

## Rrrrracing this time...



• Racehorses gallop around the Helensville race track during filming

The sound of thundering race horse hooves has returned to the Helensville race track - albeit for a few brief days.

The track at the Helensville showgrounds was host to a film crew making a television movie about racehorse Kiwi, which won the Melbourne Cup in 1983.

Kiwi raced from 1980 to 1987 and remains the only horse to win both the Melbourne Cup and the Wellington Cup.

The Helensville track was chosen as a location because it is still rural and not too built up, and has a 1980s feel. Other filming locations included private horse farms, Avondale and Thames race courses, private homes, and Ardmore Airport, with Ellerslie Racecourse standing in for Melbourne's Flemington track.

The story of Kiwi's win is Transtasman horse racing legend. Bought by Waverley

sheep farmer Snow Lupton for just \$1000, he was used for mustering sheep as part of his conditioning routine.

Kiwi was considered very much an outsider for the Melbourne Cup, and with just 500m to run in the race was placed second to last. But a storming run through the field saw the horse, ridden by jockey Jim Cassidy, win by just over a length. His finish was so fast many race commentators only picked up Kiwi as he neared the finish line.

### Wrightson merger clarification

Some of the information provided to *Helensville News* by PGG Wrightson head office for last month's article about the merger of the Helensville and Kumeu branches of Wrightsons was incorrect.

The company is not building a new Mill Road premises on the former Helensville

Kiwi was controversially scratched by an Australian veterinarian before the following year's Melbourne Cup.

Six weeks of filming finished in late March, and post production was expected to take three months.

Kiwi received just over \$3 million from New Zealand On Air's Platinum Fund, and was produced by Rogue Productions for TVNZ 1's Sunday Theatre lineup.

A screening date has yet to be set.

Hire site - instead, they are extending into their existing building, previously occupied by Kumeu Hire and leased from Fred Day.

The expanded and fully renovated store will be about 70 percent larger than the existing shop. Local tradespeople are being used for the renovations where possible.

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# editorial

Getting the run-around - one of the joys of being a journalist!

For a while I thought our front page article on the filming of 'Kiwi' wouldn't happen. Seeking permission to take a photograph, I spoke with the location scout, who told me I had talk to the producer. The producer said I needed to speak with the publicist - who said I needed to give my questions to the producer.

"But I've already spoken with her, and she said to talk to you."

The upshot? I gave my questions to the publicist, who gave them to the producer, who then gave answers to the publicist, who in turn passed them on to me. It only took six days, but I got the story - right on deadline day.

Don't get me wrong - everyone was friendly and helpful, just hampered by the rules of working for a big corporate. Main thing - story done.

- Dave Addison, Editor

## New owner for beauty business

Helensville beauty treatment business Beauty Elixir has a new owner.

Maria Schofield, who has worked with previous owner Melissa Carr since the formerly home-run business set up shop in Commercial Road in September 2015, has purchased the business.

Melissa will still be there, but she will be concentrating on her specialty and passion, cosmetic and medical tattooing.

Melissa has undertaken several international cosmetic tattoo training courses, and handles everything from simple eyebrow beautification and scalp micropigmentation through to post-medical treatments like 3D areola recreation after breast reconstruction surgery.

Melissa says it was a surprisingly easy decision to sell, letting her further develop her cosmetic tattooing while allowing Beauty Elixir to grow under a new owner.

Says Maria: "I was thrilled when Melissa offered me the opportunity to buy Beauty Elixir. I have a passion and dedication to our clients and helping them with all their beauty needs."

"I'm thrilled to have Maria taking over the reins," says Melissa. "Our clients are in excellent hands. Essentially for our clients it's business as usual".

Maria plans to expand the beauty services in the future, and has upcoming promotions, including a \$200 beauty hamper coming up on Facebook in June.

## Poppy Day & Anzac Day

Friday, April 21 is Poppy Day, the RSA's annual fund raiser. Look out for poppy sellers around Helensville, who will be raising funds to provide assistance to veterans and their spouses.

Anzac Day on Tuesday, April 25 will begin with the traditional Dawn Service at 5:45am at the Parakai cenotaph, followed by a service at the Soldiers Cemetery in Helensville and a parade down Commercial Road starting at 10.50am.

Breakfast and lunch will both be available at the RSA rooms in Commercial Road.

## WWI history at Kaukapakapa library

The historic Kaukapakapa Library will be displaying the information available from Auckland Museum's Online Cenotaph on Sunday, April 16 from 10am to 1pm.

The display will feature information about Kaukapakapa's commemorated WW1 servicemen, including their embarkation, rank, where they served and in some cases photographs.

The library will also be open following the Kaukapakapa Anzac service at 9.30am on Tuesday, April 25.

For more information phone Megan Paterson on 021 959 017 or email: [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz).



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# Top world Lion visits walkway

One of the top Lions in the world has visited the Helensville Riverbank Walkway.

Second International Vice President (IVP) of Lions Clubs International, Gudrun Yngvadottir of Iceland, spent time viewing the walkway, which was completed earlier this year as the Lions Club of Helensville's Centennial Project to mark the founding of the international service organisation in 1917.

IVP Gudrun, who was accompanied by her husband, Dr Jon Bjarni Thorsteinsson,

Helensville Post Office.

After being shown a map of the walkway and receiving an explanation of its origins and construction history, IVP Gudrun thanked the local Lions Club for its part in the project, saying it was a good example of how Lions, their communities and local government could work together to achieve things.

She was particularly impressed with the environmental aspect of the project, and commented that Lions Clubs in New Zealand had a talent for protecting and enhancing their environment, something she hopes to foster in her native Iceland and worldwide.

The 830m walkway was originally started by the Helensville Riverside Trust, which completed the difficult initial 270m stage with the help of \$9000 provided by the Lions Club. The balance of the project was completed in stages by the Lions, with some help from Auckland Council. The work has seen 284 cubic metres of concrete crush laid in place and compacted by club members, along with 60m<sup>3</sup> of mulch spread. 1000 plants were planted by Lions and the public on a community planting day.

The group then walked along the walkway to the river lookout and jetty at Creek Lane. After a photo session, IVP Gudrun's party left to visit both the Muriwai gannet colony and the Waimauku Lions Club's clock and playground. She was disappointed not to have the time to complete the walkway to its Mill Road end, especially, as she confided to one local Lion, that she had purchased walking shoes just for the occasion!

The International Vice President's visit to District 202K ended with a dinner hosted by Waimauku Lions, attended by 150 Lions members from around the country.



• L-R: Helensville Lions president Verna Healy, Dr Jon Bjarni Thorsteinsson, IVP Gudrun Yngvadottir, district governor Richard Simmons

will become the first female president of Lions Clubs International next year. In her homeland she is vice director of the Institute of Continuing Education at the University of Iceland, and has been a Lion since 1992.

She was in Helensville following a visit to Christchurch, and before visiting Australia.

Accompanied by Lions District 202K governor Richard Simmons and other cabinet members, she met with a group of Helensville Lions, and David Bott representing the Helensville Riverside Trust, at the start of the walkway by the old

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## New business owners having a blast

Helensville's Somerville family is really enjoying their new local business - in fact you could say they are having a blast.

Blastalot is run by Tom Somerville, who lives in Wishart Road, with his daughter Eva doing the administration and Eva's partner Noel O'Callaghan sharing the blasting duties with Tom and providing mechanical support. Eva and Noel live in Fordyce Road, Parakai with their children, Ella (3) and one-year-old Ruby.

The company, which started operating in Helensville in February, specialises in vapour blasting - a type of sand blasting which uses garnet instead of sand for an almost dust-free process.

The idea for the company name came from Noel, who has a background in stainless steel welding and fabrication - and he has been known to refer to Tom as Sir Blastalot!

How Tom came to own a sand blasting business is rather roundabout.

He and wife Tami were originally deer farmers in Hawkes Bay. When the market

for commercial deer farming largely died off, they moved to Auckland where Tom spent a year telemarketing in insurance, an industry he would end up spending more than 20 years working in.

"So many people leave their run too late," says Tom. "I was working in an industry and [was] reasonably successful at it, but it wasn't really what I wanted to do.

"I figured I was well enough and young enough to have a new career."

But the switch from insurance to sand blasting wasn't straightforward - it came about through Tom's pottery hobby, which he took up eight months ago.

He made a huge pottery and glass fish sculpture, and then wanted someone to sand blast the timber frame it was hanging

in, to raise up the grain in the wood. That led him to Norm Perris, who for many years had run a sand blasting business from his home in Pinchgut Road, Kaukapakapa.

The upshot was Norm wanted to retire, and Tom ended up buying the business and relocating it to Helensville.

"I've always liked doing practical work," says Tom.

He and Noel now work from a site behind BuildLink West (Oikoumene) in Railway Street - although much of their work is done from a large, trailer-mounted mobile blasting machine.



• Tom and Noel with their mobile blasting machine

That means the pair can call on, for instance, local farmers who may have out-sized machinery that needs sand blasting, and which would be too hard to bring into a workshop.

Tom says their vapour blasting equipment, which can also use sand or soda if required, can strip almost anything off metal and most other hard surfaces. It operates at a lower pressure than traditional sand blasting, and cold rather than hot, which means it avoids the risk of distorting metal panels associated with regular sand blasting.

The almost dust-free process means it is ideal for on-site work.

Tom and Noel also offer priming and painting options, and repair and fabrication work.




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# Age no barrier to making a difference

Every Tuesday morning 94-year-old Ruihi Waldrom is picked up by her friend Avila Allsop from her home in Huapai and together they head off to the Waimauku Spinners and Weavers group at the Glasgow Park Hall in Waimauku.

On the agenda is a morning of conversation, a good bout of weaving and knitting, an asparagus roll (or two), a sweet slice and a cup of tea to wash it all down with.

Ruihi has been a member of the group for nearly three decades and her fingers are as nimble as ever. "Knitting has helped keep my fingers mobile," she says.

Knitting needles and a bag of wool are never far away. She says whenever she can she'll sit down and knit for half an hour or an hour, although her eyesight means it's getting harder to knit while she watches television.

Her knitting prowess may not be widely known in the community, but there's a good chance that if you had a baby at Helensville Birthing Centre you may have taken your new-born home dressed in a woollen singlet or hat handmade by Ruihi.

How many singlets and hats does she think she's made over the years? It's impossible to say, but the original Plunket pattern she uses is firmly memorised: "it's a basic knit two, pearl two pattern."



• Ruihi Waldrom

The knitting of hats and singlets for new-borns was part of a project she was involved with through the Women's Division of Federated Farmers many years ago. That project itself fell by the wayside, but Ruihi kept on knitting.

She remembers the first thing she ever knitted - she was about 12 years old, and it was an outfit for her Kewpie doll.

Her grandmothers taught her how to knit, but she says it's not a skill she's passed on to others because no-one has asked her to teach them. A lost skill perhaps, but she doesn't blame the young mothers of today.

"There are just so many different types of materials these days that are so much easier to wash and care for than woollen garments."

As well as providing singlets and hats for babies at Helensville Birthing Centre, she also knits rugs and children's clothing which are sent to the poor in eastern Europe through an organisation called Cover Up.

Ruihi Waldrom is proof that even at the age of 94 you can still make a difference in the world - both in your own community and in those half a world away.

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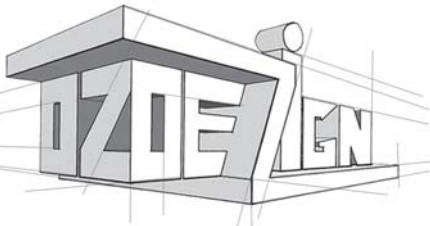
## Career Expo for everyone

A Kaipara Community Career Expo will be held in the Kaipara College hall on Tuesday, April 11 from 1pm to 7pm.

There will be more than 40 stands covering every occupation from trades through to the armed forces, Camp America, the food and hospitality industry, police, farming, computing and animation, art, health, travel and tourism, trucking, and tertiary education, as well as local community organisations.

The expo is usually held every second year, but was postponed last year because of asbestos issues at the school. It will be the fourth career expo college career advisor Claire Couch has organised. It is open to the whole community, not just college students.

For more information phone Claire Couch on 420 8640 extn 835, or email: [ccouch@kaiparacollege.school.nz](mailto:ccouch@kaiparacollege.school.nz).



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# Former librarian farewelled

**YVONNE MILLER**  
1930 – 2017

Long-serving local librarian Yvonne Miller lived in Helensville for 50 years from 1960 until with husband Bruce, she retired to Orewa in 2010. She died at Orewa on February 14.

During her five decades in Helensville, Yvonne made her mark on the community as a dedicated librarian, an active Scottish country dancer, a Brownie leader, and a keen genealogist. The Miller's generosity and hospitality were well known, and their annual Guy Fawkes bonfires were legendary for many families.

Yvonne Lamb was born and raised in Christchurch, attending school and university there. In 1952 she travelled to Wellington to do a one year post graduate course at the Library School. While there she met up with Mary Ronnie, who became a life-long friend, and who also shared a love of Scottish country dancing.

On a trip between Christchurch and Wellington Yvonne met a young man from Ashburton, Bruce Miller, and after her return to Christchurch they became engaged, and then married in 1953.

The Millers moved to the North Island and from 1954-57 were share milking at Woodhill. Lee and Debbie were born there. Their next job was at Papakura, and during those three years Nick and Jan were born. Their move to Helensville came in 1960 when they bought a dry stock farm situated between Wishart and Rautawhiri Roads. Their youngest child, Cathy was born there.

Scottish country dancing became popular in Helensville after Peter and Nola West moved back to the town in 1963-64, and the Millers were among the keen Friday night members. It was an all-age group with dancers from pre-schoolers to senior citizens joining in, and regular visitors from other clubs.

Yvonne began her library career in Helensville at Kaipara College in 1963, and after Margaret West retired from the public library ten years later, Yvonne took over her position. For a time she worked at both libraries. The public library moved from its one room in the council building when the Lions Club provided a larger, much more suitable building, adjacent to the council chambers.

The library went through a tough patch when Helensville Borough Council made a move to close the facility, but with the



• Yvonne Miller

strength of support group 'Friends of the Library' it survived and gained in popularity and usage.

Yvonne retired from the library in 1995, but remained active in the local community, notably with the Genealogy Society. Meantime the Millers had sold part of their farm and built a new house on Wishart Road, and hosted many visitors through running a bed and breakfast.

Yvonne and Bruce moved to Orewa in 2010, and although suffering from health problems kept up various interests, including gardening, walking their dog, going to shows at Centrestage, and bus trips.

Their children, grandchildren and great grandchildren live throughout New Zealand, Australia and Europe.

- Wynne HaySmith. Photo: Miller family



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# New opening day for playgroup

After more than 30 years, Noah's Ark Playgroup in Helensville has changed the day it opens.

From now on, it will be open on Wednesdays - and to celebrate the change is holding a 'Noah's Ark New Day' party on Wednesday, May 21 from 9.15am to 11.45am. There will be face painting, morning tea, and a balloonist.

Since 1983, the playgroup has been held on Tuesdays, and the change has come about following the stepping down of the 'two Sharons' - Sharon Forlong and Sharon Kostanich - who have been with Noah's Ark for the last 20 years.

The new playcentre team is co-ordinator Kim Duncan, Rebecca Smith and Rachel McColl.

Children attending Noah's Ark have a new craft to do each week with their parent or care giver, along with other activities. Each session ends with mat time and each term there is also a trip somewhere - this term will be an outing to Shelly Beach.

Noah's Ark Playgroup, at 118 Commercial Rd, Helensville, is a Ministry of Education certified playgroup. The cost per term is just \$15 per family.

## 5th Sunday concert

Alternative folk band Tweed, an Auckland-based trio whose members include Helensville's Devin Ashton, will play at St.Cuthberts Presbyterian Church in Kaukapakapa on Sunday, April 30 at 2.30pm.

It's one of the church's semi-regular 'Fifth Sunday of the Month Concerts', held each time there are five Sundays in a month, with the aim to provide high quality entertainment for the local community at an affordable cost. Tickets are \$10 for adults with children under 15 free, and all proceeds going to the maintenance, restoration and improvements of Saint Cuthbert's.

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## medical centre notes

The flu vaccines have arrived in time for the change in season.

Flu vaccines are available to anyone from six months of age onwards, and are fully funded for everyone over 65 years of age, or people under 65 with certain long-term medical conditions including asthma, diabetes, and COPD. This is because influenza can make these people very unwell and increase their risk of hospitalisation.

The flu is different to a bad cold, and has potential for more severe illness which is why immunisation is so important.

The flu vaccine is strongly recommended for pregnant women, and does not cross the placenta so is safe to have while pregnant. The mother's antibodies are also then passed on to the newborn child to offer protection for the first few weeks for the baby, too.

The influenza virus is different to the cold virus, and can affect the whole body. The vaccine does not stop you getting colds. It contains the flu virus strains the World Health Organisation has researched to be affecting our part of the world, and changes each year.

The vaccine does not contain any live virus, so you cannot get the flu from the vaccine, but as with all vaccines, it stimulates your immune system for a few days which can make you feel achey and tired for a couple of days. Then your immune system will remember the virus strain, so it can deal to it if you are exposed in the future. The vaccine takes two weeks to be effective, so the sooner you are immunised, the sooner you are protected.

We will be running flu clinics, as well as opportunistic offering of flu vaccines to the community, so please contact us for more info or to have the flu vaccine.

- Dr Phillip Barter, Clinical Director




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# ANZAC DAY COMMEMORATIONS

Tuesday April 25th, 2017



The Kaipara Memorial RSA invites the people of the district to join us in commemorating ANZAC Day 2017. The format for the day is as follows:

- 05.50 Dawn Parade at the Parakai Cenotaph, followed by a service at the Helensville Soldiers' Cemetery. Breakfast at the RSA \$5.
- 09.30 Kaukapakapa service at Kaukapakapa War Memorial.
- 10.50 Fall In at Super Liquor car park for a parade down Commercial Rd followed by a commemorative service at the front of the Helensville War Memorial Hall.

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

If your group would like to march in the main parade, or lay a wreath, please contact the RSA Manager by April 20th. Wreaths may be ordered through the RSA and can be picked up from the RSA on the morning of the 25th.

RSA Manager: Graham Matthews Ph: 420 8888  
kaipararsa@xtra.co.nz

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- Judy Lawry, patient

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Helensville 0800  
Phone: 09 420 8400



# local board matters

This new column will aim to keep our readers informed of Local Board matters affecting our area.



## Local Board to fund Helensville town centre improvements

The Local Board is proposing to put aside \$700,000 this financial year for town centre improvements in Helensville, Kumeu and Warkworth. The intention is to use some of this to dust off the long-dormant urban design plans that have been gathering dust since 2008.

We will be proposing more budget to continue this work in our 2018 Local Board Plan, which goes out for public consultation in a few months - keep an eye out for public feedback events.

## \$73 million on SH16 upgrades

Helensville commuters will be pleased to learn that \$73 million will be spent over the next two years on road improvements between Waimauku and Brigham Creek. Briefly the projects are:

- The already underway Waimauku roundabout (\$6 million), an NZTA (central government) project due to be finished in early 2018.

- Station Road/Tapu Road realignment and Access Road/SH16 improvements (\$24 million), both of which are related to the 'Huapai Triangle' development on Station Road. This Auckland Transport (Auckland Council) project will see a new traffic light-controlled intersection on SH16 with Station and Tapu Rd opposite each other. Access Rd will have an extended slip lane for traffic turning into it from SH16, and level crossing improvements.

- The 'Safe Roads Alliance', a consortium of NZTA and construction firms. This \$43 million project is looking at a number of things including a new roundabout at the Coatesville Riverhead Highway/SH16 junction; plans are due out early this year.

- Phelan Pirrie, deputy chair, Rodney Local Board  
phelan.pirrie@aucklandcouncil.govt.nz

## New manager for Hospice Shop



Michelle (right) with Helensville Hospice Shop volunteers Allan Franklin, of Whenuapai (left), and Les England of Parakai

Michelle Ludwig is the new manager at Helensville Hospice Shop. She will be familiar with regular customers, having previously been the shop's sales and merchandising assistant, and is looking forward to getting to know even more locals.

Michelle, who lives at Ahuroa, says she thinks the Helensville store is pretty special, and is thrilled with her new role.

"Reviews of the shop from customers are a reflection of the hard work and fun had by everyone who volunteers here," she says.

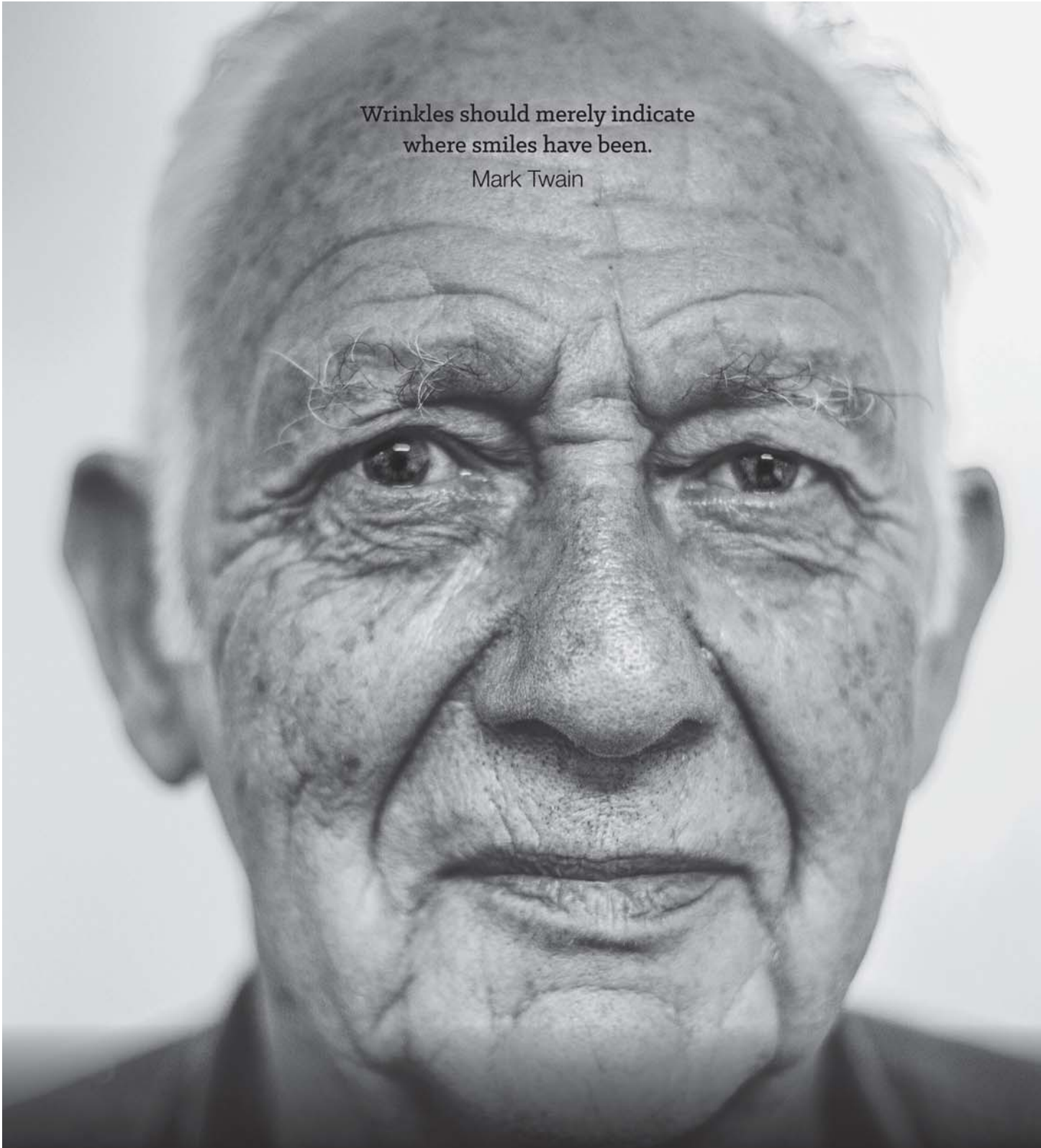
"I'm proud to be part of the local community that is working together to raise valuable funds for Hospice West Auckland."

All profits from Hospice West Auckland's six stores go directly to the services the organisation provides at no charge for local patients and their families.

Michelle has been with Hospice West Auckland since 2010 and has held a number of different roles in the retail team.

Helensville Hospice Shop is open Monday to Friday 9am to 4.30pm, and Saturday 9.30am to 3pm.





Wrinkles should merely indicate  
where smiles have been.

Mark Twain

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# Mobile service helps lessen stress of funerals

Helensville area residents needing a funeral director no longer need to look outside our area - a new company has started up that will come direct to them.

Wainui resident Mark Mortlock is offering a fully mobile funeral service through his Hibiscus Funeral Services company, covering the whole of Rodney.

Without the overheads of running a full funeral home, Mark is able to keep the cost of funerals to a minimum.

Becoming a funeral director was a natural progression for Mark, who for the previous 20 years had worked in the not-for-profit sector, following several years as an ICT and communications specialist, originally with Sky Television and later running his own computer support business.

One of his biggest 'claims to fame' was working for three years as the event and marketing manager, until 2005, of the Parachute music festival, which at the time was the largest Christian music festival in Australasia, attracting crowds of 20,000.

Mark, a registered celebrant and minister of religion, then spent more than 10 years working with the City Impact Church, focusing on delivering faith-based social services for families, at-risk youth, and the elderly.

As the church's general manager he oversaw more than 100 staff, and was responsible for the church's regional campuses and facilities as well as overseeing the operations and day-to-day running of the North Shore campus.

Mark says about 18 months ago he was standing over the casket of a parishioner, talking with the funeral director, and realised it was a profession he could bring something to.

"It's all about families, not that different to what I've been doing over the past few years," he points out. "My job is to navigate that [difficult] time and make it as easy and painless as possible."

He believes his "very hands-on" and personal mobile service can remove some of the stress associated with the death of a loved one.

Mark handles all aspects of the funerals, using local churches and venues wherever possible. The personal touch extends to hand-delivering ashes to families in cases of cremation.

Non-religious options are also available.

Born in Taranaki, Mark attended Orewa College and lived at Kaukapakapa before moving to Wainui. In his spare time, he likes to hunt on a South Head farm.




• Mark Mortlock

**Buy one, give one!**

Four Square Parakai, Pams and the Helensville Women and Family Centre are joining up to help meet the needs of women in our community.

Purchase one, or two of the selected products from the Pams or Neu sanitary ranges and we'll make a donation of that product on your behalf.

Refer to shelf ticket for more information. Valid for purchases made between Monday 17th and Sunday 30th April.





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# making the difference

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

Our April recipient is Gabriella Donaldson, who chose a Paua Room voucher.

Gabriella was nominated by Renee Blair from the Helensville Birthing Centre, who says Gabriella is a huge help to the Birthing Centre and at Parent Aid, and is well known within the community for volunteering her time.

"Gabriella goes above and beyond not only for the wahine and whanau of Helensville but also her colleagues at the Birthing Centre," says Renee.

"Gabriella is huge part of creating well whanau, and the goal to be the healthiest rural community. [I am] very happy to acknowledge people like this within our community."



• Gabriella (left) with Nicky

## Easter egg hunt

Kaipara Coast Sculpture Gardens' annual Easter Egg Hunt is on Sunday, April 16 from 9am to 3pm. Children will be able to search for chocolate Easter eggs among the plants and sculptures. Eggs will be replenished throughout the day. The cafe will be serving Easter treats, and normal admission charges apply. Kids are invited to dress up as an Easter bunny, fairy, or their favourite fantasy character.



## Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

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

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

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Ph: (09) 420 8747

Email: [bookings@helensvillebirthingcentre.co.nz](mailto:bookings@helensvillebirthingcentre.co.nz)

[www.birthcentre.co.nz](http://www.birthcentre.co.nz)



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# Healthy Helensville

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

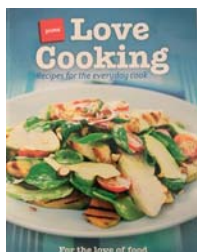
## Manage your own health

With the winter months fast approaching, now is the time to sign up for Manage My Health, a free and secure online service offered by Kaipara Medical Centre.

It's the ideal solution for people who want to see what doctors are available when, order repeat prescriptions or check immunisation records but who don't have time to wait in a queue to see the centre's reception staff.

To end of February 790 patients had enrolled with the service, but only 522 have actually activated their login.

The goal is to have 2000 patients signed up to the service by the end of June this year.



The first 30 patients who register and activate their Manage My Health accounts in April will receive a free cookbook. Thanks to Four Square Parakai for the kind donation of the cookbooks and helping encourage our community to eat healthily. The medical centre staff are happy to help patients sign-up for the service. Either pop in or phone them on 09 420 8400.

## New look for Birthing Centre

While we're on the subject of technology, the Helensville Birthing Centre has given its website a revamp with a whole new look and design.

If you're interested in having your baby at the centre pop online to download a booking form. You'll also find lots of information about local midwives, breastfeeding support and visiting hours.

Be sure to check it out at [www.birthcentre.co.nz](http://www.birthcentre.co.nz).



# School kids cooking up the world

Soft prawn tacos from Mexico, date and walnut-filled rosewater pastries from Iraq, or perhaps a taste of the Bahamas with jerk chicken with a pineapple jerk salsa.

It's a gastronomic trip around the world for

local school students taking part in a cooking course at Te Whare Oranga o Parakai.

Every week the students from Parakai and Waioneke schools arrive at the community centre eager to discover what country they're heading to next.

They learn a little about their destination - where it is in the world, what the climate is like and what produce is grown there - then they get to work cooking up a delicacy unique to that culture.

Te Whare Oranga kitchen manager Keryn Reardon says the students are encouraged to try the recipes out again at home, and to think about what produce is grown locally and how they might be able to swap ingredients so they're using seasonal and economical produce.

For example, she says: "If a student goes home and recreates a meal of Vietnamese spring rolls, instead of using shrimp and lettuce which is a summer produce, they can make it in winter using shredded cabbage and leftover roast chicken."

The students are being exposed to different tastes and foods, but

also some valuable real-life learning.

"We're not only teaching them about different types of food," says Keryn, "but also how an actual professional kitchen operates, right through from health and safety, to basic kitchen etiquette and most importantly how to work together as a kitchen brigade."

This is the second year Te Whare Oranga o Parakai has run the weekly courses for primary students, thanks to funding from the Helensville Lions Club and Foundation North.



• Preparing a meal from the Bahamas: L-R: kitchen manager Keryn Reardon; Parakai School students Violet Webber, Year 5; Ayla Mowat, Year 5; and Natasha Purnell, Year 8

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## Waitoki fibre craft day

The Waitoki Evening Craft Group, in conjunction with the Auckland/Northland branch of the Black & Coloured Sheep Breeders group, holds its fifth annual open day at the Waitoki Hall on Saturday, May 6 from 10am to 3pm.

The event is aimed at showing off the versatility of wool fibre.

Craft group members advise, guide, and help people wanting to get started on the craft, and will welcome questions and queries.

The open day will cover spinning, crochet, knitting, felting, needle felting, dyeing - and of course the basis for it all, sheep.

There will be workshops, displays and demonstrations, and plenty of information on hand for visitors. The demonstrations and displays will cover all stages of wool use from the sheep's back to the finished product, and the day is aimed at all ages.

Previous open days have been very popular, with some members of the public staying all day to watch and participate.

Entry is free, with a gold coin donation to cover material costs asked for participation in the workshops, which will include felting, knitting, and crochet. A selection of crafts and wool will be for sale.

For more information contact Lisa Clapperton, phone 420 5455 or email: [lisa@waitokiplants.co.nz](mailto:lisa@waitokiplants.co.nz); or Sharon Dooney, phone 420 3342 or email: [sharon@jumbuck.co.nz](mailto:sharon@jumbuck.co.nz).

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# Helensville candidates named



• Chris Penk



• Kurt Taogaga



• Hayley Holt

All three main political parties have named their candidates for the Helensville electorate for the upcoming general election.

They are Chris Penk for National, Kurt Taogaga for Labour, and Hayley Holt for the Green Party.

Chris Penk stands to inherit the seat in parliament, one of the country's safest National seats, from former Prime Minister John Key at the election on September 23.

Chris lives with his wife in Glen Eden. After attending Kelston Boys High School, he studied at Auckland University, gaining a Bachelor of Arts degree in 1999 and an Honours Bachelor of Laws in 2009.

Between the two degrees, Chris joined the Royal New Zealand Navy in 2000, serving as an officer of the watch on the *HMNZS Te Kaha* and at Government House as aide-de-camp to the Governor-General in 2003. He then joined the Australian Defence Force, serving in submarines. He was appointed navigating officer of *HMAS Sheean* in 2006, and was stationed in the northern Arabian Gulf in late 2007.

Returning to New Zealand in 2008 he completed his legal training and was admitted to the bar in 2010, working as a staff solicitor in Auckland. In late 2015 he established his own firm with a business partner, Ong & Penk Lawyers.

Outside his military service and legal career, Chris has been an active member of various community groups, follows New Zealand cricket and league teams, and enjoys walking the family dog.

Chris says he is "keen to engage closely with as many locals as possible."

"Helensville [has] had the distinction of being represented by John Key for the last 15 years, so I've got big shoes to fill running here. I won't be taking anything for granted," he says. "I bring my own unique skills and aspirations."

Labour candidate Kurt Taogaga spent much of his early life in Helensville

"My mother's family have lived in Helensville since the 1950s. I spent many years in Helensville as a youngster, living with my grandparents, attending the local primary school," he says.

After commuting to Pasadena Intermediate and Auckland Grammar School, Kurt attended Auckland and Otago Universities.

"When I moved back to Helensville, my

first full-time job out of university was working as a library assistant at the Helensville Library."

He subsequently took an English language teaching position in South Korea for four years, then spent two years in the United Kingdom. Since returning to New Zealand he has split his time between study and working as an English language teacher and business tutor.

He stood last year in the local body elections in the city-centre Waitemata ward where he now lives. Kurt is currently completing a Master's degree in Global Business at AUT.

The Green's Hayley Holt is probably the best-known of the three candidates, thanks to high-profile roles on television and radio, particularly Prime TV's show 'The Crowd Goes Wild' since 2009.

Prior to that she was a professional ballroom dancer and appeared on 'Dancing with the Stars' as a professional dancer and more recently as a judge. She also appeared on one season of the UK version of the same show; 'Strictly Come Dancing'.

She has danced since the age of seven, and in 1998 was a New Zealand ballroom dancing champion.

Hayley grew up in Auckland, and at Epsom Girls Grammar School was part of its Future Problem Solving program for gifted students.

She went to the University of Auckland to study history and mathematics, but after a year decided to follow her dream of becoming a professional snowboarder. A former national snowboarding slalom champion, she spent six years chasing that goal.

Two years ago Hayley went back to university part time to finish her degree, swapping maths for politics. She joined the Greens where she says: "I finally found my tribe".

Her parents live on 40ha at Kaipara Flats, where Hayley hopes to build an off the grid eco-home.



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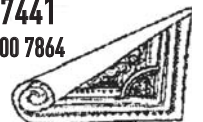
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## from the frontline

Cattle poaching is a serious criminal offence.

It usually occurs in remote rural areas, where thieves take advantage of the distance between homes to go about their illegal roundups and slaughters. What is of great concern is that most of these people don't have a firearms licence - and if they do, they shouldn't have one, let alone be in possession of a firearm!



Earlier this year there were two incidents on the same morning where an armed poacher was disturbed on private property at Makarau. On both occasions the offender fled in a vehicle. I also attended the senseless shooting of a beef cow at South Head in August last year.

Anyone in possession of a firearm must gain permission from the landowner before entering a property. If you know anyone that does not abide by this law, report it to police. If you see poachers with firearms on your property, don't approach them - call 111 immediately.

Many farms in the South Kaipara are isolated, and to reduce future incidences we need to work together. Make your neighbours aware of any suspicious incidents; communication and awareness are key steps to prevent crime. Reduce opportunities for thieves to cross fence lines, especially road boundaries. Check fences aren't damaged or deliberately cut, that all road gates are locked, and that stock are checked regularly.

Dogs are useful guardians, especially at night time, and generally alert their owners of anything out of the ordinary.

Install surveillance cameras. Many motion-activated cameras have great night vision capabilities. Motion activated driveway alarms alert land owners of suspicious people coming onto their property. Put up signs alerting people your property is monitored.

Ensure you are aware of who is coming and going on your property. Who is doing deliveries and pickups, who are the contractors and who do they employ? Who knows your lock combinations and who has access to keys allowing access to your properties? It is wise to change lock combinations regularly.

Why not keep a small booklet and pencil at hand so you can jot down suspicious vehicles, times and dates? It's better to have the information and not need it than to be asked a few weeks later and not remember details that could help apprehend offenders.

Please report all incidents of poaching or suspected poaching, and any suspicious vehicles. If you see something and it doesn't feel right, trust your instincts. If it is safe to do so try to get a vehicle registration and description. Report this to your local police station or phone Crimestoppers anonymously on 0800 555 111.

- Mandi Bell, Community Constable

### EASTER CHURCH SERVICES

#### SOUTH KAIPARA ANGLICAN-METHODIST, HELENSVILLE

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

- April 9th: 9.30am, Palm Sunday.
- April 10th - 13th: 9.30am, Holy Week Service (daily).
- April 13th: 6pm, Maundy Thursday symbolic meal followed by Foot Washing Service  
Please ph 420 8089 if coming to the meal.
- April 14th: 9.30 am, Good Friday.
- April 16th: 9.30 am, Easter Day.

#### ALL SAINTS ANGLICAN-METHODIST, KAUKAPAKAPA

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

- April 9th: 9.00am, Palm Sunday.
- April 16th: 9.00 am, Easter Day.

#### RIVER VALLEY BAPTIST CHURCH, PARAKAI

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

- April 14: 7pm-8pm Good Friday Service.
- April 16: 10am, Easter Service.

#### HELENSVILLE COMMUNITY CHURCH

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

- April 16: 10.30am, Easter Service.

with Kaipara chef, Peter Brennan

## Easy allergy-free crumb mix

As I have discussed before in my column, I have a household with family members who have issues with various foods. When it is gluten and dairy intolerance it can be quite a challenge to make something that requires crumbing and pan frying. I have now found a fantastic solution and have used it to crumb fish, chicken, egg plant, tofu and schnitzel. What's more, this crumb method makes such a good and even coating I don't think I would bother with old-school breadcrumbs again.

You will need to buy a couple of inexpensive items from the supermarket which will live in your pantry for a long time without going stale - namely cornflour and corn polenta.

Fine corn polenta is the ground corn that is left after the cornflour is removed, and is sometimes referred to as corn grits. It is the corn equivalent of wheat semolina. You can use it in many ways - to make a type of porridge, or to use it as the dusting under pizza dough to stop it sticking to the oven stone. I cooked polenta with cream when I had the restaurant, and used it as a luscious starch similar to mash potatoes served under a meat dish.

### ■ Crumb Mix

To coat a couple of chicken breasts or a couple of fillets of fish:

- 2 heaped tablespoons cornflour
- 2 heaped tablespoons fine corn polenta
- ¼ teaspoon salt
- A few grinds of black pepper



Place ingredients in a plastic food bag.

In a small bowl mix one heaped teaspoon of cornflour with two tablespoons of water.

Dredge the meats through the cornflour and water and drop into the bag, shake it about and set aside until ready to cook.

You can add other flavours to the crumb mix. I often use ½ teaspoon paprika, ½ teaspoon ground cumin, ¼ teaspoon ground chilli powder and sometimes I grate the zest off half a lemon or lime. This is particularly nice when frying slices of tofu.

Pan fry in oil or coconut fat, and if the pan gets a bit too hot don't worry as this crumb mix will take a much higher temperature than breadcrumbs will before burning.

## Construction time for kids

April at Helensville Library is 'Construction Wizard' time for kids during the school holidays.

Children will be able to 'build their own holiday fun', with activities in the library itself, or take home, plus some scheduled events.

During the first week of the holiday, Tuesday, April 18 will be construct a marble tower day. On the following day, Wednesday, April 19, children can use building blocks to 'construct' a poem or story. And on Thursday,

April 20 they can construct Anzac poppies and wreaths to display for Anzac Day.

In the second week of the holidays, on Wednesday, April 26 children will have a chance to construct and decorate a house using cardboard plans. On Thursday, April 27 kitchen science returns to the library, with kids able to construct a wizard potion.

All these programmes run from 11.30am to 12.30pm. The library will be closed Good Friday, Easter Monday and on Anzac Day.



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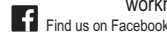
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e: [sevice@helensvillemotorcycles.co.nz](mailto:sevice@helensvillemotorcycles.co.nz)

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community tidbits from town and around

## FREE BREAST SCREENING

The mobile breast screening truck will be in Helensville from Monday, May 29 until Saturday, June 17 at the Mitre 10 carpark in Mill Road. Bookings can be made by phone to 0800 270 200, or text 'breastscreen' to 4040. Locals are encouraged to book early for the service, which is free for women aged 45 to 69 years.

## DIVERSIONAL THERAPY

Older people living alone who want to socialise with others can join a fun, free new 'diversional therapy' programme to be held on the first Thursday of the month from 10am to 2pm, starting April 6, at Te Whare Oranga ō Parakai. The course is offered by Helensville District Health Trust with support from Te Ha and Craigweil House. Morning tea and lunch are provided. Phone 420 9983 to register.

## KAUKAPAKAPA EASTER MARKET

The Kaukapakapa market on Sunday, April 16 from 8.30am to 1pm will be a special 'Easter Fun' event. Among the activities for children will be an Easter scavenger hunt and a 'pin the tail on the bunny' game, while there will also be a special Easter craft table. The morning will feature live music from The Roselles. Phone Sarah 0274 831 542 or email: sarah1@maxnet.co.nz.

## FREE ANTENATAL COURSE

A free antenatal course for expectant parents run by the Helensville Birthing Centre will be held at Te Whare Oranga ō Parakai over three consecutive Saturday mornings, starting April 22. The course covers a range of topics including how to keep healthy during pregnancy, pain relief options for labour, and what happens after

the baby arrives. The course is available for residents living north-west of Riverhead. For more information email: anc@helensvillehealth.co.nz.

## BOB HARVEY TO TALK

Sir Bob Harvey will be guest speaker at the Helensville-Parakai ratepayers meeting on Wednesday, April 26, at 7.30pm in the Helensville War Memorial Hall meeting room. Te Awaroa Residents & Ratepayers Association has invited the former mayor of Waitakere City to speak about his vision for our towns, as reported in the media. His hour-long visit will allow time for questions and discussion over a cup of tea.

## SOUTH KAIPARA MARKET

The next South Kaipara Harvest & Artisan Market will be held at Te Whare Oranga ō Parakai on Sunday, April 30 from 10am-1pm. Locals with extra produce, but not enough to have their own stall, can drop it off at the market's community table where it can be sold on behalf for just \$3.

In conjunction with the market, Kids' Kitchen cooking classes will be held at 9am, 10am and 11:30am. This month the young chefs will create their own savouries. Sessions for ages three to 12 are \$5 per child. Email: kitchen@thrivekaipara.org.nz.

## HELENSVILLE AGLOW

Helensville Aglow will meet at 7.30pm on Friday, May 5 in the Helensville Community Church, 40 Mill Rd, Helensville. Email Yvonne Bartlett at yvonne@hello.net.nz for more information.

## Tourist sign, eftpos for museum

Extended opening hours means Helensville Museum has qualified for an official brown tourist attraction road sign, to be erected shortly. Hours are now 9am to midday Monday to Friday, in addition to the usual Wednesday, Saturday and Sunday afternoons. The museum has also installed an Eftpos machine.

## trade & classifieds

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## Helensville News - Publication Information

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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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