

## Big plans afoot for men's trust

The South Kaipara Men's Trust (SKMT) is back in business.

That's the word from recently appointed manager Mike Bridgman, who is in the process of developing a new concept programme for what the trust will be offering to the local community.

The Men's Trust has had a fairly low profile in recent years since moving out of its former long-term premises in Gerald Stokes Ave.

But now, thanks to a generous offer from Hans van Duyn senior and his family trust, the SKMT has just moved into the large building at 10 Awaroa Road recently vacated by Te Awaroa Youth Club.

The Men's Trust has been given free use of the building for a year, and is negotiating to secure the premises for the future.

That means the trust will again be able to offer a range of services to local men and their families. What those will be are still being formulated, but will include both educational and participatory components - things like the father and son fishing trips and horse riding that were so popular previously, and possibly basic gardening, cooking and healthy eating with a male slant.

Over the last 18 months the SKMT has successfully run an adult literacy programme in Helensville, and Mike believes educational programmes like that are vital.

"I'm passionate about education. I see education as the foundation of everything in life, so we're going to use the literacy side of things as the advance vehicle, if you like, to say, if you're not doing well in life it may just be you need to get your education a little bit under control.

"So we can offer more there, and use the education philosophy in other aspects that men would find helpful, for example verbal skills, strategies of communicating with teens and children.

"Some people just struggle in that area. It's often said seven percent is the value of the words you use, and 93 percent is the way you say it," says Mike.

"The programme will definitely include participation type activities, but I don't see those as the only function. We need education modules as well."

Mike is already applying for grants to help prepare the trust's new home, and to launch the new programme. He hopes to have the plan drafted up in about a month.

He sees collaboration with other local agencies as a key to the programme's success.

"I've already been around all the major agencies and told them what we're planning and we've got this vision how we want to go forward, but we want to make sure we're not crossing over what anybody else is doing."

"Because it is a men's trust, it has to have that focus. We've had tremendous support



• South Kaipara Men's Trust manager Mike Bridgman

from people like Christine Salmon at the women's centre. Everyone's been tremendously encouraging. There seems to be a strong feeling that the men's trust is very much a needed part of the community," says Mike.

"I just hope we can be as good as people want us to be. I'm sure we can."

Mike moved the trust into the old youth club premises in mid-March.

At 460sq.m it's enormous compared to any of the trust's previous homes, featuring a large main room, a sitting room and several smaller rooms, two dormitories, separate male and female toilets and showers, and a huge kitchen.

The bigger space will allow the trust to eventually put on public talks.

Says Mike: "We are going to rattle around in here for a wee while, but I have a vision that as we grow our offerings and as we grow our ability to bring new programmes into the community, this space will fill."

Also on Mike's agenda is getting the

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# editorial

There's an item in Auckland Council's proposed 10-year-budget that has some locals upset. It's the plan to charge part or fully commercial rates on properties that rent out accommodation over the internet, depending on the number of nights they rent out.

There are a lot of specifics, and I hope to cover those in an article in the next issue, along with comment from local accommodation providers.

As well as editing *Helensville News*, I also run the Helensville website (helensville.co.nz) and a number of other websites. In the past 10 days or so, I have had two accommodation providers ask me to remove their online listings, and another to cancel his full website. The reason? These proposed rates changes - even though they aren't even in effect yet.

It's reasonably well-accepted there is a shortage of visitor accommodation in our area, so things are looking a little bleak if this new rating rule is passed and the businesses we do have decide to pull the plug.

- Dave Addison, Editor

# letters

We've won! Te Awaroa Residents & Ratepayers Association (TARRA) has played a role in reversing the Rodney Local Board decision to significantly increase hall hire charges throughout Rodney. Recently meeting with Jo Heaven, Rural Halls Advisor Rodney, she mentioned she had seen all our letters. A significant drop in hall bookings has caused a re-think by the board. Power to the people!

However, many regular users have found other venues and may not return readily to our Helensville War Memorial Hall or meeting room.

Alongside this, Council has been promoting communities to take responsibility for their halls. I have been strongly opposed. However, at our last meeting Local Board member Brenda Steele clarified factors such that I now see some very positive possibilities. If we can resolve this we could handle bookings ourselves, choose to make facilities free of charge to community organisations, and use fees paid for such as replenishing kitchen equipment.

With nearly 200 signatures already (aiming for 1000) on the Helensville Bypass petition, and initial connection with our MP Chris Penk and Transport Minister Phil Twyford, I am actively progressing this initiative. However, participation by members and committee involvement has waned to the point that our association is not viable in practical terms. Is the community prepared to lose the influence of having a ratepayers organisation?

Our next meeting is set for Wednesday, May 2 at 7.30pm in the War Memorial Hall meeting room. Please consider attending to revive the life of TARRA and retain a connection with Auckland Council for our community.

- Holly Southernwood, TARRA chair

## Men's trust plans (cont)

• From page 1

SKMT's website back up and running, and creating a social media presence for the organisation.

He says the new location is operating "on a low level" to start with, open on Mondays and Tuesdays from around 10am to 4.30pm. He says some local men have already called in for a chat.

Originally from Christchurch, Mike spent

most of his working life in the media, predominantly newspapers in New Zealand, Fiji and Australia, where he spent several years as advertising sales manager for the Sydney Morning Herald.

He owned a rural property near Kaukapakapa for around 15 years, but since retiring three years ago has moved to Hand Road in Helensville. He has a married son and grandson living in the town, too.



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# Women walking the walk

Four local mothers have raised almost \$4400 for Oxfam by walking 100km last month.

Calling themselves 'Mama's on a Mission', they raised \$4,390 - about 10 percent over their target of \$4000.

That was the 22nd highest amount raised by more than 170 teams taking part in the annual Oxfam Trailwalker, held in the eastern Bay of Plenty countryside around Whakatane on March 10 and 11.

The four women, all in their mid-30s, are



• From left: Robyn, Lisa, Jeanine and Tania after completing the 100km

Jeanine Glen, Tania Corric and Lisa Mowat, all of Parakai, and Robyn Wards of Helensville.

They were all friends before the gruelling event, but say they are "even closer now".

With the choice of undertaking either an easier 50km walk or the more challenging 100km trail, they went for the harder option, saying they wanted to push themselves, and wanted their supporters to feel the money they raised was really earned.

And they point out it's just as much work organising and fundraising for the shorter walk anyway.

There is also the option of doing the walk at a slower pace, taking up to 36 hours, or going fast and completing it in 18-24 hours.

The women chose the faster option, taking 22 hours and 30 minutes to complete the 100km. Jeanine battled blisters and

Robyn an old knee injury, but the four women worked as a team to remain upbeat, especially during the night.

Three of the group - Tania, Jeanine and Lisa - had previously done the 100km Oxfam Trailwalker in 2016, so had an idea what they would be in for.

The quartet took on a 16-week intensive walking programme covering 1000km, along with some cross-training and weight work.

Teams participating have to commit to raising at least \$2500, but Mama's on a

Mission decided to set their sights higher, eventually exceeding their own target, raising their money for the charity through raffles and donations from supporters.

Jeanine, Tania, Lisa and Robyn say they couldn't have completed the walk without the support of their husbands (Geoff, James, Craig and Shaun respectively), who walked the fifth stage with them - nor that of their children.

Jeanine has two daughters, Ella aged 7

and Abi aged 5. Tania's three children are Paige (13), Rylee (11) and Miller (9). Lisa's children are Rocco, aged 11 and Ayla, aged 9, and Robyn's are Jackson (6) and Paige (3).

They say anyone interested in doing an Oxfam Trailwalker should "just go for it", saying if you have a great team and can train hard you can do it.

And the question of whether they will do it again - "never say never" is the response.

The Oxfam Trailwalker is part of an international series, with 18 events in 10 countries. It was originally set up in 1981 by the legendary elite Queen's Gurkha Signals Regiment as a military exercise to test teamwork, endurance and determination.

Oxfam Trailwalker began in New Zealand in 2006, and walkers here have since raised more than \$10 million.

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# Museum celebrates half century



• *Helensville Museum today*

Helensville and District Historical Society celebrates its 50th birthday on Saturday, April 7.

The celebration will be held in the Masonic Hall in Kowhai Street, and all locals are invited to attend.

The society started with a meeting in 1968 of a group of local people who got together to discuss ways to preserve the district's past for future generations.

Over the years, the society amassed a large collection of local historic memorabilia, and in the 1970s members decided to open a museum.

This original museum was sited next to the Helensville Scout Hall, on land which is now a carpark behind Vets North. That museum consisted of just the original Helensville Courthouse building and a villa donated by Mr and Mrs Hedley, which was moved about 200m from its Porter Crescent site.

The museum operated for about 30 years at that site.

With more car parking needed for the town, the society's president at the time, Ian Amooore, negotiated with the then Rodney District Council for a lease in Mill Road - land that was previously the old Helensville dump. After the hectare of land was filled, Hedley House, the courthouse building and an old villa from Helensville School were relocated to the new site in 2004.

Helensville Museum as we know it today - almost - was reopened in 2006 by then Prime Minister John Key.

Many additions have been made in subsequent years.

The Nicholls family generously donated funds to build Hec's Barn to house much of the farming, fishing and milling equipment that had been donated over the years.

Volunteers took on numerous jobs, including building fences, planting trees and gardens, renovating buildings, and building decks. The maintenance team at the time was known as 'The Last of the Summer Wine' as they were all retired men who gave their time to get the buildings and grounds ready for opening.

Helensville and District Historical Society is still a volunteer organisation, and many locals give their time each week to make sure the museum runs smoothly.

The museum's archives feature newspapers dating back to the

early 1900s, old photos of the town's settlers and places, family histories, plus a load of other information. The photo archive team is currently digitising all the museum's photo collection - a very slow job as they try to identify the people and places in unnamed images.

The birthday party will include a lunch, a history talk, photo displays, lots of memories from old residents, and a birthday cake cutting.

There will be a small charge to cover the costs.

People interested in attending should phone Lynn at the museum on 420 7881, or email: [helensvillemuseum@xtra.co.nz](mailto:helensvillemuseum@xtra.co.nz).



• *The original museum*

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# Rescue Run returns

After a hugely successful inaugural event in 2016, the 'Rescue Run' fundraiser will return here in September.

The event will start at Parakai for registration and parking purposes, and from there competitors and spectators will be bussed to a new course in Woodhill Forest.

The 2016 event raised more than \$185,000 for the Auckland Rescue Helicopter Trust - the equivalent of 37 life-saving missions.

This year the Rescue Run organisers hoped to raise \$500,000, which will be split among five life-saving emergency service charity organisations - St John, Surf Life Saving Northern Region, Coastguard, Search & Rescue Auckland, and Fire Emergency - plus the youth-led volunteer service, Youthline.

Competitors in more than 100 teams of six members, which must include at least two female members, will be timed over a 15km high intensity obstacle course with points awarded for a variety of team challenges. They will have to navigate their

way through five gruelling disaster zones simulating an earthquake, flood, mud slide, car pileup and patient rescue.

The obstacle disaster zones have been designed by disaster relief and emergency service professionals to simulate as close as possible real-world emergencies. The race

is expected to take teams anywhere from three to six hours to complete.

Teams can nominate the organisation they wish the money they raise to go to.

The entry cost is \$2500 +gst per team, and each team must also pledge to raise another \$5000.

This September's event will also mark the first Rescue Run 'Youthline Division' for school students. It will challenge around 20 years 11-13 Auckland secondary school teams, testing their fitness while teaching them what to do when times get tough. Each school team will pledge to raise \$5000 for Youthline.

More information is available online at: [www.rescuerun.org.nz](http://www.rescuerun.org.nz).



# Motorcycle show after charity run

More than 500 motorcycles, many of them customs, will be on show at Parakai Springs on Sunday, April 8.

The bikes will be going on display after completing the 2018 'Ride for Justice', an annual motorcycle fundraising event organised by PAW Justice to raise money to help prevent animal abuse.

Last year the ride attracted more than 800 motorcycles.

The bikes will leave from the Wynyard Quarter in downtown Auckland at 10.30, and will go on show at Parakai Spring's events arena from around 11am, where there will be live entertainment, bands, hot food and trade stands.

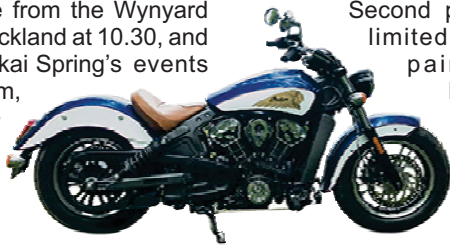
Locals can enter the

show for a gold coin donation.

A highlight of the day will be the chance to win a brand new Indian Scout motorcycle worth \$20,995 (pictured below). It's the top prize in a raffle which will be drawn at Parakai Springs at 12.30pm. Tickets cost \$20, and will be on sale at the event to give locals a chance to win.

Indian Motorcycles is the main sponsor of the Ride for Justice.

Second prize in the raffle is a limited edition Haier fridge painted by artist Dick Frizzell, and third prize is a year's supply of Royal Canin petfood worth \$2500 plus a limited edition Dick Frizzell print.



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# Major changes at gym

Helensville's gym has had a major makeover in the past few months - and more developments are on the way, says owner Richard Price.

Since taking over the Mill Road gym mid-last year, Richard has rebranded it to Forge Fitness, repainted, rearranged, and now replaced almost every single piece of major equipment, installing 24 new pieces of heavy-duty, American-made gear.

Only two rowing machines and one bike remain from the equipment that was in place when he bought the gym.

Richard says all the old equipment was donated to Puatahi marae at Glorit.

With the new equipment painted white rather than the dark brown of the old gear, and the brighter orange and grey colour scheme, the gym looks much lighter inside.

"It's one of the best-equipped gyms in the country for its size," says Richard. He says the equipment he has installed is worth

around \$350,000, and there are more machines than members on the floor at any one time, meaning no wait to exercise.

And that's despite gym membership numbers more than doubling to over 400 since he took over.

The new equipment includes machines not seen before at the Helensville facility, including arc trainers, which are similar to a cross trainer but much more gentle on joints.

There are more machines suitable for female and elderly members.

Richard's changes aren't finished yet, however.

By the time you read this, new cameras

should have been installed inside and out, along with a new stereo system.

A defibrillator will soon be added, along with two or three 'duress' alarms - GPS-tracked wear-around-the-neck devices that allow the wearer to call for help in an emergency.

With the gym open 24 hours and not always staffed, Richard believes these will

be important additions for the safety of members who may train at odd hours.

"We're following the trends of the bigger gyms," he says - while stressing that the Helensville amenity is still a laid-back place where people talk with each other while exercising, and which has the atmosphere of a small community.

Richard says having done all the major renovations and equipment replacement, there are still a lot of little things he aims to update. He also plans to introduce more classes, and admits he has been so busy with the "mechanics"



• Richard with some of his new equipment

of the business until now that they have been put on the back burner.

And there is still one major development on the horizon - setting up a specialised boxing gym in adjacent premises.

The aim is for it to provide both competition and fitness boxing, and when it opens, hopefully by the end of this year, Richard believes it will be the first boxing gym combined with a separate but adjacent 'regular' gym in the Asia-Pacific region.

A former competitive boxer with the British Royal Navy boxing team himself, Richard sees it becoming a venue for boxers aiming to go all the way to Olympic level.

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# Comings and goings at medical centre

It's a case of farewell to one doctor and welcome to another at Kaipara Medical Centre this month.

Dr Kathryn Elcock is joining the clinic as a permanent GP from mid-April.

As a fellow of the Royal New Zealand College of GPs she brings with her a wealth of knowledge and experience.

Business manager Richard Reid says: "Kathryn will be a huge asset to our team, and with a special interest in women's health and dermatology we could potentially extend our range of services in the future."

Kathryn recently moved to a lifestyle block in the area with her husband Tomos, who is also a GP, and their daughter Matilda.

Meanwhile, after 15 months at the centre, Dr Matthew Woollett is leaving to join a friend in starting up a new GP practice closer to his home.

While he was completing his training

Matt also did a stint as a registrar at the Helensville clinic, so many patients will have been treated by him.

Richard says: "In a relatively short time, Matt established very good relationships with patients and staff and that will be missed, but we wish him all the very best on his new adventure."

Dr Kit Boyes, a former registrar and now a doctor for the RNZAF, is also helping out at Kaipara Medical Centre, working on Mondays for up to two years in between his RNZAF duties, and subject to his not being called overseas.

Richard says there are some periods he will not be available, "but he will certainly help to provide extra doctor's appointments especially as we go into the winter season."

"We are very lucky he has chosen to work with us and not another GP practice," he adds.

## medical centre notes

Osteoporosis accounts for two thirds of all hip fractures in women and a third in men worldwide, so it is a significant consideration as we age, and particularly in women once they have had their menopause.

Osteoporosis is often referred to as 'thinning bones'. Bone is always being re-absorbed and new bone being laid down, and if that balance changes the density of the bone can be affected. Oestrogen is an important hormone in this process, hence menopause often has an impact on bone density.

Other risk factors include smoking, premature menopause, low weight, immobility, and some medication, in particular long-term steroids (like Prednisone).

Other warning signs are when people have fractured a bone from a minor bump or injury. The test for osteoporosis if there is enough suspicion is a DEXA bone density scan, which calculates risk of fractures and treatment options depend on risk.

Simple measures for low risk are by increasing activity, stopping smoking, increasing calcium in the diet, vitamin D supplements, and reducing alcohol.

For higher risk people, medication options include alendronate (Fosamax) tablets, vitamin D tablets, or a 20-minute intravenous infusion every one to two years of a medication called Aclasta, or hormone replacement therapy (HRT).

And lastly, avoiding injuries is important too, and there are programmes such as 'falls prevention' to minimize the chance of injuries to those at risk.

- Dr Phillip Barter, Clinical Director



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# Exhibitions, workshops coming up

The first of Art Kaipara's biannual members' exhibitions is on this month at the Helensville Art Centre. The second will be held in September.

Membership to Art Kaipara is open to anyone of any age and skill level, and costs \$20 for a year (\$10 for those aged 16 or under). Members pay no exhibitor fee for their exhibitions, and no commission is charged on sales.

Several workshops will also be held this month at the Art Centre.

On Saturday, April 7 there will be free oil painting demonstration with Vjekoslav Nemesh from 11am-1pm, which will be followed by a one-day painting course on Saturday, May 12 from 10am-4pm costing \$155.

A fluid acrylics workshop with Evan Woodruffe will be held on Saturday, April 21 from 10.30am to 1.30pm. The cost to participate is \$75 per person.

And pending funding from the Creative

Communities Scheme, there will be an up-cycle/assemblage art workshop on Sunday, April 29 from 10am-2pm with Andrew Hall for just \$5 per participant.

The aim is to give locals the opportunity



• Evan Woodruffe at work

to create works to go on display in the Art Centre's second 'Up-cycle' Exhibition, which will be held for three weeks from Saturday, May 5.

Art Centre co-ordinator Pauline Denton says the exhibition was "inspired from when Paul Donaldson turned up with several weird and wonderful up-cycled lamps. The 'Up-cycle' exhibition is now a feature in our annual calendar."

She says locals can "bring in absolutely anything they have up-cycled" and exhibit it for just \$4 per item. Works should be delivered to the Art Centre on Saturday, April 28 between 10am and 2pm or on Tuesday, May 1 from 10am to 4.30pm.

There will be a special exhibition opening night on Friday, May 4 from 5pm to 7pm.

The Art Centre will also hold a ceramics workshop with Susan Browne on Saturday, May 5 from 10am to 2pm for creating, and Saturday, May 26 for glazing. The cost will be \$60 if funding is received, or \$95 otherwise.



• Spending their annual holiday generating work for April's Art Kaipara members' exhibition are artists from Mt Tabor Community, Daniel Baal (left) and Thomas Hogan.



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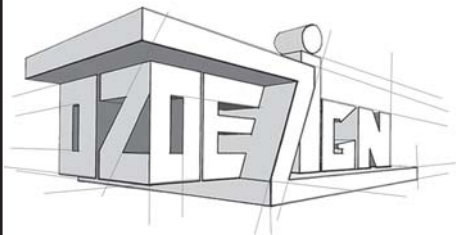


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# A modern general store

A modern version of a general store is the vision owner Antoinette Page has for her new Commercial Road business, Husk Macadamia Store and Eatery.

Opened in mid-March, Husk is the culmination of a major lifestyle change for Antoinette and her family.

Four years ago, a mother working in commercial cleaning, she and husband David decided they wanted to move out of the city and have their three children, now aged 17, eight and six, grow up in a small town.

So they purchased the Nuts About NZ macadamia business and orchard at South Head. David still works in the city, but Antoinette says he is very hands-on in the

6ha orchard when he's not working.

While the move was a major change, going into horticulture wasn't totally foreign for Antoinette; she grew up in the far north, where her parents grew avocados.



• Inside the new Husk store

## Antiques talk

Fans of television's 'Antiques Roadshow' are in for a treat with an 'Antiques and High Tea' afternoon being held at Makarau hall on Sunday, April 15.

The afternoon will feature speakers Nick and Marie Turtle from Taupiri, showing examples of, and talking about, Beswick china, Beatrix Potter, and Belleek china.

People with an item of particular interest or rarity are welcome to bring them along and speak briefly about them.

Tickets cost \$20 and are available from Christine, phone 420 4042 or by emailing: makarauhall1906@gmail.com, as well as various outlets in Helensville.

The talks will start at 1.30pm, followed by the high tea. Raffles will be available for \$2 each.

Proceeds from the event will go towards maintenance of the historic Makarau hall.



Husk, which she describes as a 'concept' store, is the culmination of her desire to bring her products direct to customers combined with an eatery focusing on home-made food in a community atmosphere.

Antoinette emphasises the general store feel, and wants Husk to be a place that brings the community together.

As a way of giving back to the community, the shop offers local community service volunteers a 10 percent discount.

Previously the Nuts About NZ range of macadamia products has only been sold through boutique grocery stores and farmers' markets, but now locals and visitors to Helensville can buy direct from the store.

And while they are in the shop, they can have a cup of locally-roasted Awaroa coffee or New Zealand produced Zealong tea, along with salads and baking made from mainly locally-sourced ingredients - and featuring macadamias of course.

Fresh bread from a local artisan baker will be on sale on Fridays and Saturdays, and Husk will also be offering in-store tastings for tea and other products. Open 8.30am to 4pm Monday to Saturday, the shop was refurbished by local trades people, and all the staff are local too.



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# 'Healthy you' talk

Are you tired and not sleeping well?

If so, a 'Healthy, Happy You' talk on next month at the Makarau Hall might be just what the doctor ordered.

Integrative nutrition health coach Melissa Lowe will give an hour-long talk at the hall on Wednesday, May 9 from 7.30pm.

"The talk is about people who are tired, not sleeping well and struggling to make any time for themselves, ie. living a busy life," says Melissa.

"The talk is to teach them the reasons for these issues, and provide tips and advice on gaining more energy, having restorative sleep, and being able to 'un-busy' their lives and give them the knowledge on how to make time for themselves to refuel their tanks."



• Melissa Lowe

There will be half an hour after the talk for audience questions, and Melissa will also send out written material to those who attend with notes from the talk.

A healthy hot drink and snack will be served after the talk.

While the talk is open to anyone, Melissa expects it to appeal mostly to women in the 30-plus age range.

The talk costs \$15 per person, and bookings can be made by phoning 420 4282 or email: makarauhall1906@gmail.com, or via Makarau Hall's Facebook page.

Melissa, who runs the The Thrive Guide website, is certified in integrative nutrition health with expertise in nutritional science, bio-individuality, the energetics of food, deconstructing cravings, superfoods, emotional eating, childhood obesity, and dietary theories.



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## Winter break for markets

The South Kaipara Harvest & Artisan Market is going into hiatus for the winter months as organisers regroup and consider whether the market in its current form is best meeting the needs of the community.

The monthly market began three years ago and operates on the last Sunday of the month at Te Whare Oranga o Parakai, the community hub owned and operated by the Helensville District Health Trust.

Health Trust Business Manager Nicola Keen-Biggelaar says the winter break will give time for in-depth evaluation.

"We'll be talking to market visitors as well as stallholders, especially those stalwarts who have been coming regularly since day one, to get their ideas on what the market should and could be."

The Trust's also keen to look at the impact and popularity of special events like last year's Twilight Christmas Market

and January's Car Boot Sale.

Anyone who would like to share their views is welcome to email Event Manager, Amy Wood on [a.wood@hdht.co.nz](mailto:a.wood@hdht.co.nz).



Regular stallholder Nadeen Hamilton sells fresh produce at the South Kaipara Harvest & Artisan Market.

### Make money work for you

If you want to learn how to manage your money better, then you're invited to register your interest in a free weekly course to be held during school hours.

The Certificate in Money Management is a free 20-week course held at Te Whare Oranga o Parakai.

Tutor Colin Frampton has twenty students doing the course on Wednesday evenings but says some people who would have liked to attend couldn't because of childcare issues.

He says if he can get enough numbers he hopes to start a daytime course in late July.

To register your interest, email [colin@knowledgebasecentral.co.nz](mailto:colin@knowledgebasecentral.co.nz) or phone 027 679 5622 or 09 420 2628.



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## Watercolor workshop

Provided funding is received, Helensville Art Centre will hold a two-day workshop on painting with acrylics in a watercolour technique with Auckland artist Jan Alldritt-Miller in May.

Jan will take participants step by step through the techniques she has developed over several years, and the workshop is designed to be suitable for everyone, from absolute beginners to accomplished artists.

Those taking part will learn how to take advantage of the benefits of using acrylic paints while employing a watercolour technique.

Jan has won awards for her work within the watercolour field despite her use of acrylics.

All notes and materials will be provided for the course.

The workshop will be held on Saturday, 19 and Sunday May 20 from 9.30am to 4.30pm both days, and the cost will be \$140.

The workshop is limited to just six partially-funded participants, and once they are filled the unfunded price rises to \$280.

Bookings can be made in cash at the Art Centre, or email Pauline Denton at: [coordinator@artcentrehelensville.org.nz](mailto:coordinator@artcentrehelensville.org.nz) for bank account details for internet payment.

A second two-day workshop will be held on July 28 and 29 for those who complete the May course, allowing them to further develop their skills.



• Jan Alldritt-Miller

## making the difference

Is there someone special who has done something that's made a difference for you, your family or our town? To nominate someone, 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 Sandi Rayner (pictured below), who has chosen a \$100 voucher for use at Vets North Helensville.

Sandi was nominated by Emma O'Driscoll, who says:

"Sandi runs Rayner Riding at Te Pua School Road, but often takes in abandoned litters of puppies. Sandi does this regularly. Our dog, Jethro, is one of Sandi's success stories. Sandi hand-rears the pups, paying for all vet bills, food etc from her own pocket. Whilst various people do donate food, most of this is actually from Sandi.

"She then finds new homes for the pups. In the current litter that she is tending to, there is a wee female pup who came down with parvovirus and was very close to dying. Sandi paid \$450 for plasma to help the pup, and she is getting much better now.

"Sandi is an incredible woman with a true love for animals which is admirable."



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# Bringing new life to old building

"If you're going to do something, do it well or not at all."

That philosophy from Megan Sanders, the owner of one of Helensville's newest retail businesses, is easy to see in practise when you step inside her new store, Earth, Wind & Indigo.

The business specialises in selling crystals, and Megan has transformed the town's old Commercial Road butcher's shop into a class space that wouldn't be out of place in Parnell or Ponsonby.

A huge computer-generated graphic of a crystal splashes across the white tiled walls, and beautifully-boxed product lines the walls.

"I love this building," says Megan. "Because the building is so stunning it didn't need much."

Some rewiring, paint, TLC, signage and crystal chandeliers was all that was needed to bring it up to scratch.

Earth, Wind & Indigo - the name is a play on Megan's favourite old band, Earth, Wind & Fire combined with the term for Indigo Children - opened in mid-March, although the associated online store launched last October.

The business sells a range of wearable 'power pack' crystals, plus a selection of collectable crystals Megan hand-sources from Brazil and elsewhere around the world.

There's a large couch in the store so people can sit and read the collection of reference books on crystals, and the shop will feature works by selected artists - for the

opening, there are works by 'Glass Candy' artist Simon Lewis Wards.

Megan's background is in advertising. She spent 20 years in the industry, working in New Zealand, Australia, London, Singapore, New York and Miami.

She then set up a business marketing a natural hair and bath product range for children, a business she sold recently to Eco Store.

Her latest venture, Earth, Wind & Indigo, was inspired by personal experience, and is the realisation of her own belief in the life-altering potential of crystals to help centre, revitalise and realign an individual's everyday living.

Sick of Auckland, Megan moved to Helensville five years ago, partly to give son Jimmy more space to run around in. Husband Robbie is a special needs teacher at Kaipara College.

She says: "I could see the potential for [Helensville] being an amazing hub", and believes the town can become a 'destination' location.

Initially, Earth, Wind & Indigo is open seven days a week. But as both Megan and Robbie are keen surfers who enjoy getting out and about in their old Bedford camper van, once the gallery is "on its feet" she will be looking for some help so she can have some time away from the store.

She also travels overseas frequently, to Brazil to source her La Luna range of collectable crystals, to California, and to Bali where her wearable jewellery is made.



• Megan outside her new shop

## Melanoma March

The 'Melanoma March' campaign in the Kaukapakapa library raised \$115 towards a sun shade for the new children's playground.

A basket of goodies was won by Jan McMurdo, and a voucher for Molemap by Sue Vermeer.

Thanks go to MoleMap, Shark and Tatties, the Kaukapakapa Dairy and Kaipara Coast Sculpture Gardens for their sponsorship.

## Harbour hui

The Integrated Kaipara Harbour Management Group will hold its quarterly hui at Puatahi Marae, Kaipara Coast Highway, Glorit, on Thursday, April 12 from 9am to 3pm. Those attending will get an update on the group's work towards creating a healthy and productive Kaipara Harbour.

For more information, email the group's administrator, Jesarna Ashby at: [kaiparaharbour@gmail.com](mailto:kaiparaharbour@gmail.com).

# Crystal POWER

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## Busy start to HIPPY year

It's been a busy start to the year for South Kaipara's early education Home Interaction Programme for Parents and Youngsters (HIPPY), with 50 local families already enrolled in the programme.

Coordinator Bernie Malizia and tutors Martika Panui, Katie McNamara and Julie McSheffrey enjoyed meeting new families at their stall at the Helensville Children's Day Out, run last month by the Helensville Women and Family Centre.

The team then headed north to attend a two-day regional training course with fellow northern HIPPY groups, including those from Wellsford, Dargaville, Kaikohe, Whangarei, Kawakawa and Kaitaia. There are now 41 HIPPY sites nationwide.

The HIPPY programme has a 60-week curriculum, worked over two years, and comprises 60 weekly workbooks with activities that develop both the cognitive and non-cognitive skills essential for children to become competent learners. The activities are linked to Te Whāriki, the Ministry of Education's early childhood curriculum policy statement, and the New Zealand curriculum, to enable children to transition successfully into school.

Any local families with a child aged between 3½ and 4½ who would like to know more about the programme should phone or text Bernie on 021 0220 6017.

## from the frontline

Our home is where we should feel the safest. When we become the victim of a burglary our sense of security and well-being is greatly impacted. We often also feel violated, as our privacy has been invaded.



Many burglaries happen during the day when thieves presume nobody is home. They usually steal items that they can sell off easily - these include but are not limited to televisions, laptops, gaming equipment, phones, tablets, jewellery, and of course cash.

To safeguard against a burglary your home should have strong, secure windows and doors. If you move into a new home you should always change the door locks to ensure you know who has keys to your home. All external doors ideally should have dead locks that have the keys removed.

It's a lot harder for a thief to carry large items out a window than a door. Thieves usually like to get in and out of a property quickly, and by minimising their choice of escape routes you can make things a bit harder for them.

The probability that they may be seen can sometimes be enough to deter some thieves. Eliminate any potential hiding places for burglars to lurk whilst they search for a way into your home.

Consider investing in a home security system. As technology advances, systems become more cost effective, with greater functionality and easier access. Many can now send alerts to your mobile phone, notifying you of unusual movement picked up in your home. You can then remotely access the camera view and check to see if there is anything untoward occurring.

Large reflective numbers on your mailbox or near your driveway that are visible from the road are also important. In the event of an emergency this makes your home quickly recognisable to emergency services.

Get to know your neighbours - that's an invaluable tool when it comes to protecting your home. Join Neighbourhood Support, which was established with the intention of minimising crime and improving community safety by encouraging neighbours to communicate.

Protect your valuables by recording serial numbers, a description and photographs at [www.snap.org.nz](http://www.snap.org.nz). This website helps to prevent property offending. SNAP helps with apprehending criminals in possession of stolen property by matching serial numbers in the Police database via SNAP.

The most important thing you can also do, is to call 111 if you see anything suspicious or see a burglary occurring. Report any historic burglaries to the Crime Reporting Line - 09 571 2800.

- Mandi Bell, Community Constable



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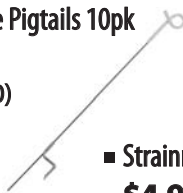
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# local board matters

As any long-suffering resident of the northwest knows, the results of green field housing development without infrastructure are plain to see.

Back in 2013 the government felt it had to do something about the 'Housing Crisis' filling up the front pages of the newspapers.

Its solution was to over-ride Auckland Council's pesky planning rules that were apparently stopping houses being built, and force development on areas such as Huapai.

Don't worry, we were told, we will make sure all the infrastructure is fast-tracked. History speaks for itself; despite the thousands of homes promised across Auckland, a fraction have been built, and where they have, like Huapai, much of promised infrastructure has yet to appear.

Meanwhile the housing market remained virtually unchanged.

Fast forward to 2018 and we have a new government with new plans to solve the crisis. Unsurprisingly it seems that, once again, it's all about that pesky Council and its planning rules.

The solution appears to be more housing in green fields. To do this government will apparently biff the Auckland Unitary Plan out the window and remove the 'Rural Urban Boundary' (RUB), a notional boundary council has put in place based on its ability to provide the infrastructure needed for new housing. But don't worry, Government will make sure infrastructure is provided... sound familiar?

Currently green field development is cheaper for developers; the problem is these don't bear the full cost of infrastructure (as we've seen with the traffic in Kumeu) and because ratepayers are effectively subsidising development in green fields it has skewed the incentives towards this activity.

Brown field developments, where the infrastructure is in place, have higher land costs because the investment in infrastructure is built in to the value of the property.

The difference between the two types of development are the mess we see in the area around Kumeu.

Council has estimated the real cost of green field infrastructure per dwelling at \$140,000. Development contributions pay for a small fraction of this cost - you and I are subsidising the rest through rates and living with the external effects.

It's great for land-bankers, developers and purchasers, convenient for a government wanting a quick fix, but hopeless if you have to deal with the traffic each day.

There is currently enough land available in both green and brown field areas to build the houses government says are required.

The question is, why aren't these being built?

I would hazard a guess that if all those houses suddenly came onto the market at once, developers would go bust. There's no

incentive for landowners or developers to bring the market price down. Blaming Council for the issues is a great diversion from the complicated market forces at work.

I can imagine land bankers will be agitating the Housing Minister and MPs to have the RUB removed; they won't be losing any sleep over the traffic mess, lack of schools, or the unfair cross subsidisation we have to pay for their developments.

The Housing Minister shouldn't be seduced by the simplicity of the idea that removing the RUB will magically unlock more land for housing, bring prices down, and solve the 'housing crisis'.

Council put the RUB in place to ensure it could roll out all the services needed for new development. It didn't come up with this idea overnight, it took years of planning to work out what was going to be needed and where. The Special Housing Area fiasco has starkly shown what happens when this process is ignored.

We have a plan in place for Auckland. If Government wants to work within that to encourage housing in the land currently zoned for development there are plenty of ways it can do this - Hobsonville being a great example. It doesn't need to foist poorly executed quick fixes with vague promises of infrastructure on rural areas and then turn a blind eye to the resulting chaos.

Let's hope we aren't about to see history repeating itself, because if the RUB is going to go, your commute to work is about to get even worse!

You can read the council report on this by Googling 'Brown Field Bounce Auckland Council'.

If you need assistance with council matters or want to discuss community projects, please email me at: phelan.pirrie@aucklandcouncil.govt.nz or phone 021 837 167.



- Phelan Pirrie  
Deputy Chair, Rodney Local Board



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community tidbits from town and around

## ■ EMBROIDERER AT LIBRARY

Helensville's Jo Dixey will be at the Kaukapakapa Library on Sunday, April 15 from 10am to 1pm.

Jo Dixey, author of 'Stitch People' and a Royal School of Needlework trained professional embroiderer, applies traditional embroidery techniques to imaginative and contemporary works. As well as exhibiting her own pieces, Jo has been commissioned to work on large altar cloths, university banners and items for the fashion industry.

Working as a freelance embroiderer and stitch artist, Jo also teaches embroiderers' guilds and small private groups a variety of techniques, and holds design-based workshops around the country.

Visitors to the library will be able to view Jo's work and talk with her about technique. For more information contact Megan Paterson, phone 021 959 017, or email: threehorses@xtra.co.nz.

## ■ KAUKAPAKAPA MARKET

A special feature at the Kaukapakapa market on Sunday, April 15 will be a craft table where children can make their mum a card for Mother's Day. There will also be free face painting.

This month live music will come from duo Mike & Gillian, performing between 10am and midday. The market opens at 8.30am and runs to 1pm.

Market stalls will have everything from local hand-made crafts, fresh fruit and vegetables, and used items and collectibles, to books, plants, fresh coffee and freshly ground coffee beans, food, a sausage sizzle,

and fresh artisan bread.

For more information or to book a stall phone Sarah on 0274 831 542 or email: sarah1@maxnet.co.nz.



• 'Nothing to Say', an embroidered artwork by Jo Dixey

## ■ WAITOKI MARKET

Cheesemaker Jenny Savannah will demonstrate how to make feta and ricotta cheeses, as well as holding cheese tasting (including haloumi) at the next Waitoki Market. Jenny will also have cheese making kits available for sale.

The market is on Saturday, April 14 from 8.30am to midday in the Waitoki Hall, and will feature baked goods, coffee, olive oil, plants, homemade and used bargains, bric a brac, and preserves. Proceeds from the market go back to the local community.

New stall holders should contact Gill 420 3301 or email: waitokihall@gmail.com.

## ■ HELENSVILLE AGLOW

Helensville Aglow will meet at 7.30pm on Friday, May 4 at the Helensville Community Church, 40 Mill Rd to listen to guest speaker, pastor, author and counsellor Jenny Sharkey.

All welcome. Email Yvonne Bartlett at: yvonne@hello.net.nz for more information.

## trade & classifieds

### ■ Helensville Glass

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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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