

Move to put an end to the BID

Helensville business woman Holly Southernwood wants the North West Business Improvement District (BID) abolished.

She is gathering support from local business people in an effort to force the North West District Business Association to reballoon its membership to see if there is still support for retaining the organisation.

The North West BID was first mooted in late 2013, and was set up in mid-2014 following a vote by businesses and business property owners in the area.

That vote was somewhat contentious at the time, as it had originally been agreed a BID would only be established if 60 percent voted for it to go ahead. In the end, only 54 percent voted yes, but the business association made the decision to proceed anyway.

Business improvement districts are special areas partnered with Auckland Council to promote business in those areas.

Probably our local BID's most visible achievement since its formation has been the branding of the area as NorthWest

Country, an effort to unify the extensive BID area which spans from Kaukapakapa in the north down to Kumeu and Riverhead in the south.

The BID is largely paid for by a targeted rate, which costs the roughly 600 members about \$300 each per year.

Helensville News spoke with several local business owners who were keen to see the BID done away with, most believing they aren't getting value for money. They also cite a lack of communication about what the BID is doing as an issue, and the fact members can only attend committee meetings for the first 20 minutes, with the majority of the meetings held in private.

"Originally I believed it [the BID] was a good concept, but from everything I've seen it's been badly managed, and a high percentage of members say they get absolutely nothing for their money," says Holly.

She is in the process of gathering signatures of enough members so a formal request can be made to the BID board for a review to be carried out, with a special general meeting to be held if necessary.

BID manager Gary Holmes counters that he receives regular good feedback from members.

He concedes that communication with member and the public is an area that needs working on, and says the 20 minute restriction on members attending committee meetings was put in place because "certain members were regularly disrupting meetings" and making it difficult to attend to business.

He wasn't aware of Holly's move to force a re-ballot of members.

"It's not helpful when people actively run campaigns against it [the BID]," he says.

"At the end of the day I think we are making a difference, but it takes time. It would be a shame to dis-establish it."

He says the BID is doing a lot of things "behind the scenes" and says "communication is one area we can improve on."

BID committee chairman Tony Forlong says they are "right in the middle of a lot of initiatives around Helensville", which include revisiting plans for town centre improvements.

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Eggsellent egg hunt



Brooke and Maddie Fenwick of Helensville, pictured here with Easter Fairy Julie Smith, were just two of hundreds of children who took part in Kaipara Coast Sculpture Garden's annual Easter Egg Hunt over Easter weekend.

Around 500 people from all over Auckland took part in the hunt, with 'bunnies' and 'fairies' topping up the hidden caches of eggs throughout the day, to make sure no-one went away without their chocolate fix.

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editorial

Moves are afoot (page 1) to do away with the North West Business Improvement District (BID).

I was skeptical myself when the BID was first proposed, as it covers such an enormous area - from Riverhead and Kumeu all the way up to Kaukapakapa. There are 48 BIDs in Auckland City, and all the others cover small, single-area town centres, mostly of just a square kilometre or two. Trying to promote our huge, spread-out area, which features several very distinct towns, as a cohesive unit was always going to be a big ask.

However - I feel it needs to be given a proper go. You can't really expect an undertaking of this magnitude to show major benefits after just a year or two. Give it another two or three years, and then let's revisit the idea to see if it is working or not.

- Dave Addison, Editor

'Folk' art on show in Helensville



• 'Kauri Bush Workings' by Dick Lyne, one of the works on show

An exhibition titled 'Left of Centre' featuring unusual pieces best described as folk art, and belonging to local John Perry, are on show at the Helensville Art Centre this month.

"I have collected this type of art for over 50 years," says John. "In the beginning it was called folk art but in the 21st century it has many names.

"As 'beauty is in the eye of the beholder' we are making judgments about visual information all the time. It is my humble opinion that although this might not be great art, I believe it is good art because it has been made with heart and soul - two key ingredients of any creative practice."

Move to end BID (cont...)

• From page 1

"If we got to the situation that the BID was disbanded it would be counter productive to the community," he says.

Regarding Holly's campaign, he says: "I find it a bit disappointing, but not surprising."

He believes the BID has already achieved more this year than in the past two years, and says there are five or six projects currently on the go.

One of those is the development of a smartphone app to list all local businesses. That would enable people coming into the area to plan their visit, and locals to easily source a business. It would also be linked to a 'buy local' campaign, with members having QR codes in-store which when scanned enter the customer in a prize draw.

Tony also says communication with

members and the local population is an area that needs improving, but believes manager Gary Holmes is "very focussed and moving things forward".

Phelan Pirrie, the Rodney Local Board representative on the BID board, says he would argue the BID "hasn't been very effective" during its first couple of years, but that has rapidly improved over the past six months.

"It will take another couple of years to see how effective it is," he says, adding: "it will be a cold day in hell before the local board funds another ballot," citing a roughly \$80,000 cost to do so.

Holly says if the BID is abolished, it would be up to Helensville businesses to decide whether they wanted to form a new, local business association.

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Hilary calls time after 26 years as volunteer

After 26 years of volunteering for Hospice West Auckland, Helensville's Hilary Bott is laying down her Hospice apron.

Helensville Hospice shop staff and volunteers showed up en-masse to farewell Hilary, who joined the team in 1991 as a home care volunteer.

Hilary's background was in nursing, retail, and office work as a personal assistant, and she spent around 15 years working alongside Hospice nurses with the patients and their families in their homes.

She took a couple of years off after that, as she says she found it quite draining working with dying people, and then became a volunteer in the local Hospice shop.

It was the camaraderie with staff, customers and fellow volunteers, and knowing her time was being put to such valuable use that kept Hilary as part of the

Hospice West Auckland volunteer team.

"I have made some good friends and great memories volunteering for Hospice West Auckland. I will continue to call into the Helensville shop, but as a shopper on the other side of the counter."

You won't find Hilary slowing down anytime soon. Her continued involvement with the Helensville A&P Show, the Women's Institute, and two floral art clubs will keep her busy.

Volunteers like Hilary are a vital part of running the Hospice shop, which is always on the lookout for passionate and energetic people who can help out.

Anyone with some spare time who would like to help out as a volunteer can register their interest online on the Hospice website: www.hwa.org.nz/get-involved/registration, or call in at the local Mill Road shop.



• From left: Hospice West Auckland People & Culture manager Janet Long, volunteer Zita Kay, Hilary, and Retail sales and merchandising assistant Jane Webber

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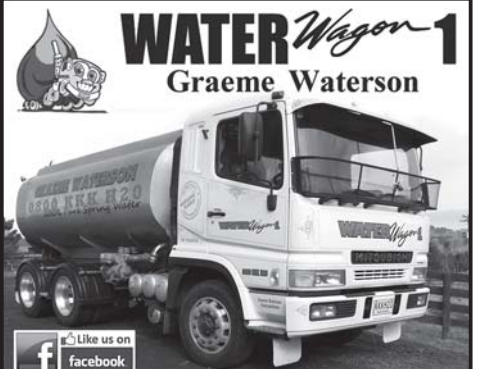
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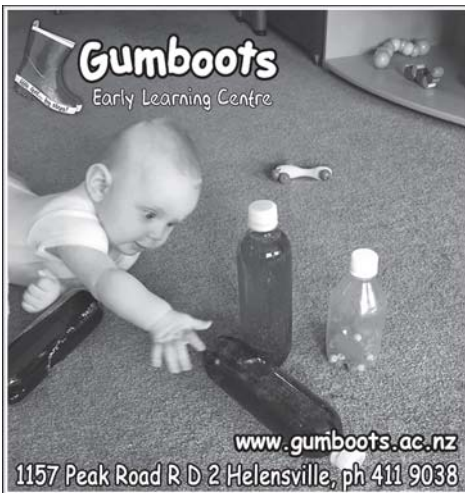
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Book bargain time again



Seven-year-old Evie Clark (above) of Helensville knows a good book fair when she sees one - and how to load up on the bargains.

And she should - her grandfather Chris is the chief organiser and book sorter for the Lions Club's two annual book fairs.

Evie's purchases helped the club raise \$9200 at its Christmas book fair last November, and Chris says the club hopes to repeat or improve on that figure at the annual autumn fair, which will be held on the weekend of May 27 and 28.

All the money raised at the fairs goes into The Lions Club of Helensville Charitable Trust which is available for use by the local community.

Because so many books sold at the Christmas fair, most of the books in the upcoming sale will be fresh stock.

Chris has been crunching the numbers, and has come up with some interesting snippets about the next fair.

He says by far the largest number of books in the fiction section are the children's books.

The largest section in adult fiction is fantasy, while the most popular individual authors are Danielle Steel (the fourth biggest

selling writer in history), Nora Roberts, Stephen King, Tom Clancy and Wilbur Smith.

Strangely, and for a reason that Chris hasn't been able to fathom, 40 percent of all the books in the adult fiction section have authors whose names begin with either the letter 'B' or 'M'.

In non-fiction, the largest specific section is New Zealand non-fiction, closely followed by health and crafts.

The fair will be held at its normal venue in the Helensville War Memorial Hall, with opening hours 9am to 4pm on the Saturday and 10am to 3pm on the Sunday.

The sale will follow its usual format, with non-fiction split into 20 separate categories, including a large general nonfiction section. Fiction will be arranged in alphabetical order, with six special interest sections.

The bargain-basement prices remain the same as previous sales, with paperbacks \$1, hardbacks \$2, and all children's books just 50c.

Chris says there will be a good selection of jigsaws, board games, puzzles, vinyl LPs, videos, DVDs, CDs and quality magazines.

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Re-creation as recreation

Helensville's Kylie and Paul Donaldson (pictured) love to re-purpose junk into saleable items, and are so passionate about it they have set up 'Junk De Ville' in a barn on their rented property to sell their wares.

The project was the brainchild of Sally Littleton, a long-term up-cycler of both furniture and villas.

Paul started creating lamps by up-cycling junk during a period off work following a head injury. He was in search of a birthday present and decided to up-cycle some junk into a light, and was immediately hooked by the up-cycling bug.

He has since turned many things into lights - including a musical drum - and finds the creative process both restorative and relaxing. Paul fixes elevators for a living, but says he finds up-cycling junk into functional items even more elevating!

Northcote shop Junk and Disorderly recently took 19 of his lamps, selling two before they had even been put on display.

Wife Kylie is also a passionate up-cycler. She runs



the shop at the Helensville Community Recycling Centre in Mill Road, so the supply of potential up-cycling goods for the pair is virtually limitless.

Junk De Ville is open on Saturdays and Sundays from 10am to 4pm, or contact them for viewing outside of those hours on phone 022 601 5759 or at email: pykiestuff@gmail.com.

The barn/shop is the first driveway on the right after Pipitiwai Drive on SH16 - look for the Junk de Ville sign.

A few pigs and other animals make for a fun family outing in a child-friendly location.

Farm field day for award winners

A field day was to be held on Tuesday, May 2 at the Mangakura Road farm of award winning dairy farmers Scott and Sue Narbey.

The fourth generation local farmers won the Auckland Balance Farm Environment Award in March.

The day was to include a range of speakers in addition to Scott and Sue, and a tour of the farm's calf shed, 44-bale rotary milking shed and feed pad, plus an overview of the farm's flatlands.

Among aspects of the farm which impressed the awards judges were the fencing of all farm drains and ponds and a boundary with the Kaipara River, and the retiring of marginal land into wetlands, complete with planting and pest control.

Technology to monitor water quality and quantity was another plus, as was a zero-pugging policy for the mostly clay-based soil.

Scott and Sue's children Bella (6) and Ollie (5) are the fifth generation of Narbeys to live on the original farm block, which was cleared of bush by Scott's great grandfather Thomas. Today, the 245ha business includes a neighbouring 45ha leased block, and a 90ha run-off at South Head.

The judges commented that despite being an intensive farming operation, it felt "simple and logical". They said the placement and design of infrastructure gives the farm a feel of no clutter and easy flow, while the milking shed and calf shed have innovations that make life easier and more efficient.

The judges said the Narbey's awards entry values statement was not designed just for the awards, but rather was something they have been living by since starting their farming career.



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New gym owner hopes changes will be a knockout



• Richard in the soon-to-be-revamped gym

With a lengthy background in boxing, new Helensville gym owner Richard Price hopes his planned changes for the local fitness centre will prove a knockout for locals.

A new paint job with a fresh colour scheme was already underway when *Helensville News* spoke with Richard, and new signage was due soon.

Previously called Helensville Fitness Centre, the Mill Road gym is being renamed Forge Fitness. Richard says the new name has good connotations - people forge relationships, they forge through hard times, and metaphorically the process of training a body can be likened to the forging of metal.

Richard was born in West Auckland, and has strong ties with Helensville. His grandfather was Frank Glavish, and the last Mayor of Helensville, Eric Glavish, was his uncle, while his mother was born in Helensville of Ngāti Whātua descent.

His family moved to Australia when he was five, then he returned to New Zealand at age 17. After finishing school here, Richard then spent most of his life abroad.

After another stint in Australia, he moved to the United Kingdom where he joined the military, working as a helicopter technician for the Fleet Air Arm - the 'airforce' of the Royal Navy.

He served four tours in Afghanistan, including in Kandahar and Helmand province. During his second and third tours he was support for the Special Boat Service (SBS), the naval version of the renowned SAS special forces.

Richard says he was the only Kiwi serviceman in that branch of the British forces - and also the only New Zealander to qualify for the Royal Navy Boxing Team. In fact in the UK he was full-time in the military boxing programme, fighting in the cruiserweight and heavyweight divisions throughout the UK, Northern Ireland, Europe and Africa.

The highlight of his career was taking part in the annual British special forces charity fight at the Hilton Hotel in Mayfair, London, where he won the 'best fight' trophy.

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New owner for gym (cont...)

• From page 6

Richard's last amateur fight was against an opponent whose name will soon be plastered through the sports news in New Zealand - Hughie Fury, who is to fight Joseph Parker in Auckland in just a few days' time for the world WBO heavyweight title. While Richard lost his fight against Fury on points, he and his supporters believe he actually won.

In total Richard has 27 years' experience in boxing and martial arts, and held two Australian and one New Zealand title in Muay Thai boxing. In Australia he fought at state level in Taekwondo.

He'll be bringing his boxing experience to the Helensville gym, starting 'boxercise' classes which he will run himself. He'll also be introducing group fit classes at least four days a week. Both classes will be free for gym members. There will be more personal trainers to help members with programmes and nutrition.

He wants Forge Fitness to become more like a city gym in the facilities and services it offers, while still retaining the community feel.

"It's been doing well under the previous

management," he says.

Around 25 new Life Fitness and Hammer Strength machines will replace existing gym equipment in time for an official re-opening on Saturday, October 14 - an event at which David Tua has signed on to attend. Richard describes the heavy-duty US-made brands as the 'Audi' of gym equipment.

Richard will be retaining the gym's existing special Green Prescription arrangement.

A first-time business owner - "I'm picking it up as I go along" - who now lives at Glorit, Richard says Helensville is a "pretty unique" place, and believes Forge Fitness holds an important role in increasing the health and well-being of locals.

His eventual aim is to set up a separate boxing-only gym in Helensville, as he feels this area has the raw natural talent to produce potential world champions or even Olympians. He has already been teaching boxing at Te Awaroa Youth Club.

Previous owner Janice Bristow thanks the members who supported the gym during her 12-year ownership.

"I've enjoyed the friendships made and the camaraderie within the gym amongst the members," she says

medical centre notes

Due to the continuing shortage of locum doctors nationwide, the Kaipara Medical Centre (KMC) has unfortunately not been able to secure a locum doctor to cover our doctors maternity leave from May 2017 through to the end of June 2017.

While our doctors will be working additional hours to help fill the gaps, this does mean the availability of doctor's appointments over the busier winter season will still be reduced.

KMC has been able to secure a GP from the UK to cover from July 1 to the end of January 2018, so the availability of doctor's appointments will improve. However it is important for the community to be aware that while the team will do their very best to meet patient demand, there could be longer wait times due to our reduced doctor capacity in May and June.

Also, we encourage patients to register for our free online secure health portal service, Manage My Health, which allows easy access to make appointments online rather than on our often busy phone lines. With this service you can also view test results and order repeat medication online. Please ask our staff about joining Manage My Health when you are next in the medical centre.



- Richard Reid, Business Manager

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Ag scheme placing students on local farms

A highly subsidised NZQA accredited agricultural training programme has started locally.

Although it only began a few weeks ago, four students have already been placed on farms around Helensville and Parakai.

Land Based Training has a head office in Wanganui and operates throughout the North Island, and has just begun its north-west Auckland programme with tutor Pip Duncan.

The year-long course will give its participants New Zealand Certificate in Agriculture (Farming Systems) Level 3 and New Zealand Certificate in Agriculture (Vehicles, Machinery and Infrastructure) Level 3 qualifications.

After that, students can move on to a second year of Level 3 study, before taking a more specialised Level 4 programme.

The training programme is predominantly practical, though students spend each Monday covering theory at Te Whare Oranga ō Parakai.

The practical aspects cover tractors, quad bikes and farm implements; water systems; fencing; pasture management; animal husbandry; and dairy, beef and sheep modules.

On gaining the qualification the students will be ready to work in a partly supervised capacity in agricultural employment.

The students have to pay \$410 for course fees, which Pip says gives them a buy-in to the programme which they might not otherwise have if it was fully subsidised.

Although city raised, Pip spent much of her spare time growing up on farms. After gaining her education degree she decided life in a classroom wasn't for her, and so has been teaching agriculture for the past three years.

One of her latest students, 16-year-old Terrelle Gaudin from Te Atatu, has been working on a Parakai dairy farm for the past few weeks, and Pip says he is almost ready to work on a farm without full supervision. His dream is to work on a Waikato dairy farm.



• Parakai farm manager Justin Sulzberger, tutor Pip Duncan, and student Terrelle Gaudin

Pip says the courses are open to anyone 16 years or older who can pass a basic literacy and numeracy test. Land Based Training is actively looking for more students.

Students continuing to Year 2 are taught cattle breeding; animal feeding and pastures; animal health and husbandry; stockmanship for both sheep and cattle; and options for dairy farming including health, husbandry and milking.

By the end of the second year students are expected to be able to make minor management decisions on a daily basis and plan for daily and future activities.

The Level 4 programme takes that further, giving the students the skills to work largely unsupervised and able to plan for farm activities for the coming year as well as day-to-day activities that include all aspects of farm management. The qualification leads into the National Certificate in Agribusiness and the National Diploma in Agribusiness Management.

Fundraising walk to raise awareness of domestic violence

The tide will be going out on the morning of Sunday, May 21, which will be ideal for the 100 participants taking part in a 'Turning the Tide Walk' on Muriwai Beach.

The walk is a major fundraising effort on behalf of Kia Timata Ano Trust, a local women's refuge serving northwest Auckland.

It's hoped the walk will become an annual event, raising not only funds but also awareness of domestic violence.

"We want this to be a show of solidarity," says Trust chairman Harry Hillebrand. "100 people walking the beach in unity, saying 'no more domestic violence' in our community."

The walk will start at 8am from the Rimmers Road access to Muriwai Beach and end 15 kilometres later at the Muriwai Surf Club.

The Kia Timata Ano Trust was formed in 2006 and has since helped more than 2000 women, many with children, escape violence in the home, be it physical, sexual or emotional.

The trust serves the northwest region including Waimauku, Woodhill, Muriwai, Kumeu/Huapai, Riverhead and Taupaki. It has two full-time and one part-time advocates who work in the community helping women to make the changes necessary to keep themselves safe, as well as providing emergency and temporary housing for women in crisis.

Harry Hillebrand says the dedicated staff are facing more demand for their services than ever before.

"There are two main reasons for that - one is the huge growth in population in our area over recent years, and the second is the public's increased awareness of domestic violence thanks to public campaigns like the 'It's Not OK' message."

local board matters

Local Board strategic vision

It's that time again. The Rodney Local Board is setting its strategic vision for the next three years and we need to ensure we have heard from you that we are getting our priorities right.

Prioritising what needs to get done has not been easy. Our funding and resources are limited, so we're focussing our efforts where we think we can effect the most change.

What we want is for the themes from this plan to strike a chord with you and reflect what you want to see for the future of Rodney. These themes embrace transport infrastructure that enables us to get around easily and safely; communities taking the lead on projects in their areas; parks and sports facilities we all enjoy; clean harbours and waterways; and community-run spaces that provide a vibrant arts and culture scene.

There is always pressure to keep rates at an affordable level, so we must be smart about how some of our key initiatives are funded.

One option in this plan is suggesting a targeted rate to pay for additional transport infrastructure, and we're also looking at potential partnerships to fund things like multisport buildings.

Please tell us if you think we've got it right from Monday, May 22 until Friday, June 30. Getting plenty of feedback is vital when we go to the governing body to ask for funding for these initiatives.

There are a number of ways you can view the plan and provide feedback - online at shapeauckland.co.nz, or in hard copy form at a local library or service centre.

You can also attend one of our 'have your say' events:

- Wednesday, May 31, 3pm-8pm, Riverhead School, 21 School Road, Riverhead
- Saturday, June 10, 10am-3pm, Lions Lounge, Rautawhiri Park, Rautawhiri Road, Helensville
- Monday, June 12, 3pm-7.30pm, Dairy Flat School Hall, 1220 Dairy Flat Highway, Dairy Flat

Hope to see you there!

- Phelan Pirrie, Deputy Chair, Rodney Local Board
phelan.pirrie@aucklandcouncil.govt.nz



TELL US YOUR VIEWS on the DRAFT KAIPĀTIKI (Parakai Recreation Reserve) MANAGEMENT PLAN

The Parakai Recreation Reserve Board welcomes public feedback on a draft management plan for Kaipātiki (Parakai Recreation Reserve), which sets out how the reserve will be managed in the future.

Read the draft plan

You can view the draft management plan and supporting information online at shapeauckland.co.nz and in hard copy at Auckland Council's Customer Service Centers at Helensville and Huapai; Auckland Council's libraries at Helensville and Kumeu; and the Ngā Maunga Whakahii o Kaipara / Heartlands office at 16 Commercial Road, Helensville.

Come to the open day

A public open day will be held at Te Whare Oranga ō Parakai next to the reserve on the 28th May 2017 with Board members and the project team available to answer questions. Details will be posted to shapeauckland.govt.nz closer to the time.

Make a submission

The Board, in accordance with section 41 of the Reserves Act 1977, welcomes your written comments on the draft plan via the on-line feedback form at shapeauckland.co.nz. Submissions must be received by 4.00pm on Friday 23 June 2017.

You may also present your submission verbally at a hearing in late July.

The Parakai Recreation Reserve Board is comprised of members from Ngāti Whātua o Kaipara and Auckland Council.

If you have any questions or would like a hard copy feedback form sent to you, email: kaipatikimanagementplan@aucklandcouncil.govt.nz or call Auckland Council on 09 301 0101.



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Local schools get behind petition

Local schools have got behind a movement calling for better funding for education.

The Better Funding, Better Learning Heartland Tour, launched in February, has been driving from Bluff to the far north in a colourful #Betterfunding camper van seeking support for a petition urging the government to improve funding for school support staff.

The van called at Helensville, Parakai, Waimauku and Woodhill schools, and Waimauku Kindergarten and Kaipara College, last month. The tour will finish at parliament at the end of June.

The tour is the second phase in a joint campaign by educators from both the PPTA and NZEI Te Riu Roa, which last year defeated plans to introduce bulk funding in schools.

NZEI Te Riu Roa represents 50,000 principals, teachers and support staff who work in primary, area and secondary schools as well as early childhood centres, and special education and school advisory services, and is New Zealand's oldest teachers' organisation. The PPTA represents more than 17,000 teachers and principals working in state and integrated secondary schools, area schools, technology centres and community education centres.

The teachers, teacher aides and school administration staff touring with the van stopped in Commercial Road to gather signatures, as well as at the schools. At the time of writing more than 40,000 people had signed the petition.

Teacher aides and other support staff are bearing the brunt of the school funding freeze, says NZEI Te Riu Roa spokesman John McRae.

"We find, particularly in secondary schools, that teachers are often unaware of both the low pay and the precarious nature of support staff employment," he says.



• Staff at Helensville School show their support for the campaign

Early childhood funding has been frozen for the past seven years, on a per child basis, and core funding for many schools has been frozen this year, leaving millions of dollars less for children's education when inflation is taken into account, says NZEI Te Riu Roa president Lynda Stuart.

She says schools are already planning to cut back on teacher aide and support staff hours this year, or to increase parent donations to cope with the funding crunch.

"We know our young people deserve the best education, and we are convinced most New Zealanders value education over tax cuts. This election year we need every political party to make education their top priority."

Kaukapakapa market

This month's Kaukapakapa market on Sunday, May 21 will feature a special Pink Ribbon Breakfast fundraiser at 8.30am. Tasty treats will be served from the market café, with proceeds going to the New Zealand Breast Cancer Foundation. As well as the wide range of stalls there will be raffles and live music.

The market is open from 8.30am to 1pm. For more information or to book a stall phone Sarah on 0274 831 542 or email: sarah1@maxnet.co.nz.

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Our May recipient is Janet Velthuysen, who chose a voucher for Riah Hair Design.

Janet was nominated by her father, Pieter Olivier, who says: "Janet have been a rock for me during the last two months since my heart failure. Looking after my cats and dog when I was in hospital, juggling her time between work and visiting me at hospital, and still putting in long hours to do her clients' books, a lot of time in the early hours of the day.

"Sitting outside ICU in the waiting room working while she's on a deadline but also didn't want to be away from me in that critical period. And later all the driving around to get me to appointments and follow-ups and still be able to spend time with her son and partner. That's why I think she deserves the recognition."



• Janet (right) with Nicky



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Doctor shortage

Patients at the Kaipara Medical Centre are being warned of a possible delay in getting an appointment to see their family doctor over the early winter period. The centre has been working hard to secure a locum to cover one of its GPs while she is on maternity leave, but unfortunately has fallen short due to the nationwide shortage of locum doctors.

A doctor has been secured from the UK, but is only available for seven months from the beginning of July, which means that throughout May and June, there will be no locum providing cover.

The centre's existing doctors will be working additional hours to help fill the gap, but the community is being asked to be aware that there may be some delay in getting an appointment to see a GP.

The Kaipara Medical Centre team is encouraging patients to enrol for its online secure health service, **Manage My Health**. This will help ease some of the pressure on busy reception staff by allowing patients to book their own appointments online as well as view results and order repeat prescriptions. Ask at reception next time you visit the Medical Centre and the friendly team will help you set up your account.

Mark your diary

Be sure to visit the South Kaipara Harvest and Artisan Market on Sunday 26 May and help support the local growers and craftspeople in your area.

The market is held on the last Sunday of every month from 10am–1pm at Te Whare Oranga ō Parakai (next to Parakai Springs).

New stallholders are always welcome and are available to book from just \$12. Email foodrevolution@thrivekaipara.org.nz for more information. We'd also love to hear from anyone who would like to provide live musical entertainment for our market goers.



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Injury prevention programme for college sports players

Kaipara College netball players have begun a free injury prevention programme, courtesy of local physical therapy clinic, PhysioFlex.

And the aim is to roll the programme out across other sporting codes at the college in the near future.

"There's an increasing trend of injuries, especially knee injuries, among teenage girls [who play netball]," says PhysioFlex owner Susan Narbey.

She says the local programme is based on 'NetballSmart' - the official injury prevention programme of Netball New Zealand.

Three local physiotherapists are involved in the programme - Susan, Mary Dunning, who has extensive experience in top-level sports with the New Zealand Black Sticks hockey team, and Tania Stokes, who is a keen netballer herself and has years of experience working with high performance development feeder squads for the Mystics netball team.

Initially they are working pre-season with the two senior college netball teams and the top junior team.

Each team member goes through a one-hour assessment, both physical covering balance, strength and the movement patterns relevant to netball, and questionnaire-based. They are then given individual exercise routines and follow-up assessments.

"We're working on specific things that will hopefully get them through their season," says Susan. "The research is pretty strong that if they do them [exercises] three times a week they can reduce injuries by 40 percent."

Susan says once the programme template is working well the aim is to branch out to football and other sports.

"We hope to do some work with the 1st XV [rugby team] this year," she says. That would be based on New Zealand Rugby's RugbySmart injury prevention programme.

Rider gets award

Kaipara College student Georgia Gibbons (right) has become a team member and national representative for the New Zealand Equestrian Team.

She was part of the team that won the recent Under 25 Championships, and won at the North Island Dressage Championships at the start of the season.

The college has recognised Georgia's achievements by awarding her with the Principal's Excellence Pin for high personal achievement in sports.

This year college riders competed successfully in both the Inter-School Horse Trials and the Intercollegiate Secondary Schools Ribbon Day, and are sending two teams to the Secondary School Dressage, Show Jumping & Show Hunter Competition.



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Te Reo course makes learning fun

If you happen to wander by Te Whare Oranga ō Parakai, the community centre next to Parakai Springs hot pools, on a Tuesday evening you might be treated to the sounds of a waiata coming from inside.

A song, a prayer and some gentle exercises are the way a weekly Te Reo Māori course starts each Tuesday evening.

Leading from the front with a strong, melodic voice is course tutor Tūwhiti Happy. Happy by name and happy by nature, Tūwhiti is a jovial man who is passionate

about sharing his native language with others.

"Te Reo Māori belongs to all New Zealanders and its survival is in our hands," he says.

The free course is run by Te Wananga Aotearoa in collaboration with Whiti Ora o Kaipara, and has 25 enrolled students. Around two thirds are pakeha, the other third are Māori, and about half of the class have had little or no exposure to Te Reo Māori.

Jonathon Lee from Kaukapakapa goes because of his three-year-old daughter.

"I want to give her the taonga of Te Reo," he says. He was fluent in the language up until the age of four, but his language skills became one of the casualties of his

parents' separation.

He's inspired to learn more and says when he "goes back to my father's area, slowly but surely active revival is what I'm trying to encourage."

Fellow student Deana Walker has nothing but praise for tutor Tūwhiti.

"He's the reason we enjoy it so much. We're learning through fun and games and are never made to feel that we can't do it."

The course lasts 36 weeks, and by the end the students will be able to use basic Te Reo Māori at home with their children or in the workplace.

Tūwhiti Happy puts the success of the class down to the welcoming group of students. He says: "My job is to create a safe environment that encourages them to engage with our language, and to make mistakes in class rather than out in the real world."

The course is one of the most popular classes at Te Whare Oranga ō Parakai, and it's hoped its success will see further classes scheduled in coming years.



• Tūwhiti Happy teaching his Te Reo class

RSA to commemorate 50 years since Vietnam

The Kaipara Memorial RSA will hold a commemorative ceremony on Thursday, May 11, to commemorate the New Zealand personnel who served in the Vietnam War.

That date marks the 50th anniversary of Kiwi troops on the ground in Vietnam. Those troops, from the 182 Rifle Company (Victor One Company) of the 1st Battalion of the Royal NZ Infantry Regiment in Malaysia, arrived in Vietnam on May 11, 1967.

Prior to that New Zealand had contributed engineers, medics and the 161 Artillery Battery to the war.

Some Kaipara RSA members are returned servicemen from the Vietnam War, but all Vietnam veterans and any other returned veterans, former service personnel and the general public are invited to the ceremony, which will take place at the flagpole outside the RSA rooms at 49 Commercial Road, Helensville at 6pm.

The service will commemorate all Kiwi personnel who served in the war, and will remember the 37 service personnel who paid the ultimate sacrifice and never returned.

The ceremony will be followed by a short film in the RSA clubrooms titled: 'ANZACS in Vietnam'.

New Zealand Veterans' Affairs says all Kiwi Vietnam veterans are entitled to an annual medical assessment. There is also a welfare support group called 'No Duff', online at: www.noduff.co.nz.

The Kaipara Memorial RSA can refer veterans to the Royal New Zealand RSA and Veterans' Affairs for help with the relief of social and medical hardship, and with advancement of their education, says KM RSA committee member Rex Keane.

He says Veterans' Affairs is also finding that contemporary veterans (those who served in the military, post-Vietnam) are also asking for assistance.

"The perception of the RSA only assisting older veterans to get a walking stick are well and truly over," says Rex.

"The contemporary veterans create a whole new generation of current and ex-service personnel, who could be suffering from hardship with both mental and physical injuries, who could benefit from support."

For more information visit: www.veteransaffairs.mil.nz, phone 0800 483 8372, or contact the Kaipara RSA.

Woodhill principal

Meet Woodhill School's new principal, Lilian Weiland.

Taking on the new sole charge principal role will take some getting used to says Lilian - especially seeing she is also a first time principal.

She is enjoying being in the classroom with her students, and is confidently "finding her feet" with the extra responsibilities which come with being a teaching principal.

Lilian has taught across all year levels, starting at Hobsonville Primary and more recently at Woodhill School. She is drawn to the way whanaungatanga is fostered naturally among the students, and being able to use the school's rural outdoor setting as an extension to the classroom.

Since taking up her role Lilian has implemented new programmes for the students, designed a new school website, and planned a successful gala day, held last month.



• Woodhill principal Lilian Weiland

Shakespeare win for college student

Year 13 Kaipara College student Ethan Balderston-Tumaru has won Best Student Director and Best Actor in the Sheilah Winn Shakespeare Competition.

He was part of a team from the college, with fellow Year 13 director Jac Payn and eight Year 11 students, who performed scenes from Romeo and Juliet and A Midsummer Night's Dream at Hobsonville Point Secondary School, competing against five other West Auckland schools.

Ethan's win secured him a place with the National Shakespeare Schools Production (NSSP) in Wellington in October, run by the Shakespeare Globe Centre New Zealand, and he has a chance to be picked to perform at the Globe Theatre in London next year.

The NSSP is a week-long intensive course studying aspects of Shakespeare's works and three of his plays in particular, under the direction of leading directors.

Participants undertake workshops and rehearsals prior to public performances.



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New massage therapist



Locals in need of a therapeutic massage can now get treated locally.

Vicki Beattie (above), who for 13 years was the sports coordinator at Kaipara Collage, has begun providing treatments on Monday afternoons and evenings at the PhysioFlex physical therapy clinic in Commercial Road.

Vicki trained at the New Zealand College of Massage around 17 years ago, and worked as a therapist from home before taking on her role at the college.

Her skills came in handy while at the college, providing sports massage services during school sports trips.

Now, she can provide general massage treatments, or handle referrals from the physiotherapists to help with a patient's rehabilitation.

Vicki is available from 3pm on Mondays, or earlier if a room is available at the physiotherapy clinic.

from the frontline

As we head into the winter months it's a good time to check our vehicles and ensure they are safe for us to drive and not posing a risk to ourselves or other road users. Road safety actually starts before we get into our cars, and one of your goals should be 'to see, and to be seen'.



Having effective brakes, tyres, windscreen wipers and lights are important, however in wet, foggy and frosty weather they become more crucial. Checking our vehicles regularly should become a habit just like checking your oil, especially now that many warrants of fitness certificates expire after a year, and not six months like they used to.

It's pretty common for us to see vehicles travelling on our roads with a headlight or tail light out. I've seen vehicles with no tail lights and only one headlight! It's absolutely crazy, especially driving rurally where there is minimal street lighting. Driving with defective lights is unlawful, but it is categorically unsafe to other road users. It is so important to be seen, especially when visibility is minimal.

Thick fog is pretty common around this area in winter and dense fog obviously reduces your visibility and the risk of a crash increases. You need to be extra vigilant when driving through fog, so keep your speed down and lengthen the gap when following other vehicles. Drive with your headlights on dip - never use just your park lights - and be aware that using your head lights on full beam can cause the light to reflect back. Only use your fog lights when your visibility is severely reduced. Do not have these on constantly; it is a fineable offence to have these on during clear conditions as they can dazzle other road users.

Remember too, the speed limit is designed for ideal conditions, so drive to them, whatever they may be this winter, and if you see anything and wish to report it to Police phone *555.

- Mandi Bell, Community Constable

Smaller means bigger for florist

Helensville florist Mel Dickens is growing her business - despite moving into smaller premises.

Mel had to move her Love Flowers business at the end of last year from beside the Art Stop Cafe when that business closed, but says her new shop at the north end of Helensville, opposite the Sunny Days childcare centre, gets a lot more foot traffic and has more of a boutique feel.

She moved into the new building in mid-March.

Mel's been taking on advice from a business mentor, expanding into a range of giftware that complements the flower side of the business - things like vases and candles.

She's also developed new floral services, which include weddings, corporate functions, and receptions, as well as supplying flowers to a number of local businesses, and to real estate agents to put in open homes.

Her other big development has been joining Direct 2 Florist, an international floral agency. That allows Mel to send flowers overseas, and also accept orders from abroad - she's already had orders from the United Kingdom and Australia.

She has installed a flower chiller to enable her to keep her stocks of flowers fresher for longer, but has also got into silk flowers - not the fake looking ones most people are used to, but incredibly life-like ones that few people can pick aren't real.

Mel recently did a wedding using these, which she says let the bride and bridesmaids keep their bouquets - something that can't be done with fresh flowers.

Mother's Day on Sunday, May 14 is her next big event, and Mel will be open for extended hours on the Saturday before, as well as opening on the day itself. Her normal hours are 10am to 4pm Tuesday to Friday and 10am to 1pm Saturdays.



• Mel outside her new shop

Helensville part of Festival of Photography

Helensville Art Centre is again part of the Auckland-wide Festival of Photography, with a photographic exhibition running from Saturday, June 3 through to Saturday, June 24.

The Art Centre is one of the few galleries which invites anyone to display work in the festival. Works can be dropped off on either Saturday, May 27 between 10am and 2pm, or on Tuesday, May 30 from 10am to 4.30pm. Photos for exhibition must be framed or ready to hang. Entering the exhibition costs \$3 per photo.

A public exhibition opening will be held on Friday, June 2 from 5pm to 7pm.

Exhibition hours will be 10am to 4.30pm Tuesday to Friday and 10am to 2pm Saturdays. For more information phone Pauline on 021 158 6859 or email her at: coordinator@artcentrehelensville.org.nz.

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community tidbits from town and around

■ SUNNYDAYS AGM

Sunnydays Community Preschool will hold its annual meeting on Thursday, May 18 starting 5.30pm at its Commercial Road premises.

■ NOAH'S ARK PARTY

Noah's Ark Playground will hold its 'New Day' party to celebrate its new regular opening day on Wednesday, May 31 - not May 21 as reported last issue. The party will run from 9.15am to 11.45am and there will be face painting, a balloonist and morning tea served.

■ 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.

■ 'SHE'S GOT BREAST CANCER'

Supporting the Kaukapakapa Village Market's Pink Ribbon Breakfast, the Kaukapakapa Library on Sunday, May 21 from 10am to 1pm will have copies available of Peter Calder's book 'She's got Breast Cancer', plus a range of other information from the NZ Breast Cancer Foundation.

The book for men features interviews with 18 Kiwi men whose wives, partners and



in one case mother, were diagnosed with breast cancer. It's a frank, humorous and sometimes painfully honest record of the trials and triumphs men encounter when confronted with their partner's breast cancer.

Donated by the author to the Foundation, the book is free to anyone who needs it.

For more information phone Megan on 0 2 1 9 5 9 0 1 7 or email: threehorses@xtra.co.nz.

■ HELENSVILLE AGLOW

Helensville Aglow will meet at 7.30pm on Friday, June 2 at the Helensville Community Church, 40 Mill Rd, Helensville. The guest speaker will be Julie Calvert, director of Healing Rooms New Zealand. For more information email Yvonne Bartlett at: yvonne@hello.net.nz.

■ HARVEST MARKET

The South Kaipara Harvest & Artisan Market at Te Whare Oranga o Parakai will run from 10am to 1pm on Sunday 28 May, featuring produce and products from local growers and artisans. New stallholders and performers are welcome; stalls cost from \$12. To book email: foodrevolution@thrivekaipara.org.nz. Locals with extra produce, but not enough for their own stall, can drop it off at the market's community table where it will be sold on their behalf for just \$3.

■ KIDS' KITCHEN COOKING CLASS

This month children attending the Kids' Kitchen Cooking Classes, held in conjunction with the South Kaipara Market on Sunday, May 28, will get to try their hand at creating sweet microwave treats with a twist and a sprinkle.

Cost \$5 per child, for ages 3-12. Classes are at 9am, 10am and 11:30am. Email: kitchen@thrivekaipara.org.nz to book.

trade & classifieds

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