

Called 'Why Does Love?', the Sunday Theatre programme will chart the rise, fall, and rise again of iconic Kiwi band The Exponents, whose song 'Why Does Love Do This to Me' became something of a defacto national anthem when the Rugby World Cup was held in New Zealand.

Concert scenes were filmed at the Grand Hotel in Helensville on October 18, with locals among the 40 extras used for that shoot. Parakai also features in the drama, which will screen on TVNZ 1 next year.

Why Does Love? will focus on band members Dave Gent and Jordan Luck, who met as teens and formed a band originally called The Dance Exponents. With their hit single 'Victoria' the band was signed to a record label and catapulted into stardom, but alcohol and fighting took over. The band struggled to keep it together and the end was in sight, until Jordan wrote a song to apologise for his drunken behaviour – called 'Why Does Love Do This to Me'

The feature will take around one year to complete. Principal shooting took five weeks at locations around Auckland.



• The lead cast of Why Does Love?

with Kaipara chef, Peter Brennan

Oranges and lemons...

Marmalade, while not to everyone's taste, is a great way to store the citrus for later use.

In the past I have had older relatives that had always made the marmalade and passed it around the family. Unfortunately the guard is changing and I now find myself part of the older generation!

Having never made marmalade before I was up for the challenge. Some online research and a look at the tattered pages of our 1970's edition of Edmonds Cookbook, and I was reasonably confident I could put something together.

It all looked good in the book, but when I started counting the cups of sugar required into the mixing bowl, I decided to perhaps amend the process a little so I wouldn't need so much. Usually the jam 'set' requires the wet ingredients to be measured and an equal volume of sugar used to set the jam or marmalade. Over the years I have found that jams will set perfectly well with 60 percent of the volume of the wet ingredients as the sugar weight or measure, and a little more cooking time. So if after boiling the fruit it measures 10 cups, you only need six cups of sugar to achieve a set.

Marmalade is nice with toast, but it also makes a great glaze when spread onto ham or roasting chicken. It is also lovely when cooking corned beef. Lift the corned beef out of the water when it is cooked and lay it on a roasting tray. Smother with marmalade and glaze in a hot oven for 15 minutes. The sweet citrus and salty meat are delicious together.

■ Marmalade

- 2 small lemons
- 1 lime
- 6 medium oranges
- Sugar
- 9 cups water
- Whiskey (optional)



These were all home-grown, spray-free fruit. Be careful when using bought and imported fruit as they are often wax coated, and this makes your preserves bitter.

Slice the fruit into 2mm slices and then cut into quarters. Place in a large bowl together and add 9 cups of water. Cover with a cloth and leave to soak on the bench overnight.

Next day pour into a large, thick-bottomed pot and bring to the boil; cover and simmer for an hour to an hour and a half. Remove from the heat and measure or weigh. In my case I had 15 cups of pulp, so I added 9 cups of sugar - 9 being 60 percent of 15.

Stir the sugar into the hot pulp and stir back to the boil. Turn down the heat to a rolling boil and cook for another hour. Keep an eye on the marmalade as it may require more stirring as it thickens - you don't want it to catch on the bottom and burn. Test by dropping a spoonful onto a cold saucer. Tilt the plate and watch for a skin to form on the surface; if this happens it is ready to bottle into sterile jars.

My aunt used to add a half glass of whiskey to the marmalade when she added the sugar.



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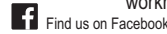
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community tidbits from town and around

HELENSVILLE AGLOW

Guest speaker Heather McCall from Restoring the Foundations will speak on 'From Victim to Victory' at the next meeting of Helensville Aglow, at 7.30pm on Friday, November 4 at Helensville Community Church, 40 Mill Rd, Helensville. Email Yvonne Bartlett at: yvonne@hello.net.nz for more information.

SOUTH KAIPARA U3A

Veronica Martin from the charity 'Sweet Louise', which was established 10 years ago in memory of Louise Perkins to support those living with incurable breast cancer, will be guest speaker at the next meeting of South Kaipara U3A at 1pm, Friday, November 4 in the St John Ambulance Rooms, Rata Street, Helensville. Gold coin entry includes afternoon tea. For more information phone Judy Goodsir on 411 8322.

WAITOKI VILLAGE MARKET

The next Waitoki Village Market is on Saturday, November 5 in the Waitoki hall from 8.30am until noon. Special features will include Swiss Bliss chocolates and Nicola and Christine from Heirloom Seed Collection, who will be demonstrating the principles of saving seeds.

There will be the usual range of home-made and used goods, bric-a-brac, baking, preserves, and plants, and a barbeque brunch will be available. All proceeds from the market go to maintaining the hall and to the local community. New stall holder enquiries to Shirley, phone 420 5111.

PONY CLUB EVENT

Helensville Pony Club will hold a One Day Event at the Helensville showgrounds on

Sunday, November 13. Entries close November 6 and can be made online at: www.equestriantentries.co.nz. For more information phone club president Jane Callaghan on 021 331 682.

MYSTERY MOVIE NIGHT

There will be a family Mystery Movie Night on Saturday, November 19, at the Helensville Community Church, 40 Mill Road. The evening will start at 6pm with a pot luck dinner (bring food), with the movie starting at 7pm. Everybody welcome.

KAUKAPAKAPA MARKET

The Kaukapakapa market on Sunday, November 20 will be a special 'Spring Festival' market with live music from duo The Roselles from 10am to noon, plus face painting, entertainment, a colouring competition, and stalls with hand made goods and crafts, gifts, plants, and collectibles. There will be food and barista coffee. Open 8.30am to 1pm.

For more information or to book a stall phone Sarah on 0274 831542 or email: sarah1@maxnet.co.nz.

BOOK COACHING

Book coach Bev Robitai will be at the Kaukapakapa Library on Sunday, November 20 from 10am to 1pm to help locals improve their writing, editing and proof reading skills, and to help them find the best way to get their work to readers. Bev mostly writes light crime fiction. Her novels and 'A Reassuring Guide to Self Publishing' are on her website at: www.bevrobitai.co.nz. For more information phone Megan on 021 959 017 or email: threehorses@xtra.co.nz.

WATER GUN FIGHT

A water gun fight will be a highlight of Helensville Community Church's Youth Group meeting on Friday, November 25 from 3pm to 4.30pm. 7 to 12-year-olds should bring a change of clothes. Afternoon tea will be supplied. 40 Mill Road, Helensville.

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