

## WWII re-enactment at A&P Show

The allies and the German armed forces will be back at war at the Helensville A&P Show on Saturday, February 23.

A half-hour battle re-enactment, featuring an assault by 'American' troops on a fortified 'German' encampment will be held by the World War II Historical Re-enactment Society (HRS).

The mock battle will be one of the headline features at this year's 117th annual show, and will feature soldiers decked out in authentic Second World War uniforms firing weapons - including a machine gun - loaded with blanks. Military vehicles may also be

involved.

The battle has been timed to coincide with the lunch break in the equestrian rings around 12.30pm. A live firing demonstration by the society at the 2016 show went without a hitch, despite some concerns animals could be frightened.

The battle will be held on the steep hill siding above the sideshow area, running down onto the flats.

For the rest of the day, the HRS will be occupying an encampment near the show's trade area, which will feature displays depicting typical WWII German, Kiwi and American tents, equipment and weapons, with members dressed in full uniform.

The equipment society members use is almost entirely authentic, including the weapons such as German Mauser rifles, Thompson submachine guns, Bren guns and various other rifles and machine guns.

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

As well as appearing at the 2016 show, the society took part in Helensville's 150th anniversary parade in 2012. They had been booked for last year's show, which was cancelled because of bad weather.

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



• The World War II Historical Re-enactment Society will have another big display at this year's show, along with a mock battle

### GIVEAWAY! Free tickets to A&P Show

Helensville News has five free double adult passes to give away to our lucky readers for this year's Helensville A&P Show, on Saturday, February 23, courtesy of the Helensville A&P Association.

Each double pass is worth \$20, and you can go in the draw to win simply by sending an email to us at: [giveaways@helensvillenews.co.nz](mailto:giveaways@helensvillenews.co.nz). Make sure to include your postal address in your email.

Entries close on Wednesday, February 13. The lucky winners will be drawn at random and the tickets posted to the address supplied.

No correspondence will be entered into with regard to the giveaway.

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

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

For more on the A&P Show, see pages 4, 8 and 9.

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Welcome to our first issue for 2019, and two decades of the *Helensville News*.

I want to remind any readers who are involved in any sort of community group, club, or sports group, to make sure we have your organisation's details for the special issue we will be putting out in June. All the details are in the article at the bottom of this page.

It's a great - and free - way to promote your group to the whole local community.

February, of course, is Helensville A&P Show time, and we've got extended coverage of what will be happening at the town's biggest annual one day event on pages 1, 5, 8 and 9. And don't miss your chance to win some free tickets to the show - see the front page.

I'll be at the show as usual in my role as 'official' show photographer. I volunteered as a photography steward more than 30 years ago, and guess what - I'm still it! That might seem like an awful lot to someone thinking of offering to volunteer at the show, but in reality it's only a few hours a year and certainly not an onerous commitment. No-one forces me to keep at it - I do it because it's fun, and a great way to help keep an important part of our area's community heritage going. And, of course, you don't have to keep doing it for 30 years!

- Dave Addison, Editor

## Folk group wins music scholarship

Alternative folk trio Tweed has been chosen as the second recipient of a musical scholarship set up to support local young musicians.

Tweed is made up of Helensville's Devin Ashton, Steff Werman, and Nancy Howie. Devin and Nancy met each other as students

year to an individual or small group to develop their musical skills, and run music activities and performances for the South Kaipara community.

Receiving the scholarship is particularly special for Tweed as Daphne has been a supporter from its beginning, providing the three musicians with opportunities to perform locally every year. And a friendship has formed thanks to vocalist/guitarist Nancy Howie being Daphne's piano tuner for five years.

"I began tuning Daphne's pianos in 2012, and have been impressed by her unwavering commitment to keep her instruments in good working order - which I think reflects her wider appreciation for the teaching and enjoyment of music," says Nancy.

As part of the scholarship, Tweed will make a number of community performances over the forthcoming year. They also plan to hold a vocal harmony workshop for 30 young aspiring songwriters and singers from local secondary schools, including Orewa and Whangaparaoa Colleges.

The group say they are excited to get their performance programme underway.

"The scholarship is incredibly exciting for the band, because it enables us to see through ideas that we have brainstormed for a while," says Nancy.



• Tweed, from left: Nancy Howie, Devin Ashton and Steff Werman

while performing in the Orewa College Jazz Band, with Steff joining them to form the three-piece group in 2012.

Established with Auckland Foundation in 2017, the Daphne Gretta Mary Stevens Community Music Scholarship was the realisation of a lifelong dream of South Kaipara music teacher and pianist Daphne Stevens.

The scholarship awards \$3000 each

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## Special community edition

For our June 2019 issue this year, *Helensville News* will be producing a special issue listing all the voluntary organisations, community groups, and local clubs in our area. It's an update of the very popular publication we put out in 2015 and will follow the same format with organisations and clubs grouped into three main categories:

- Community & Service Groups
- Clubs & General Interest Groups
- Sports & Fitness Clubs/Groups.

Now we need YOU to tell us about your group. It's a great chance to boost the profile of your club or group, and maybe increase your membership.

Many organisations will already have been listed in our 2015 issue, so the first thing you should do is check to see by visiting: [www.helensvillenews.co.nz/groups](http://www.helensvillenews.co.nz/groups). There's a link to a PDF of that issue at the top of the page.

If you do already have a listing but it needs updating, either complete the online form on that page, or email us at: [dave@helensvillenews.co.nz](mailto:dave@helensvillenews.co.nz) with your changes.

Please try to provide as much information as possible - things like what the organisation/club does, membership numbers, how long it's been running, and when meetings or events are held. The more information you provide us with, the better your listing will be. If email isn't an option, feel free to phone us on 420 7215.

The final deadline for accepting listings will be Friday, March 29.

# Nature-themed playground under way

Work has started on a community-driven, nature-inspired playground at Kaukapakapa.

The \$120,000 Kaukapakapa Area Residents and Ratepayers Association (KARRA) project has been seven years in planning, consultation and fundraising.

In January, 1000m<sup>3</sup> of fill was trucked onto the site, behind the carpark between Kaukapakapa hall and fire station. Heavy earthmoving equipment spread the fill to create a raised pad, ensuring the play space will stay dry and usable during the wet months, when parts of Kaukapakapa are prone to surface flooding.

The work was done during the school holidays as access to the site is only possible through the carpark, which is busy most of the year.

It's hoped this month will see completion of site drainage and the creation of four mounds that will eventually hold playground equipment and picnic areas.

Over the coming months the local community will be asked to help with building boardwalks, spreading and compacting gravel for pathways, spreading mulch, and planting the site.

If enough money is raised the playground equipment will be installed,

concrete paths constructed, and picnic areas established. KARRA chair Peter Brennan hopes the playground will be complete by April or May this year.

Billed as a 'Swamp Forest Natural Playspace', he playground has been designed by Kaipara Coast Landscape Architecture and Calyx Design, and the concept plans show monkey bars, a slide, swing, wobbly bridge and lots of slopes, stones and logs for children to play on.

Nature inspired themes abound, such as a weta hotel, leaf and bird prints and eel art in concrete paths, educational signage, and a maimai.

KARRA member Nicola Towersey has driven funding for the project and so far \$72,000 has been raised through fundraising, donations, sponsorship and grants. Supporters include Rodney Local Board, Auckland Council, Pak N Save Silverdale, the Elise Foundation, The Lions Club of Helensville, and Winstone Aggregates.

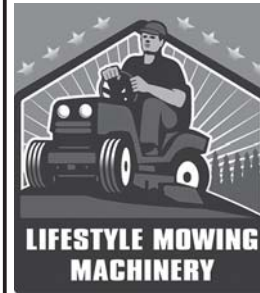
A further \$50,000 is needed to fully fund the project, and a GiveALittle page has been set up for donations at: <https://givealittle.co.nz/cause/kaukapakapa-playground-lets-get-it-finished>. Or phone Peter Brennan on 027 444 9822.



• A digger levels some of the 1000m<sup>3</sup> of soil on the playground site in January

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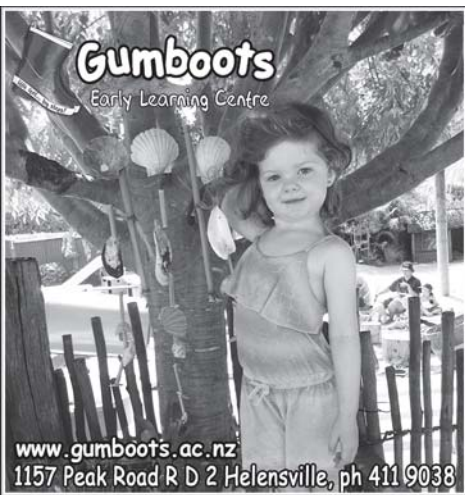
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# New manager keeping it local

The new manager of one of the largest rural supply companies in Helensville is a local girl through and through.

Sorrel Rushton's parents built a home at the end of Fordyce Road in Parakai when she was just four years old, and she has lived in the area pretty much ever since, attending Helensville Primary School - where mum Sharron still works in the office - and Kaipara College.

Sorrel took over as manager at Farmlands in Mill Road late last year after the departure of Ross Good, who set up the business from scratch in 2011.

"Ross set this business up from nothing and he did such a good job," says Sorrel, "And he's left quite a legacy, so I'm hoping I can keep up with that!"

After finishing college, Sorrel worked at Tasman Horse Rides in Fordyce Road until breaking her arm forced her to give that up.

But that could be described as a 'lucky' break, as it led to her first role in the rural service industry, working for around five years at RD1 in Albany, doing everything from sales and forklift driving to handling a lot of the equestrian enquiries.

## A&P Show Newsbites

■ Tickets for the 2019 Helensville A&P Show can be purchased in advance to save time at entry through EventFinda using this link: <https://goo.gl/KFnH6d>. Tickets will still be on sale at the gate, and this year EFTPOS will be available for gate sales too.

■ All competitors at the show, except those in the indoor sections, will have prize money paid directly into their bank accounts for the first time this year. Bank account numbers should be supplied with entries.

■ Entries for all classes for the show can be made online through the Showday website: <https://goo.gl/MdJNbp>. First time users will need to register before entering.

■ Helensville Show relies on volunteers, and more people are needed to help as stewards in the indoor section during judging on the day before the show, Friday, February 22 from 8am to 3pm. Anyone who can help should phone Megan Glasson on 420 8508.

■ Welsh Ponies are back in the equestrian section this year. Updated schedules and entry forms which include the Welsh classes are available on the show website.

She then met her husband-to-be, Lindsay, at a Dargaville burnout competition. They moved to Towai for a year, Lindsay dairy farming and Sorrel working as a service assistant at a car dealership.

A life-long horse lover, Sorrel had been riding since about the age of five, competing first at Pony Club and then eventing at pre-novice level. However, a serious accident at



• Sorrel in the Helensville store

the 2011 Helensville A&P Show smashed a leg and left her in a wheelchair and "out of action" for 11 months. She had broken her arm in a fall on the very same jump two years earlier.

With her eventing days behind her - at least for the foreseeable future, Sorrel now just enjoys riding for pleasure - but has just recently stopped that too, after being told off by her midwife for riding while 28 weeks pregnant!

After her serious leg smash, Sorrel jokes she spent so much time at the Helensville physiotherapy clinic she was offered a job there.

Following a year at PhysioFlex, she took a job at RD1 (now FarmSource) in Helensville, working her way up to senior sales and trying, unsuccessfully, for the manager's role.

Instead she married Lindsay and had son Bayden, who is now three years old. The couple raised calves to get enough money to purchase their first house in Helensville.

Sorrel was a stay at home mum for two years before finally giving in to persistent phone calls over a three-month period from Ross, asking her to join the Farmlands team.

She started there part time 18 months ago, gradually increasing to first four days, and then to full-time.

Then Sorrel became pregnant again, not long before learning that Ross was leaving as manager.

"I thought, 'I'll give it my best shot', and being the fabulous co-op they are, Farmlands employed me knowing I was having a baby and going to have six months maternity leave.

"I was quite taken back by it, most places would look at you sideways if they knew you were having a baby," she says, adding that

# Free meals boon for new parents

There's been another sort of delivery happening at the Helensville Birthing Centre over the summer break - free meals for local families as they head home with their newborns.

The meals are part of Te Kete Whāngai o Kaipara, a new initiative by the Helensville District Health Trust.

Ana Talanoa and Miles Gunter live in Helensville and were thrilled to learn they would be receiving the meals as they left the Birthing Centre with three-day-old Lucy.

With Miles' family in Wales and Ana's on the other side of Auckland, they were looking forward to having the first few days at home alone with their new daughter.

"It's a such a relief knowing that when we go home we don't have to worry about cooking anything for the next few nights," said proud new dad Miles.

By the middle of January around a dozen families had received the free meals, made by volunteers.

The local community donated more than \$2000 through a GiveALittle campaign to get the first cookathon underway in early December.

## New manager cont...

• From page 4

Farmlands have offered their full support.

"It was great to be accepted for the role.

"I think it was a better move for them than employing an outsider who would have to learn everything, and which could upset some of the bigger shareholders, who like to deal with people they know."

In her new role as business manager Sorrel heads a team of three other full-time staff and three casual workers.

With baby number two due on February 26, Sorrel will be off work until September - but she says she will still be on call, and probably dropping into the store most days.

Health Trust Manager Nicola Keen-Biggelaar says: "we have to say a huge thanks to everyone who donated, and to all our hardworking volunteers who spent the



• Miles Gunter and Ana Talanoa with three-day-old Lucy at the Helensville Birthing Centre

day cooking and packing portions of lasagne, macaroni and cheese, and vegetable soup."

Over the next year the service will expand to include meals for the elderly, the unwell, and families in crisis.

"We're really excited about the next stage of the project and seeing even more people receive the benefits of these wholesome, healthy meals," says Nicola.

The Health Trust has another request of the local community - it's on the lookout for a vertical freezer to store the frozen meals at the Birthing Centre. If anyone has one they are able to donate, please contact Nicola Keen-Biggelaar, phone 420 7571 or email: manager@hdht.co.nz.

Donations to Te Kete Whāngai o Kaipara can be made online at [givealittle.co.nz/org/helensville-district-health-trust](http://givealittle.co.nz/org/helensville-district-health-trust).

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# Love of care for the elderly

For Craigweil House's new Facility Manager David Halewood, it's his third time working in the South Kaipara area - and his second time in Parakai at Craigweil.

In the 16 years since he moved here with his family from England, David has served as Nurse Manager at Craigweil from 2005 to 2006 when it was just a rest home with 23 beds, as a co-ordinator with care provider Iris for 18 community care givers in this area, and he's now in charge of the daily running of Craigweil's whole rest home, hospital and dementia facility.

David trained as a nurse in England in 1993, completing his clinical training at Odstock Hospital in Salisbury, Wiltshire and the academic side of his qualification at Bournemouth University.

Prior to moving to New Zealand he spent four years as a male district nurse in Dorset - something he says was quite unusual in those days.

"I suppose that really developed my love of care for the elderly," says David. "Most of my customers when I was doing district nursing were the very frail and old. That's probably the common thread through my nursing. I've always had an affinity with the elderly."

David moved his family to New Zealand in 2003. His sister was working as a nurse at Auckland Hospital and living in Old North Road, so they initially rented a house at Huapai for a couple of years before he and wife Selena purchased their first house in Helensville. They have since moved to another home in the town, and he says they love living here.

Many locals will be familiar with Selena, who for many years was the practice nurse manager at the Kaipara Medical Centre, only leaving late last year.

In between his stints working in the local area, David had roles as a facility manager at

Belmont Hospital, as care services manager at Metlifecare Pinesong, and as a nurse educator with Asthma Auckland, travelling around schools teaching young people and their parents how to manage asthma.

Educating is something David is passionate about. He is a Career Force NZQA assessor, and is responsible for teaching the Craigweil care staff the ins and outs of looking after the elderly.



• David Halewood

"I enjoy teaching. I get a real kick out of teaching lay people that are new to care, how to look after elderly people, their bodies, minds and souls, and educate them about the clinical conditions, what medicines they are taking, how we manage them.

"And teaching them how sometimes the small things are the big things - like just spending time with somebody to talk about how their day has been; it can mean a lot more than just making sure they take their tablets," he says.

Formal teaching sessions with staff are incorporated into regular meetings, and cover subjects such as wound care, managing bed sores, incontinence, behaviour management, and medication management.

As facility manager, David says he sets the tone of the building.

"If you're having a bad day, don't bring it in with you."

He spends the first half hour of every day

• To page 7

## South Kaipara Men's Trust

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# Long-serving doctor leaving

One of Kaipara Medical Centre's longest serving GPs, Dr Aimee England, is leaving at the end of February.

Dr England has worked at the Helensville practice for nine years, the last five as one of two shareholding senior GPs alongside Dr Phillip Barter, in a limited partnership with the Helensville District Health Trust and the Waitemata District Health Board.

She says it was a difficult decision to

leave, but the right one for her both personally and professionally.

"It has been a privilege getting to know and care for my patients over the last nine years, and it's very hard to say goodbye. But I know the Kaipara Medical Centre staff will continue to do the very best for all their patients and the community."

The process of recruiting a senior GP to replace Aimee has begun.

"We look forward to introducing that new doctor to the community when they're appointed," says acting business manager Marie Collins, "but in the meantime Aimee's patients will be well cared for by our other GPs."

Dr Barter acknowledges Aimee's impact on Kaipara Medical Centre saying: "Aimee has given so much of her time and energy to the practice since she started here as a registrar nine years ago, and she will be greatly missed."

Kaipara Medical Centre chair Dianne Kidd says Aimee has been an active supporter of the after-hours service which is essential for the rural South Kaipara area, "but the good news is that she is not planning to move away, so we'll continue to enjoy having her as a member of our community."

## David Halewood cont...

• From page 6

walking around and saying good morning to residents and staff.

"That half hour will make the rest of the day flow better."

He strives to have his care staff provide "authentic" care, where it's more of a passion than just a job. David explains that for many younger care staff, working in an age care facility can be their first experience of death.

"They can become really attached to some of the people here. The residents become like extended family," he says. "It is upsetting when you lose your favourites. But if you don't get upset, then you are in the wrong job."

## medical centre notes

Happy New Year, and with the start of the new year here at Kaipara Medical Centre there are a few changes we are trialling.

In response to feedback from the community, we are trying to increase the availability of bookable appointments for our patients and reduce waiting times for an appointment.

Over the years we seem to have morphed into a de facto emergency clinic at times, with our resources being increasingly directed to the emergency clinic - unfortunately at the expense of regular appointments.

So we are going to increase the capacity for those appointments, and to help manage the flow of urgent cases that happen day to day, we will use a doctor on phone calls in the morning, and nurses to assess walk-in patients.

The nurses will assess whether a patient is best served by seeing us here, or whether it's better for them to be redirected to a more appropriate service such as an accident and medical or emergency department that has the required resources for that particular issue, for example x-ray services. This will enable us to care for our patients in the best way possible for them - and if that means our registered patients are best off seeing us for the emergency we will, as always, do our very best to care for them.

- Dr Phill Barter, Clinical Director



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# War games, cowboy challenge and lots

A Cowboy Challenge display and a mock World War II battle (see page 1) will be entertainment highlights at the 117th Helensville A&P Show on Saturday, February 23.

Also new this year will be laser tag and clay shooting.

The cowboy challenge display will be held in a large area beside the trade stands.

Popular in the USA, cowboy challenge riders complete a timed course with 13 obstacles (out of a possible 50) and are judged on performance and horsemanship. The obstacles are designed to push both horse and rider out of their traditional comfort zone and to test the communication between horse and rider.

The show's hugely popular annual children's cut-out animal decorating competition, run through local schools, will feature deer as the animal of choice this year. Always colourful and often amusing, they will be displayed inside and outside the main show building, and at other locations around the grounds.

Bee-related trade stands will include Beehive Corner, where children will be able to don beekeeping attire and be led inside a giant live beehive. Other stalls will feature a range of honey products (including honey tasting), and a full range of beekeeping

equipment.

There is a special treat in store for music lovers with a Doobie Brothers tribute show playing on the main stage. The Groove Diggers band will return again this year.



• Wood chopping is always one of the show's top spectator sports

The Helensville A&P Show has its roots in this area's agricultural and pastoral heritage, and the 2019 show will do what it does best each year - highlight the farming aspect of our community through displays and competitions of animals, including sheep, horses and mini horses, poultry and working dogs. This year there will be no cattle competing or on show at the event - the Helensville A&P Association is keen to do the right thing in response to the Micoplasm

Bovis outbreak.

Many of the 140-plus trade stands will be farming or lifestyle-themed. There will be a range of restored farm machinery from the 1900s to 1950s on show courtesy of the Auckland Vintage Engine Restorers club. It will be a live display of stationary engines as used to power wool-sheds, cowsheds, and pumps, plus examples of driven machines.

The regular Junior Farmer competition for local school children this year moves to the main stage area.

Youngsters will be kept amused by Poppy the clown and Carmel's face painting, along with the popular Old McDonald's Farmyard where they will be able to pet and feed lambs, piglets and goats.

No show is complete without sideshows, and this year there will be a selection of rides at the show's Carnival Zone, including: a Stunt Jump and Slide; Wipeout Balls; Boot Camp Obstacle Course; Pirate Ship; Bugs the Bug Ride; Hot Rods; Laughing Clowns; Tea Cup Ride; Water Balls; and Vertical Bungee.

Helensville MP Chris Penk will open the show at 10am, and later will judge the best trade displays.

Dog lovers will enjoy the regular pet dog show and agility competition, watching

• To page 9

## HELENSVILLE A&P SHOW

### Saturday, Feb 23

from 9am

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## : Engineers “can make anything”

“We can make or repair anything,” says Lightning Bolt Engineering owner Ron Sluifers. His firm can manufacture everything from a tiny bolt right up to massive machinery.

Ron moved his business to 110 Rimmer Road three years ago - shifting in machinery weighing up to 15 tonnes - much of it computer-controlled - which was installed in a purpose-built 375m<sup>2</sup> workshop.

The business has been busy ever since and has expanded its range of services over the past three years.

Lightning Bolt is now the only company in the area able to manufacture and repair hydraulic hoses. It is a commercial agent for BOC gases, an agent for Sparex tractor parts, and stocks all common sizes of bearings as well as carrying a large stock of steel, stainless steel and aluminium.

In addition to the workshop equipment, Lightning Bolt has a mobile welding plant, a crane truck and a cherry picker, meaning the company is well set up for on-site work - a boon for the local agricultural industry.

Also added recently is a tube bending machine, enabling the company to make exhaust pipes among other things. And Ron also recently purchased a street sweeping machine, which will be available for cleaning commercial forecourts, carparks and courtyards.

Ron has been an engineer for 36 years, and has lived around this area for a number of years. He bought the Rimmer Road block four years ago and says as much of Lightning Engineering’s work is for export, it makes no difference if it’s manufactured in the city or here. Major New Zealand clients include Fletcher Construction, Tasti Foods and Golden Homes.



> Ron in his workshop

There are four engineers including Ron and his son Louis, a certified welder, and his foreman has been with the company for 27 years, adding to the wealth of experience. Ron’s wife Michelle runs the office.

## : Master craftsman loves working with wood



> Mark Biggelaar of Earthwood

Not everyone gets to work at what they love doing, but with 45 years’ experience under his belt, Helensville’s Mark Biggelaar of Earthwood in Mill Road can lay claim to doing so.

Mark’s company primarily restores and refinishes timber furniture, and nothing gives him more satisfaction than seeing a piece of furniture that came in battered and damaged going out looking like new again.

While he will work on any timber furniture, and even makes some of his own pieces, it’s restoring antiques that is Mark’s real passion.

He initially learned his trade working in his father’s woodworking factory, and is proud to be keeping alive such traditional techniques as labour-intensive French polishing, in which up to 30 coats can be hand-applied to woodwork to give a high-gloss finish with beautiful depth to it.

It’s not just furniture that come’s under Mark’s caring hand. He has worked on musical instruments, old radios, wooden vases and even an old wood-rim steering wheel off a vintage car.

He’s willing to tackle just about anything, be it something as small as turning a new wooden knob to match others on a cabinet, through to

restoring huge sideboards and lounge and bedroom furniture.

While much of his work is undertaken at his workshop behind Firestone in Mill Road, he can also provide an on-site service for difficult to remove items like wooden bench tops or built-in cabinetry.

Earthwood has customers Auckland-wide, and provides a pickup and drop-off service one day a week throughout the city.

The company has a number of commercial customers, and handles jobs such as interior timber detail repairs including floors, wall-panelling, bars/benches, veneers, and general fit-outs. As well as traditional finishes such as wax or French polishing, Mark is experienced in all modern timber coatings and finishes and in stain matching.

“I’m an artist and I do what I do really well,” he says proudly, describing himself as a “master craftsman”.

Mark originally set up Earthwood in 1981 in Stranmore Bay, and moved the business here in 2007. He’s been in his current building for around eight years.

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## : Loving the challenge of fashion retail

The nine months since Teresa Nobilo-Healy took over Helensville fashion boutique Zubu last May have been a "huge learning curve" - but she has loved every minute of it.

With two decades of work experience in the hospitality industry, and for the last nine years establishing and growing a wine import and export business which her husband David now runs from their Waimauku home, the move into fashion retail has been a big one.

"It's been great," says Teresa. "The feedback has been really promising and people say there's more variety [in the shop] now."

Teresa says she has a lot of local customers, but also gets tourists stopping in on Saturdays on their way north, and people from other parts of Auckland calling in also.

There's also a Zubu website - [www.zubu.nz](http://www.zubu.nz) - which currently accounts for around 20 percent of business, and which Teresa expects to continue to grow.

Learning what people want has been a challenge, and the shop now offers a wide range of New Zealand and Australian brands covering

the gamut of women's fashion, including dresses, tops, t-shirts, pants and leggings, skirts, shorts, jackets, jumpers, lingerie, sleepwear, shoes and accessories. At this time of year sunglasses are proving a real hit, and also popular are clothes for the wedding season.

Teresa quips that her biggest challenge has been sticking to the shop's budget "because I want to buy everything!"

Among Kiwi specific brands stocked are Augustine by Kelly Coe, Federation, Mi Moso, Tuesday and White Chalk.

Teresa is happy to get in special requests for customers if they are brands she can source.



> Zubu's Teresa Nobilo-Healy

She grew up in Huapai and went to Kaipara College, and her son and daughter are both following in her footsteps at the school.

## : Wide range of services at physio centre

PhysioFlex in Commercial Road, Helensville has been a leading part of the South Kaipara's medical and well-being community for 13 years. The business opened in purpose-built premises in 2006 as the Helensville Physical

Therapy & Rehabilitation Centre, and rebranded under its current name in 2015.

Owner Sue Narbey says being established in the community for such a long time provides stability for patients. Over those years the physiotherapists have got to know not just individual patients, but whole families - something Sue says is only possible in small community like ours.

The practice has grown and expanded its range of services over the years, with five physiotherapists at the clinic and a part-time physio providing service at Craigweil House in Parakai, along with five full and part-time reception and administration staff.

Each of the physios has their own area of specialty,

such as acupuncture, cancer rehabilitation, sports injury treatment, pilates, and even equestrian physiotherapy.

Around 80 percent of the practice's work is with ACC patients.

The newest addition to the PhysioFlex team, physiotherapist Lydia McNicoll, is a qualified pilates instructor and holds classes three times a week at the centre.

Complementing the physiotherapy treatments at the centre are regular Monday hearing clinics by Bay Audiology, and weekly ultrasound scanning on Tuesdays by sonographer Andrew Graham, who offers both maternity and musculoskeletal scanning, plus cortisone injections. Sue says it's a real bonus to be able to refer patients to Andrew on-site, rather than them having to travel into Westgate or Silverdale.

PhysioFlex is a keen supporter of several local sports teams, including Helensville Rugby U85kg players, Kaipara Junior Netball, and Helensville Junior Rugby Club

PhysioFlex is open until 7pm on Mondays, and until 8pm on Tuesdays and Thursdays. There is also a Saturday clinic from 8.30am to 12.30pm.



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# Men's Centre becoming hub

The gardens are planted and the veges are growing at the Helensville Men & Family Centre.

The Awaroa Road premises, formerly home to Te Awaroa Youth Club, is rapidly becoming the community hub South Kaipara Men's Trust (SKMT) manager Mike Bridgman envisages.

"It's all about collaboration and community involvement," he says. "It's a hub of activity not only for men, but to collaborate with other organisations."

The facility is already being used on a regular basis by local groups such as South Kaipara Youth (SKY), Outwest Youth, and the St John Cadets.

SKY members have been helping with the gardening, which Mike says has been a positive learning experience for the young teenagers, and helps them learn where their food comes from.

The garden is bursting with vegetables like tomatoes, celery, potatoes, broccoli, pumpkins, asparagus, lettuce as well as strawberries, apples and blueberries.

Local teens from Outwest Youth have been coming in with teacher Sam Smith each Monday and using the well-stocked kitchen facilities to prepare lunches. They plan menus, do their own shopping and cook quality meals under the guidance of one of the adult literacy volunteers.

The St John Op Shop provided a wide range of crockery and kitchen utensils for the centre.

Meanwhile with 40 members aged six to 18, St John Cadets had outgrown their previous accommodation, and now use the Men & Family Centre each Monday evening for their training.

There have also been a huge number of tools and handyman equipment donated to the centre, both woodworking and mechanical, and Mike says starting this month local men are welcome to come along and use them for free - whether they want to

create something new, or repair an existing item.

Mike says there is a serious purpose behind the 'men's shed' concept, as some men find it much easier to communicate when they are in a group doing practical things.

Another new development at the centre has been the purchase of a wireless projector with a 100 inch screen and sound system, which will be available for the



• Mike Bridgman in the overflowing veg garden

community to use, as well as the potential for movie nights at the centre itself.

The next development at the Men & Family Centre will be to set up a food bank, which Mike expects to be up and running soon. The food bank will work on a referral basis from other local organisations according to identified needs.

## Councillor's housing book

Rodney Ward Auckland Councillor Greg Sayers has published a book offering solutions to Auckland's housing crisis.

Titled 'How To Fix Auckland's Housing Crisis' the book is critical of Auckland Council's lack of action in solving the city's housing issues, and offers four solutions Greg says are proven elsewhere in the world.

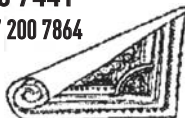
The book is targeted at Auckland Council's political leaders, but can be purchased from [www.gregsayers.co.nz](http://www.gregsayers.co.nz) for \$19.95 + \$4 postage.

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# making the difference

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Our recipient for February is Victoria Logan, who has chosen a \$100 voucher for use at Mitre 10 Helensville.

Victoria was nominated by Rochelle Gillespie:

"I'd like to nominate Victoria Logan from Stellanova Photography for your monthly do-gooder's award.

"Victoria is a fixture at local community events, always out and about with her camera and when it's possible, with her dogs in tow or her bird on her shoulder. She freely shares her photos which show Helensville as a vibrant, thriving town with a great heart.

"Over the last few months she's worked tirelessly and voluntarily taking photos at a folk music concert in Makarau, at the Arts For A Cause fundraising art auction, and at various art studios as part of Arts In The Ville. We should all be grateful for her creative eye and her dedicated community spirit."



• Victoria (right) receives her Mitre 10 voucher from Nicky



## Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

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## Learn something new

If one of your goals for 2019 is to learn something new, then check out the courses on offer locally at Te Whare Oranga o Parakai.

Te Wānanga o Aotearoa is running free Te Ara Reo Māori evening courses, one for beginners and one for those who have the basics and want to learn more.



Last year's Te Ara Reo Maori course at Te Whare Oranga o Parakai.

The Certificate in Money Management course is also being run by Te Wānanga o Aotearoa. Students will learn how to be more confident with their choices around money.

The Helensville Birthing Centre will be running antenatal courses throughout the year. These are held on Saturday mornings and are also free for local residents.

The Birthing Centre also hosts a popular Coffee Group every second Thursday morning for parents with babies and toddlers.

The monthly Kids' Kitchen Cooking Classes will also be back in 2019. These are usually held on Sunday mornings and are a great introduction to cooking for ages 3–12.

For more information on all these courses and others throughout the year, visit [thrivekaipara.org.nz](http://thrivekaipara.org.nz).

## Milestone year

In August this year the Helensville District Health Trust will mark its 30th anniversary. The Trust was formed in response to the impending closure of the local maternity hospital.

People with memories of the Trust and the early days of the Birthing Centre are invited to share their stories and photographs. If you'd like to contribute please contact, [communications@hdht.co.nz](mailto:communications@hdht.co.nz).



Opening of Helensville Birthing Centre in 1989.

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# Old School Ties



Started in 1873, in a building which was also the local hall and library, Kaukapakapa School has always been a pivotal part of the community.

Visitors can find out about the school's history and help identify family members or classmates in old school photographs (like the one above), which will be on display in the historic Kaukapakapa Library on Sunday, February 17 from 10am to 1pm.

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



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## local board matters (cont...)

• From page 15

We couldn't get consensus on the Local Board to have it included in consultation material as there was some very loud and angry opposition from some board members.

Had we reached agreement we could have gauged support, had a discussion about it publicly, and used this feedback to get further technical work done on a rating proposal for the 2020 Annual Budget process, for implementation from July 2020.

So where to from here?

Sadly for the residents of Rodney we are now facing a crisis.

Things will get worse as these activities spread across the ward and more money is diverted from regular maintenance. These businesses will continue to externalise their costs onto you and I both in terms of our rates being spent on fixing up their mess, and also because we have to drive over poorly maintained roads.

I haven't seen any alternate suggestions from the RLB members who were against this apart from demanding more money, which means something else doesn't get funded, and that will have a group equally committed to ensuring their funding isn't lost.

Ask government for more money to subsidise roads? Sure, how long would that take, a year or two of haggling? And again, it means money not spent elsewhere. Other councils have realised this option simply delays a quick solution and have got on with rating the activity.

It's something to think about in October. No one likes paying more rates, but equally businesses shouldn't be able to externalise their costs when they reach the level of say Nixon Road, nor should important road maintenance needed elsewhere suffer because of these activities.

We need more money, and the obvious solution is to do what other councils are doing and set targeted rates on these industries.

- Phelan Pirrie

Deputy Chair, Rodney Local Board  
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# local board matters

We face a serious problem with road maintenance in Rodney.

I remember attending a briefing from Auckland Transport (AT) in 2013 where a graph going out a decade showed an issue with road maintenance funding. Political pressure to keep rates increases at 2.5 percent meant councillors and the mayor were expecting AT to sweat assets longer and defer spending. Keeping rates low was conveniently aligned with electoral terms so the tough decision about more funding was put off beyond the next election.

AT warned that deferring maintenance meant it became more expensive in the long term. Costs were increasing and many roads would be in a worse state the longer they were ignored. More money would need to be allocated in the future to make up for asset sweating today.

This situation isn't unusual. In the USA political pressure to keep taxes low has seen significant failure in infrastructure with bridges collapsing after maintenance budgets were cut.

There is a factor now coming into play that wasn't talked about in 2013.

Population growth and the accompanying building of houses means more demands for materials from quarries, forestry, landfills and clean fills to deal with the soil taken from building sites.

These activities are now destroying roads that were never designed to take traffic from these industries. The occasional milk tanker on an unsealed rural road is one thing, but 80 trucks a day for three years, not.

Anyone who has had the misfortune to live on a road that has a clean fill appear will know exactly what I am talking about.

AT has to make tough decisions with its road maintenance budget. When you're sweating an asset and unplanned issues like a clean fill come along that means something else misses out.

After decades of asset sweating by Rodney District Council, many of our roads need serious rehabilitation work done - but with money being diverted to unplanned maintenance this isn't happening.

A solution?

We can't change the Resource Management Act and we need these industries, but ratepayers can't be expected to pick up the tab for commercial activities that are destroying our roads.

The industry claims it is providing funding through Road User Charges. Auckland Transport does receive subsidies back through Government, but when a road like Nixon Road in Taupaki requires \$2 million of repair work done, those subsidies are a tiny drop in the ocean.

AT maintenance managers are hugely frustrated, but powerless to do anything. They have, in my opinion, done an excellent job of spinning out a tight budget and trying to be innovative in getting some regular work done while coping with the growing list of roads being ruined by these activities - 25 so far, and rising.

The cold hard reality is that AT staff are fighting a losing battle. More money needs to be found, and quickly.

I proposed a solution that is being done elsewhere in New Zealand.

A targeted rate on (only) the properties where these activities take place. The landowner could then pass this cost on to the operator, or if the landowner is the operator, then it's a tax deductible business expense.

The rates collected would then be allocated straight back to road maintenance in Rodney (not anywhere else in Auckland). Raising a few million dollars a year would allow AT to deal with the effects of damage from these industries and make sure the rest of its budget could go back to being used for its regular road maintenance program.

So to be clear, this is not a targeted rate on all property owners in Rodney - only on those who have a business on them in one of those industries. It's called 'user pays'.

So why isn't this going into the Annual Plan in February for initial consultation, as I and some of the other members of the Local Board wanted?



• To page 14



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community tidbits from town and around

## ■ WAITOKI MARKET

The next Waitoki market will be on Saturday, February 9 in the Waitoki Hall, from 8.30am to midday. Members of the Waitoki Craft Group will be on hand to chat with visitors, and provide advice on any unfinished projects.

The market will feature the usual baked goods, plants, homemade and used bargains, bric-a-brac, and preserves. Proceeds from the market go back to the local community.

Prospective stall holders should contact Gill, phone 420 3301 or email: waitokihall@gmail.com.

## ■ MEN'S TRUST AGM

The South Kaipara Men's Trust will hold it's AGM at the Men & Family Centre in Awaroa Road at 6pm on Monday, February 11. Refreshments will be served after the official meeting and election of officers.

## ■ KAUKAPAKAPA MARKET

The next Kaukapakapa market is on Sunday, February 17 from 8.30am to 1pm and will feature live music from Ralph Engel.

Stalls will cover everything from locally grown fruit and vegetables to used goods. There will be plenty to eat at the market café, freshly baked cakes, doughnuts, barista coffee, plus the Helensville Lions' sausage sizzle. For children, there will be free face painting and a kids craft table.

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

## ■ HELENSVILLE AGLOW

Helensville Aglow's next meeting is at 7.30pm on Friday, March 1 at the Helensville

Community Church, 40 Mill Rd. Pam Hodgkins, prayer co-ordinator for Aglow Auckland Region, will be ministering. For more information email Yvonne Bartlett at: yvonne@hello.net.nz.

## ■ CHILDREN'S DAY OUT

The 12th annual Children's Day Out, organised by the Helensville Women and Family Centre (HWFC) will be held on Sunday, March 3 from 10am to 1pm. The venue will again be the Helensville War Memorial hall.



The free event for parents, caregivers and children aged up to 12 years will have the theme 'Put Tamariki First', which is in line with National Children's Day.

A fun day out for the whole family, there will be lots of activities and games, and participants will go in a draw to win prizes.

## \$9000 book fair

Helensville Lions Christmas Book Fair raised \$8342, more than last year and only slightly less than the club's May fair. Together with a raffle and sausage sizzle the club made more than \$9000, all of which will go back to the local community.

The club gives special thanks to the Kaipara College students who helped unload more than 600 banana boxes of books on the Friday afternoon before the fair. Thanks also go to Rodney Local Board for their help, and the South Kaipara Men's Trust for providing storage for the books.

Burmester Realty in Commercial Road can accept donations of smaller quantities of books. For donations of larger amounts phone contact Chris Clark on 420 8527, or contact any member of the Lions Club of Helensville. The club's next book fair will be in the last weekend of May.

## 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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