

## Locals: ready, steady, get fit!

Five shiny new fitness stations have been installed along the new Rautawhiri Park walkway, courtesy of the Lions Club of Helensville.

The \$60,000 worth of imported Danish equipment is the culmination of around 10 years of planning by the club. Lion Mike O'Neill led the project up until about a year ago, when health issues meant he had to pass the baton on to fellow Lion Scott Osmond.

The club came up with the idea of a fitness trail at the park prior to 2010, when Helensville was still under the auspices of Rodney District Council. Then, the indications were the club would have to fund and build a pathway as well as pay for the fitness equipment.

With the advent of Auckland Council, the responsibility for managing parks was taken on by the Rodney Local Board.

"Our Local Board member Brent Bailey

was very supportive of the concept, and also board member Brenda Steele when she was board chairperson," says Scott.

A plan was formed to create a pathway, in stages, right around Rautawhiri Park, with money from Auckland Council's growth funding and topped up by Rodney Local Board.

As part of the deal, the Lions Club agreed to fund up to eight fitness stations.

The first two stages of the concrete walkway, beside the carpark and around the adjacent league and football fields, were completed in late December last year and create an all-weather circuit around the one of the wettest areas of the park.

It is already well-used; when *Helensville News* visited with Scott and Brent, there were people running, walking dogs, and mothers with prams and children riding trikes.

Because the fitness stations needed to be spaced at wide intervals, only five could be installed on this first section of walkway, but Scott says the club will look to install more in future when the next stages of the walkway are built.

When that will happen isn't known yet, says Rodney Local Board Parks & Reserves Committee chair Brent Bailey.

The fitness stations are all static, as apart from the extra cost, it was felt ones with moving parts would be more susceptible to damage. They are mostly galvanised for long life, and each station is designed to exercise certain muscle groups.



• Scott Osmond (left) with his dog Ben, and Brent Bailey

There is a chart on each station showing how to use it, plus a QR code which can be scanned on a smartphone to bring up more exercise information. Underneath is recycled rubber matting which allows grass to grow through, creating a safe, all-weather surface.

An open day, attended by Auckland Mayor Phil Goff, councillor Greg Sayers, Local Board and Lions Club members, and around 100 locals, was held at Rautawhiri Park on Sunday, February 17 to show off the walkway, fitness trail, and recently replaced netball and tennis court surfaces.

### Paper delivery person wanted

After 10 years, Teena has decided to hand on the job of delivering the *Helensville News* in the Helensville and Parakai areas.

So ... we are looking for a very reliable person who would like a part-time job, delivering this paper to 1400 homes around the first Tuesday of each month, apart from January.

A reasonable level of fitness will be needed, and obviously you will have to like being out in the fresh air! In fact, it's a great way for someone to get or keep fit.

If you are interested, please contact editor Dave Addison on phone 420 7215, mobile 021 178 5568, or email me at: [dave@helensvillenews.co.nz](mailto:dave@helensvillenews.co.nz).

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# editorial

Wow, talk about lucky. After weeks of perfect, sunny dry weather, the weather forecasters decided to play a nasty trick and say a cyclone was going to hit Auckland right on Helensville A&P Show day. With the show cancelled last year because of weather, the forecast was the show organisers' worst nightmare.

But the cyclone didn't eventuate, the rain that did come cleared by opening time, and the show went ahead with a good crowd of visitors.

As show photographer, I'm lucky to get to see everything that's happening on the day, and it was another great event. There have been lots of nice comments from people about how good the show was - perhaps now might be a good time for some of those folks to think about putting their hands up to volunteer for next year's show.

We've got a selection of photos from the show on page 11, and there are more photos on the show website and Facebook page, so be sure to check those out.

## And the lucky winners were:

We were inundated with entries for our giveaway of five free double adult passes for the Helensville A&P Show which we ran in last month's issue.

The lucky winners were drawn at random and were: Heather Kempton, Jim Wolfson and Prachi Shah, all of Helensville; Carol Brown, Parakai; and John Connor, Kumeu.

Here's hoping they all enjoyed the show.

Elsewhere this issue, we meet a very diverse range of people, from the new pastor at the Helensville Community Church (pg 4) to Helensville's very own Miss Auckland, Emma Gribble (pg 6), the new owners of one of our local early childhood centres (pg 9), and a local businesswoman who has weathered some tough times to be one of our town's longest running businesses.

Finally, if you have a club, sports group or community organisation, don't forget to get me your details for the special issue we are producing in June - see below.

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- Dave Addison, Editor



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## Last chance - get in now!

For our June issue this year, *Helensville News* will be producing a special edition 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 FREE and 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.helensvilleneews.co.nz/groups](http://www.helensvilleneews.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@helensvilleneews.co.nz](mailto:dave@helensvilleneews.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.

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# Cowboy challenge

As many as 80 riders from as far away as Kaiwaka and the Waikato are expected to take part in the first Cowboy Challenge competition in North Auckland, to be held at the Helensville showgrounds this month.

The recently formed Cowboy Challenge North Auckland Club will hold a 'Have a Go'



• Riding through a waving pool noodle obstacle

day on Saturday, March 9, followed by a proper competition the next day. Around 40 competitors are expected each day says club vice president, Victoria Heath.

Cowboy Challenge is a competition with

## Self defence workshop

A 'Street Smart' self defence course for women aged 13 and over will be held in the Helensville Primary School hall on Saturday, March 30 from 10am to 4.30pm. Registration costs \$10.

Participants will learn which parts of the body are vulnerable and easy to attack, how to defend against a wide variety of attacks, and effective rape defence techniques.

Those attending will need comfortable clothes, a drink bottle and towel, plus something to eat during breaks. The workshop can take people out of their comfort zone and be both physically and mentally demanding.

For more information or to register, email [info@selfdefencecourses.co.nz](mailto:info@selfdefencecourses.co.nz) or phone Charlie Riley on 027 368 9245.

obstacles, designed to not only push horse and rider out of their traditional comfort zone but also to test the communication and horsemanship of each rider.

These kinds of competitions have become very popular in the United States and have been embraced by Kiwi riders as they fit in with this country's love of extreme sports.

Riders complete a timed course with 13 obstacles (out of a possible 50) and are judged on performance and horsemanship.

Obstacles range from performance ones such as stops, spins, roll back manoeuvres, and circles, to riding over bridges, seesaws, jumps, tarpaulins or logs, riding through curtains, pool noodles, and water sprinklers, and performing tasks such as a mock sheep carry, shooting an arrow, firing a pistol, swinging a stock whip, picking up mail, pushing a horse ball, dragging a

pallet or log, or carrying a flag.

For the Have a Go day on the Saturday, competitors won't be timed and the obstacles will be set out on a smaller course. It's designed for riders just starting out in Cowboy Challenge to have a try and have some fun with their horse. There will be rings for lead rein riders, youth riders, adult riders and in-hand (non-ridden horses).

Riders will compete for ribbons awarded for first to sixth places.

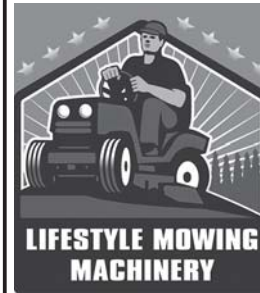
There will be four divisions for the proper competition on the Sunday - Youth, Rookie, Intermediate and Open. Youth is for young riders, while adults start in Rookie and work their way up to Intermediate and Open levels.

The classes will be timed and points awarded over a larger, more challenging course. There will be sashes for first to sixth places, plus prize money and sponsors' prizes.

The event will run from 9am to 4pm both days, and there is no charge for spectators. The club hopes to run two or three similar events each year.

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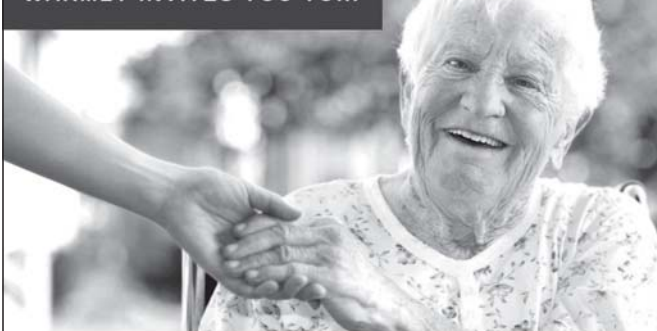


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# Counselling a passion for pastor

Counselling is a passion for Francois Joubert, the new pastor for the Helensville Community Church and St Cuthberts in Kaukapakapa.

"I love counselling, that's my personal passion. To help people of all ages, families, couples, individuals. I just love that."

It's not just counselling for his congregation, which is part of his pastoral work for church, but also for the general community.

Born in Thabazimbi, a small rural town in northern South Africa, Francois was a member of the Apostolic Faith Mission pentecostal church. After completing his theological studies, he started in the Johannesburg area as a youth pastor in November 1990.

His career took him to several churches in South Africa, plus a lot of outreach work in countries such as Swaziland, Mozambique, Zambia, Malawi, and Namibia, helping not just with the physical building of churches but also training pastors.

In 2007 he and wife Sonya began to feel the need to leave South Africa.

"We knew in our hearts we were going to leave, and from then on it was a matter of figuring where we needed to be. We believe we ended up here because this is what God wanted for us."

It was 2012 before they emigrated here.

"We wanted to make sure we came to the right place. New Zealand is paradise for us."

"I think one of the wonderful things we have experienced is how the kiwis have opened their hearts to us."

Francois had work lined up at a church in Auckland, and also took on the role of chaplain at AUT University.

Then for four years he stepped out of local church ministry and was regional manager for Operation Christmas Child, a project of Samaritan's Purse which partners with local churches in developing nations and internationally provides about 11 million gift filled shoeboxes to children every year.

Then Helensville Community Church came calling, asking if he would take over as pastor here.

Francois and his family made the move from Tauranga last September.

Around the same time he also took on the

role of executive director of Open Home Foundation International, a Wellington based charitable trust which works in India, Romania and several African countries to train foster parents, as well as providing practical help like solar projects and livestock to help families be sustainable.

"Our aim in short is to end orphanages and get those kids into foster care," says Francois.



• Francois Joubert

Francois believes the Helensville Community Church needs to connect more with the South Kaipara community.

"We can't just be a church, a little island. We have to connect with the community."

The church is now working towards a plan to put that in practice, which he expects will include things like emotional healing workshops and financial workshops.

He has been delighted with the way local churches in the South Kaipara work together, meeting regularly.

"The transparency between the church leaders - I'm not used to that. There's a total openness. That's a big plus for the community. There's this unity in the churches that I just absolutely love."

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# Welcome to the Sillyverse

The 'Sillyverse', a collection of nonsense poetry and fun illustrations for children by Helensville couple Genevieve and Kerrin Revell, will be featured at Kaukapakapa Library on Sunday, March 17.

Children visiting the Sillyverse at the library will find a world from giggles to wriggles, meet an upside down cat, and find a poem that isn't there.

Genevieve and Kerrin previously wrote 'Down, Across & Up', about the year they spent navigating New Zealand on horseback to raise funds for cancer charity CanTeen. They also run their own video production and photography companies.

For more information phone Megan Paterson 021 959 017, or email her at:

threehorses@xtra.co.nz.

Kaukapakapa Library will be open from 10am to 1pm in conjunction with the Kaukapakapa market.



## New curriculum for early learners

A new curriculum which has been several years in development is being rolled out to local children who take part in the HIPPY (Home Interaction Programme for Parents and Youngsters) programme in South Kaipara.

Local HIPPY co-ordinator Bernie Malizia says the new curriculum will continue to be

developed over the next few years through feedback from the 41 HIPPY sites around the country.

Children will now be able to enrol in the programme between the ages of 3 and 4 years, enabling many of them to complete the full two year programme before they start school.

Bernie says the new HIPPY activities will be more interactive and varied, with lots of movement, songs and games incorporated into the learning experiences, as well as more Te Reo Māori and New Zealand story books.

The children are given everything they need to do the programme including workbooks, story books, shapes, crayons, scissors, pencils and glue sticks.

Trained tutors visit parents in the family home and roleplay the week's work with the parent, leaving the parent to work with their child for 15 to 20 minutes each day for that week.

"By spending regular, quality time together doing the HIPPY activities, parents and children develop strong relationships and the HIPPY child is able to make a great start to school and life," says Bernie.

For more information about the programme, phone Bernie on 420 7434 or 021 0220 6017.

## More kids wanted for library programme

Helensville Library's 'Kids Time' sessions have begun for the year - but it's been a stuttering start, says senior librarian Anne Coppell.

"It would be great to see more people attending our sessions, on a more consistent basis," she says.

Sessions are 10.30am to 11am on Tuesdays, Wednesdays and Thursdays. However attendance is erratic, possibly affected by other groups aimed at the same under-six age group at similar times.

"We will continue as-is this term, and we are looking at making changes after the April school holidays, says Anne.

The sessions include songs, rhymes, stories and sensory experiences and crafts which aid in child development and early literacy skills.

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## Charity behind Miss Auckland win

Raising money for charity was the impetus to enter Miss Auckland for Helensville's Emma Gribble.

"I saw on social media that they had raised so much for charity and I thought that would be cool," she says. "I had spare time so thought I may as well do something good with it."

"In New Zealand pageants are mostly about charity work and doing fundraising events, and I was really interested in that side of things."

The 21-year-old won the Miss Auckland contest last year, and on May 26 will represent Auckland at the Miss World New Zealand pageant.

Miss World has the tagline 'Beauty with a Purpose'.

"That's all about using your beauty to do more than just looking good on stage," explains Emma. "When you go to Miss World all the contestants have their own project. This year our Miss New Zealand had Brave, a charity she set up which educates about sexual violence."

As part of her Miss Auckland campaign, Emma organised a concert at the Muriwai Surf Club and held a couple of sausage sizzles, which between them raised almost \$3000 for Youthline.

Emma's family moved to Parakai in 2002, and then to Helensville when she started at Kaipara College.

At college she was "very heavily" into music and drama, playing drums and bass guitar. "I grew up amongst the music community in Helensville, and was drama captain in high school."

Last year she graduated from AUT with a bachelor degree in communications, majoring in radio and minoring in television, and works as a brand ambassador at NZME.

In the run-up to Miss World New Zealand Emma spends every Saturday training with the other contestants, covering things such

as nutrition, social media, public speaking and speaking to camera, catwalk and makeup training, and rehearsals.

"Ultimately I'd love to be a radio presenter or television presenter. That's my dream job, since I was in Year 10. So that's helping me with my career as well."

Perhaps surprisingly, Miss World New Zealand contestants don't need to have previously won a pageant - any eligible woman aged 17 to 25 can apply. However, winning Miss Auckland meant Emma automatically qualified for the event.



• Helensville's Miss Auckland, Emma Gribble

Emma says her friends have mixed opinions about her beauty pageant career.

"I have a really good support system with family and close friends. Some friends don't really take the whole pageanting thing seriously. I think there's a lot of negative stigma about it, but we're actually doing a lot [of good] with it."

As for her fellow Miss World New Zealand competitors she says: "we're all like best friends. I think people think pageants are so catty, but in Miss Auckland I hosted a big sleepover for all of us, and in a few weeks we're having a big sleepover with the Miss World girls. It's like a Saturday club where you meet up with your friends and just hang out for a few hours and learn some stuff."

If she's successful in May, Emma will go on to represent New Zealand at Miss World, to be held in Thailand in November.

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# Free painting demo

Serbian-born painter Vjekoslav Nemesh will hold a 'spontaneous oil painting' demonstration at Helensville Art Centre on Saturday, March 9 from midday to 2pm as part of the Interdimensional & Three Dimensional Exhibition which is on at the centre during March.

Centre co-ordinator Pauline Denton says the free event is a chance to "enjoy Nemesh's artistry and huge personality."

"Nemesh is very charismatic and has done two previous demonstrations for us, and run two workshops."

The exhibition runs from Saturday, March 2 until Saturday, March 30, from 10am to 4.30pm Tuesday to Friday and 10am to



• Vjekoslav Nemesh

2pm Saturdays.

Nemesh's next workshop is on Saturday, March 30 from 11am to 5pm and costs \$155.

## Parenting through separation course

A Parenting Through Separation course will be held at Te Whare Oranga o Parakai on Saturday, April 6 from 10am to 2pm.

The one-off course provides information and well-proven ideas to help people with children who are going through the stress of separating, and how they can minimise the effects on their children. Run by Lifewise, it is fully funded by the Ministry of Justice and is usually required of people who are going through mediation or family courts.

Online bookings are at: [goo.gl/yg9VNB](http://goo.gl/yg9VNB).

## medical centre notes

Heartburn/reflux is a common problem, especially after certain foods and drinks - especially at this time of year with all the barbeques and beer.

It describes a sensation of burning discomfort in your chest which can go to your throat, and sometimes can be associated with a metallic taste in the mouth.

Factors that can bring it on are particular foods - spicy food, pastry, rich foods, or drinks like alcohol, coffee, or carbonated drinks. Other triggers include eating too fast, lying down after eating, stress, obesity, pregnancy, and some drugs such as anti-inflammatories like Voltaren and Nurofen.

It is caused by the reflux (backwards flow) of the acid contents of the stomach back up the oesophagus (food pipe), due to the valve at the top of the stomach not closing fully. Unlike the stomach, the oesophagus does not have a special lining to tolerate acid contents, and so it causes burning pain.

It is important to avoid the triggers as listed above. If it's a recurring problem then we would consider regular medication to reduce the acid in the stomach - common ones are omeprazole (Losec) or ranitidine. We also test for a bacteria linked to stomach ulcers called helicobacter pylori which needs to be treated with a course of two antibiotics, but can resolve stomach acid related pain.

If there are concerns such as not responding to treatment, or food feels like it is getting stuck, or unexplained weight loss, then a hospital-based test called an endoscopy is done, where a fiberoptic camera is passed down the throat to look at the stomach and oesophagus.

- Dr Phill Barter, Clinical Director



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> INTRODUCING THE PEOPLE BEHIND SOME OF OUR LOCAL BUSINESSES - BROUGHT TO YOU BY NORTH WEST COUNTRY BUSINESS ASSOCIATION

## : “Reuse, reduce, recycle”

“Reuse, reduce, recycle” - that’s the mantra for St John Helensville shop manager Elaine Murray, who has overseen the growth of the local pre-loved goods shop for much of the past six years.

She says there is simply too much ‘stuff’ in the world, and dislikes the ‘fast fashion’ trend which see clothes purchased, worn just a couple of times, then discarded as no longer fashionable.

Elaine is thrilled that more and more people - especially younger people - are changing their mindsets and seeing the value in repurposing quality used items.

That’s been helped by ‘upcycling’ events held at the shop over the past couple of years by Helensville’s Jo Dixey, showing locals how they can combine used clothing to create entirely new, unique fashion items.

The shop, at 90 Commercial Road, stocks a huge range of quality clothes, shoes, homewares and books - and all the profits go directly back into our local community.

One of 42 nationwide, the shop is also the ‘face’ of St John in the South Kaipara, meaning

locals can buy first aid kits, mobility aids, and other items, as well as making donations and paying St John subscriptions in-store.

The shop is run by a team of around 27 volunteers, some of whom have been helping at the store since it opened in April 2013.

Elaine says they enjoy the friendship, and working together for a community cause.

Since opening the shop has raised more than \$330,000.

That money has purchased defibrillators for the South Kaipara area and equipment for the latest ambulance, and a fund to purchase a new ambulance for Helensville is only a year or two from reaching target. Additionally, money has



> Elaine (second from right) with volunteers Pat Kench, Helen Bradley & Madeline Butler

been used for St John cadet uniforms, training, and competitions, and also to sponsor for one year three local college students who are doing nursing or paramedic degrees.

The shop is open 10am to 4pm Monday to Friday and 10am to 1pm on Saturdays.

## : Skydive business #1 on TripAdvisor

Skydive Auckland, based at the West Auckland Airport in Green Road, Parakai, has grown to become the number one rated tour in Auckland according to TripAdvisor.

The company’s offerings include the highest tandem skydive in New Zealand, with punters leaping from the 17-seater PAC750XL plane at

20,000 feet with an 85-second freefall, to see stunning views of the Kaipara Harbour and the surrounding countryside, before touching down right outside the company’s headquarters.

It employs 25-30 people, and many of them are locals, says sales and marketing manager Jo Austin (third from left in the photograph).

It’s not all just skydiving for pleasure, though. Running alongside Skydive Auckland is the New Zealand Skydiving School, which is the only organisation in the world where prospective skydive instructors can get a Diploma in Commercial Skydiving.

Around 40 or so students undertake the 32-week course each year, learning theory in the on-site classroom and completing 200 jumps during the course of the NZQA-approved diploma.

They come from all over the world, and live in a large house adjacent to Skydive Auckland.

The course which started this January is being filmed by TVNZ and will be made into an eight-part on-demand documentary. Surprisingly, Jo says a lot of the students have never skydived before starting the course.

The airfield at Parakai is blessed with a perfect location for jumping, and Jo says the climate allows for very good jump rates. In January, they were able to jump on 28 days, and she says they always manage more than 20 jumps a month even in winter.

It’s also the largest sport diving drop zone in New Zealand.

As well as individual and corporate jumps, Skydive Auckland holds a lot of charity skydives. Participants raise money for their chosen charity, and once they have raised \$880 the charity pays for your skydive and also receives a sizeable donation from your efforts at the same time.

Skydive Auckland won both the 2018 Westpac Business Awards - Excellence in Community Contribution and the North West Business Awards 2018 Recreation Category and the Overall Supreme Winner 2018



> Some of the Skydive Auckland crew

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# Big year for new business owners

"It was a big year last year."

That statement from Richard Purvis is something of an understatement, as 2018 saw him marry Lynn Massie in January, and then in December the couple take over ownership of the Gumboots Early Learning Centre in Peak Road.

The couple had been chatting with Gumboots founder Genelle Bailey at a party in Helensville when she mentioned she was thinking of selling the business. They said they were interested, and one thing led to another.

"You could say we've now got 70 kids," quips Richard.

For Lynn, the purchase was a natural fit. A qualified teacher, she has kept her day job - she's currently in her twentieth year as an RTLB (Resource Teacher Learning & Behaviour) based at Parakai School - but helps out at Gumboots during school holidays.

For Richard, it was a bigger change. With a 30-year background as a business manager in IT, his speciality is managing people, customers and running businesses.

He confesses to being a bit nervous taking on his new role.

"I was a little bit nervous. Lynn having been a teacher and dealing with children, she was going to slot right in. I was a bit worried about me," he explains. "[But] it's been amazing, really fantastic.

"It was really funny, because over dinner when we were having discussions with Genelle I voiced my concern: 'I'm not sure how I'll handle the kids'. And Genelle wrote on a napkin 'Richard will love the children'. She folded it and gave it to me and said 'you've got to give that back to me later' - and she was 100 percent correct.

"And being the only male on the staff, the kids see me as something different. Whenever I walk in it's 'Hi Rich'."

As for the staff, Richard and Lynn can't praise them enough.

"We have a really stable staff, many have been here for nearly the full time that Gumboots has been open.

"They're a fabulous team, highly skilled, and they form strong relationships with the children because we're not seeing staff coming or going. A child can come here and see the same faces every day for maybe four and a half years," says Richard.

Gumboots opened 13 years ago, and was purpose-designed around the rural lifestyle. One of its big points of difference is the huge amount of outdoor play area for the children, around 1000sq.m., plus they can go on walks through a neighbouring 8ha block for picnics and to pick the fruit from the orchard.

Another point of difference is that it's fully catered - in-house cooks provide morning and afternoon teas, lunches and snacks.

"I love how the kids here are taught how to eat independently, and to serve their own food," says Lynn.

For Lynn the new venture has become something of a family affair, as she has dragged her two children in to help for the school holidays.

Both qualified teachers themselves, Matt is a primary school teacher in Glen Innes, and Charlotte is an early childhood teacher in Epsom. Lynn says the children were really taken with 28-year-old Matt, as the only male teacher in the team.

Richard and Lynn have no plans for any major changes to the early childhood centre.

"One of the things we decided about Gumboots before we bought it was it was already functioning at a high level and delivering really good outcomes for the children and the children's families," says Richard.

"And so when we took over we made the decision that we don't want to change anything dramatically because it all works, and works really



• Lynn and Richard in Gumboot's outdoor play area

well.

"Having said that, the staff have come to us and suggested improvements, and we have a parent survey going out shortly from which we will get further suggestions from parents."

Gumboots is licenced for 70 children, and covers from ages three months up to school age. There are four different age rooms - 'Booties' for babies to one year; 'Little Boots' for one to two year-olds; 'Junior Boots' for two to three and a half years, and 'Big Boots' for the oldest children.

## Helensville News

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# Business has seen through tough times

One of Helensville's longest running businesses almost closed 10 years ago when times got tough.

Around 2009 Sally Houghton Optometrist was hit by a "confluence" of potentially business-killing factors - the global financial crisis, the burgeoning internet, and the rapid growth in the market of optical franchises like SpecSavers.



• Sally in her Commercial Road optometrist store

But Sally saw her way through the tough times, and on April 19 will celebrate 20 years in business in Helensville.

"Looking back I've reinvented the place a couple of times, otherwise we wouldn't be here.

"Challenge can be the best thing that happens, it changes your

focus. That's what happened to the business - it got really sick, but it was actually one of the best things that had happened, as it basically forced me to take it off life support."

Sally says she had got to the stage where she was working pretty much just to support the wages of her part-time receptionist, so she knew things had to change. That meant a return to something she had a lot of experience with - being a locum optometrist.

After graduating with a degree in optometry from Auckland University Sally became self-employed, running a practice in the Auckland CBD and later another in Milford in partnership with an optician.

"When the Milford Mall went up we decided to close. I was working between the two, and it was really very stressful. So it was almost like a blessing in disguise."

From 1995 to 1999 Sally was a full-time locum, covering the whole North Island.

"There weren't a lot of locums then, so I became pretty well established."

When she opened her practice in Commercial Road, she was starting from scratch. As there wasn't enough guaranteed work, she kept working as a locum part of the week but with a full-time receptionist to take bookings.

Sally gave up working as a locum and became full-time in Helensville around 2006, until the problems mentioned above happened.

"It was like someone turned a tap off, it got really quiet," she says.

She made the decision to go back on the locum circuit part time, which meant the Helensville store could stay open - even though it could mean losing walk-in business when she is not here.

But she says things are turning around, and she is seeing customers who switched to the big corporate optometrists coming back to her, looking for the more personal service she can offer.

"I'm seeing people now who I haven't seen since 2003. We're more relationship based here than transaction based."

The industry contacts Sally has built up over the years means she can usually source virtually any frame available, and can often match internet prices.

Sally says one of the benefits of seeing the same optometrist regularly is they can keep track of changes in a person's eyes.

"One of our core things is we are able to monitor changes over time. As long as the changes are normal for the age bracket then we keep monitoring, but if we see unusual change we follow that up and refer," she says.

"The eyes are literally the window into the health of the body," says Sally.

Many medical conditions can show their earliest in the eye, such as diabetes, the potential for a stroke, and brain tumours.

While she can't diagnose those things, she can refer the patient to their doctor or an eye specialist.

"I've picked up on some brain tumours in the past."

To celebrate 20 years of business in Helensville, Sally is having a half-price sale on frames and lenses, plus existing customers will get a special offer on top of that.

## Sally Houghton Optometrists is turning 20!



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# 117th Helensville A&P Show in pictures



• Above: Grand Champion sponsor Vets North had a deer tagging sideshow as part of their popular trade stand

• Above right: Dogs of all sizes took part in the ever-popular Butch Family Dog Show - like this enthusiastic little fellow

• Above: There were no pet calves this year because of the M. Bovis epidemic, but the youngsters had plenty of love for their pet goats and lambs

• Below: Showjumping action was as spectacular as ever



• 84-year-old former Helensville resident Glenn Hoare, winner in the Horticulture Section of the inaugural Rhonda Grace Memorial Trophy for champion dahlia



• The allies on attack in the mock World War II battle

• Sheepdog trial demonstration

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# Students learning in tuck shop

The Kaipara College tuck shop is providing students with a real-life experience of what it's like to work in a busy food outlet - and the opportunity to achieve NCEA credits as a result.

15 students studying food technology in Year 13 are making sandwiches and doing other basic food preparation tasks in the tuck shop in a further expansion of the relationship between the college and the Helensville District Health Trust.

Trina Smith, head of the college's Food and Hospitality Department, says: "we're really grateful to the Health Trust for providing our students with an authentic catering experience."

This is the third year Kaipara College students and staff have enjoyed a menu of nutritious, healthy food made locally by the Helensville District Health Trust's kitchen team.

The food is made and prepared fresh each day at the Trust's commercial kitchen at Te Whare Oranga o Parakai.

Since taking over the running of the Kaipara College tuck shop in 2016 the menu has been transformed to include salads, wraps, sushi and fruit smoothies.

Kitchen and catering manager Keryn Reardon says: "over the last couple of years the students' expectations on food has come a long way, and it's encouraging to see so many now choosing healthy options and enjoying it."

But she says the traditional meat pie is still popular with teenagers, so they are still on the menu a couple of times a week.

"However, we ensure the pies score well for nutrition as well as taste," Keryn says.

College principal Steve McCracken says: "the school views this relationship as integral to the ongoing education of our youth around healthy food, and is part of a wider health promotion philosophy."

"The food provided is nutritious and meets the taste-buds of teenagers, and that's not always an easy thing to do."

## Bid to re-launch U3A in South Kaipara

A public meeting will be held at Te Whare Oranga o Parakai on Tuesday, March 19 at 10am to re-launch U3A in the South Kaipara area.

U3A is for mature people who want to keep their brains active. There are no examinations or qualifications - just great speakers and study groups on topics people have always wanted to find out about.

Speakers at the meeting will include Dianne Kidd from Helensville, and Auckland U3A Network president Heather Baigent who will speak about U3A in general. Other members of the Auckland Network committee will also be at the meeting.

There are currently 25 U3As in the region, from Franklin to Warkworth, with a total membership around 3,600. A Helensville branch existed for several years, but folded about two years ago.

For more information email Heather at: [u3a.network@outlook.com](mailto:u3a.network@outlook.com) or phone 021 776 388.

## Breakfast to celebrate local women

For the second consecutive year the Helensville Women and Family Centre is hosting a special breakfast to celebrate local women making a difference in our community.

The breakfast is being held on International Women's Day, Friday, March 8, at Te Whare Oranga o Parakai.

Keynote speakers at this year's event include real estate agent Jas Sergeant, speaking for the first time locally about her journey to face her fears and live her authentic self, and local counsellor and arts therapist Janet McLeod.

Event organiser and HWFC board member Rochelle Gillespie says: "we're really excited about this year's speakers, and I'm sure guests will leave being inspired and empowered."

Tickets are \$35 plus a \$2 booking fee and can be purchased online from: <https://hwfcbreakfast.eventbrite.co.nz>.

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# 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 recipient for March is Kim Godek, who has chosen a \$100 voucher for use at The Kombuchery.

■ Kim was nominated by Megan Somerville-Ryan:

"I would like to nominate Kim Godek, a local Helensville mum of two young children, a teacher at Helensville Primary School and a member of PATHs - the school's PTA committee. Kim has made a huge contribution to our school community over the past 12 months through her voluntary committee work. She co-ordinated and led a very successful working bee (the first working bee in a number of years) and was the incredibly inspiring, hardworking leader for the Ag Day - a huge task. All this work is on top of being a mum and an amazing teacher. She is always smiling and positive, she finds solutions to problems and is very patient. A true hardworking volunteer leader in our school community."



• Kim with her son



## Helensville Birthing Centre

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

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## Healthy Helensville

Our vision: The best possible health services for people in South Kaipara

### Better way to see your GP

The Kaipara Medical Centre has added an easy to use online booking system to their website allowing patients to see when their GP has appointments available.

Patients are encouraged to use the new system for non-urgent bookings, but are reminded that the GPs all work differing

hours and dates so it may take some time to see a particular GP.

Urgent appointments are best made by phoning reception on (09) 420 8400 and talking to the Triage Nurse who will assess your need and make a time to see the Duty Doctor.



Helensville Primary Students at last year's cooking classes at Te Whare Oranga o Parakai.

### Cooking up inspiration

The joys of cooking are being installed in a group of 10-13 year olds from Helensville Primary School with weekly lessons at Te Whare Oranga o Parakai.

The Term One classes, which introduce students to foods from different countries, have been made possible thanks to the sponsorship of Superb Herb. It's hoped other schools will be able to take part in the classes later in the year if funding is secured.

### Accessing cheaper healthcare

The Kaipara Medical Centre wants to ensure affordable healthcare is available to everyone so it's encouraging people to check whether they're entitled to the Community Services Card.

Changes introduced at the end of last year mean more people now qualify for a Community Services Card which can help reduce the cost of healthcare including after-hours GP visits, prescriptions, glasses for children and emergency dental care.

Those living in public housing or who receive an accommodation supplement are now also eligible for the card.

To check your eligibility visit [workandincome.govt.nz](http://workandincome.govt.nz).



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# Turning the tide

A local women's refuge is changing the way it's dealing with family violence by actively working with men in our community.

The Kia Timata Ano Trust last year employed its first male advocate, joining two existing female advocates.

The refuge offers a safe house for those in need, but the majority of its work is in the community.

Its advocates reach out to people after a domestic violence incident is reported to police, and will work with both the men and women in those situations to find ways to help them live in safety.

Last year the community helped raised \$16,000 for the refuge through its annual Turning The Tide Fundraising Walk, which aims to 'turn the tide' on family violence in northwest Auckland.

That money, combined with a grant from the SKYCITY Auckland Community Trust, allowed the trust to employ its first male advocate.

Rowan, who has worked in the drug and alcohol treatment field, says Kia Timata Ano is one of the few organisations offering male advocates in the family harm sector.



• Scott Orr and Sonnia Mallett, both from Helensville, on last year's Turning the Tide walk

"I wasn't entirely sure what to expect," says

Rowan, "but I've found the willingness of men to engage in a process of personal growth and change has impressed me.

"Many people are facing so many challenges, but I am finding that the little things can make a big difference in someone's life. It's a privilege to walk alongside someone on their journey of change."

Tickets are available online now at <https://turningthetidewalk2019.eventbrite.co.nz> for the third annual Turning The Tide Fundraising Walk, to be held on Sunday, April 28.

Participants will walk 17km down Muriwai Beach, with a shorter 4km option also available.

Funds raised at this year's event will go towards running more support groups and programmes for both men and women.

## local board matters (cont...)

• From page 15

- Review speed limits and provide safety infrastructure on our local roads.
- Increase budget for footpaths in Rodney to address historic imbalance in spending and growing list of footpaths required.

### Environment:

- Support Water Quality Targeted Rate funds being spent to improve Rodney's waterways and harbours by reducing sediment and pollution.
- Support the Natural Environment Targeted Rates being used to protect Kauri in Rodney and do more pest management in our rural areas.

### Arts & Cultural Facilities:

- Fund the Huapai Indoor Courts facility to meet needs of fast-growing community.
- Provide funding for Rodney's arts facilities equal to what other Wards in Auckland receive.

### Governance:

Provide funding for Local Board office and meeting space in Kūmēu so our Local Board is accessible to our community.

- Phelan Pirrie  
Deputy Chair, Rodney Local Board  
phelan.pirrie@aucklandcouncil.govt.nz Ph:021837167

# local board matters

## Auckland Council and Rodney Local Board Annual Budget 2019/2020 Feedback

This year's Auckland Council Annual Budget 2019-2020 consultation closes on Sunday, March 17. This annual budget is year two of a three-year budget, set in 2018.

Generally, there are few changes made in the second year as the work plan to 2020 was clearly signalled in the 2018. It's important to note that '2019/2020' means the financial year from July 2019 to July 2020.

Unfortunately locating information and providing a submission is complicated. The information is online on multiple pages and it would take some time for submitters to find, understand and digest the importance of initiatives. I've suggested some initiatives that are locally focused (Kumeu Subdivision of the Rodney Ward, from Makarau to Taupaki) but this is not a complete list of everything in the Annual Budget. Groups and residents should make their own minds up whether to pick up on the points below, and should read the material if they want detail of everything being proposed.

Why bother submitting?

There are a number of important things Council and the Local Board are doing - showing local support and backing for those is vital to ensure programs remain on track and budgets are allocated to continue work.

The submission form has one line for Local Board initiatives, do you support them 'yes, no, or partially'. There is space for text to be added and submitters may wish to provide specific details of what is supported so it's clearer than a simple 'yes' or 'no' would provide.

Link to provide online feedback: <https://bit.ly/2Ptwfjq>

### RODNEY LOCAL BOARD INITIATIVES Transport:

Rodney Local Board Transport Targeted Rate:

- Bus services Helensville/Silverdale via Kaukapakapa.
- Bus services Westgate/Albany via Riverhead and Coatesville.

- Park'n'Rides in Huapai and Kumeū.

Continue to construct footpaths to plug gaps in provision and provide pedestrian safety, and complete Greenways feasibility plans for South Rodney.

### Town Centre Improvements:

- Fund completion of Helensville Town Centre improvements.
- Raise levels of service for maintenance and improvements in our town centres.

### Environment:

- Continue to fund Healthy Harbours Fund for riparian planting to improve the quality of our local waterways and Kaipara Harbour.
- Support the Small Builds Ambassador program to improve compliance on building sites and protect our waterways from pollution.
- Support local volunteer groups carrying out planting and pest control in our parks and reserves.

### Parks & Recreation:

- Support the construction of the Huapai Indoor Courts facility to provide a much needed facility for growing population.
- Support continued development of playgrounds and parks facilities such as toilets.
- Support completion of perimeter path at Rautawhiri Park.

### AUCKLAND COUNCIL INITIATIVES

#### Transport:

- Increase maintenance and rehabilitation budget for Rodney's sealed and unsealed roads.
- Support provision of improved public transport for North West including busways and MRT/Rail/Light rail within ten years to meet growth in population and mitigate traffic congestion.
- Council to ensure all new developments are linked to existing development with footpaths.



• To page 14



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## WOMEN'S INSTITUTE AGM

The Helensville Women's Institute has its Annual General Meeting at 1.30pm on Thursday, March 7 at the Masonic Lodge at 9 Kowhai Street, Helensville. All welcome.

## COMMUNITY PATROL AGM

South Kaipara Community Patrol Helensville will hold its Annual General Meeting at 7.30pm on Tuesday, March 12 at the Tennis Club rooms, Rautawhiri Park. All welcome.

## KAUKAPAKAPA MARKET

Live music from the Ukulele Union, who will perform from 10am to midday, will be a highlight of the next Kaukapakapa market on Sunday, March 17 (open 8.30am to 1pm).

There will be the usual craft table and free face painting for children, plus wide range of stalls with everything from locally hand-made crafts and fresh fruit and vegetables to used items and collectibles, books, plants, freshly made coffee, food, and the Lions Club sausage sizzle.

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

## RIVER VALLEY BAPTIST GALA

River Valley Baptist Church will hold a gala on Saturday, March 23 at their grounds on the corner of Parkhurst and Fordyce Roads, Parakai. Billed as a family and budget-friendly event and running from 10am to 2pm, it will feature a bouncy castle, magic carpet rides, an Easter egg hunt, water balloons, a plate smash, face painting, produce, preserves and baking, a cafe and a barbeque and other hot food.

## CRISIS SEMINAR

A one-day seminar on how to respond to people who are going through a crisis will be held on Saturday, March 30 from 9am to 4.15pm at the Magnify Church at 118 Commercial Road. The cost is \$40, with registrations starting at 8.30am. Participants should bring their own lunch.

Hosted by the combined churches of Helensville and Parakai, it's titled 'Sharing Hope in Crisis'.

## FILM & PIZZA NIGHT

There will be a family fun evening at Waitoki Hall on Saturday, March 30 from 6.30pm, with fresh-cooked pizzas followed by a screening of the movie 'Babe'. Gluten free pizzas will be supplied and cooked in a pizza oven by Vernerdi Bakery.

The cost is \$10 per adult and \$5 for children aged 10-16 years (under 10 free) with a family ticket available for \$20 (for two adults and up to four school age children).

Money raised will go towards the upkeep of the Waitoki hall. To book, phone Lisa on 420 5455 or David on 420 3301.

## HELENSVILLE AGLOW

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

## GIBBS FARM VISIT

Helensville School will hold a fundraising visit to Gibbs Farm on Thursday, April 11. Organised by PATHS (Parents and Teachers at Helensville School). The money raised will go towards a new senior playground at the school.

Tickets cost \$45.00 for adults, 25.00 for a child (5-17yrs), with pre-schoolers aged four and under free with a paying adult. More information and tickets are available online: <https://www.iticket.co.nz/events/2019/apr/gibbs-farm-with-paths>.

## trade & classifieds

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## Helensville News - Publication Information

### APRIL 2019 deadline: Tuesday, 19th February, 2019

ISSUE DUE OUT TUESDAY, April 2nd 2019

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#### Free Subscriptions to Online Edition:

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#### 2019 issue dates and deadlines:

Due out: April 2nd	Copy by: Mar 19th	Due out: June 4th	**Copy by: Apr 16th**
Due out: May 7th	Copy by: Apr 16th	Due out: July 2nd	Copy by: June 18th

**Editorial:** Ph 420 7215. **Editor & Publisher:** Dave Addison, Helensville News (2011) Ltd, 502 Fordyce Rd, RD1, Helensville 0874.

**Design, Subediting & Layout:** Dash Design, 420 7215. **Printing:** Rob McCorkindale, Print Matters, 0274 740 657.

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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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