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South Head youngster to dance with ballet

Nine-year-old South Head girl Sophie Wood has been chosen to dance with the Royal New Zealand Ballet (RNZB) in its upcoming production of Hansel and Gretel.

She was one of 10 children chosen from more than 100 applicants at the audition for the Auckland season of the ballet. Different children will appear in performances in other centres around the country.

Sophie, who goes to Waioneke School, will play the part of one of the birds who fight over the crumbs Hansel and Gretel drop to find their way home.

The ballet has been inspired by silent movies and music hall vaudeville, and will feature large-scale cinematic effects, world premiere choreography by Loughlan Prior, and a specially commissioned score by Claire Cowan - the first full length ballet score ever commissioned from a female composer by the RNZB.

In the Auckland performances, it will be performed live by the Auckland Philharmonia Orchestra.

Sophie says she is both nervous and excited about her upcoming role - and so is her mum, Karina.

Karina took Sophie along to what was her first ever audition thinking it would just be good experience: "she was the right height and grade, and obviously did extremely well. It's a fantastic opportunity."

It was a month before they found out Sophie had been selected.

Her sister Ella (13) is "pretty excited" about Sophie's upcoming show, as are some of her school mates.

Sophie has been taking dance lessons at DanceVille in Helensville since she was six, learning a mix of styles including ballet, jazz and contemporary dance.

She spends about 15 hours a week learning dance, not counting practice time at home.

Each January she attends a six-day, nine hours a day Dance Masters International seminar, and has been competing in dance competitions for about 18 months - recently qualifying for an Australian national competition to be held next January in Melbourne.

But before that big event, Sophie has Hansel and Gretel to get through.

She will be in both matinee and evening performances, four at the Aotea Centre from Thursday, December 5 through to Saturday, December 7, then another three at the Bruce Mason Centre in Takapuna on Friday, December 13 and Saturday, December 14.

She will have to take a few days off school, as the Wednesday before her opening night is a full day rehearsal and costume fitting, and the following day before that night's first performance is a tech rehearsal.



• Sophie Wood - nervous and excited about joining the ballet

While she has seen the RNZB's Nutcracker and the Imperial Russian Ballet Company's performance of Swan Lake, Sophie doesn't have any plans to become a ballerina, but would like to do something in the dance/performance area.

When she's not dancing, Sophie plays both touch rugby and netball, and has also been taking acrobatic lessons.

Before coming to Auckland, the RNZB's Hansel and Gretel will perform in Wellington, Palmerston North, Napier, Christchurch, Invercargill, and Dunedin.

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editorial

Isn't it great to see some new businesses opening up in Helensville? When a company the size of Dulux decides to open a retail outlet, you have to treat that as a sign of faith in our town's future.

Then we have the more local-centric Kaipara Ag Centre which has been set up in the old Oikoumene yard opposite the showgrounds - sure to be a boon for the farming industry and lifestyle block owners - and the new self-serve Gull fuel station in Mill Road, which should be open by the time you read this. Not a bad month all-round.

I have written previously about disliking the way the introduction of big brand stores can erode the character of small towns, as well as forcing smaller locally-owned companies out of business. But it's a two-edged sword - I think I would rather have the town survive with some loss of character, than see a string of empty retail and service premises which often foreshadow the death of small towns.

I hope many of you enjoyed Labour Weekend in Helensville, with Arts in the Ville and the Kaipara College 60th anniversary celebration. Unfortunately I was out of town for the weekend so missed both, but I'm sure they were fabulous, well-attended events.

Arts in the Ville in particular is giving Helensville a great reputation in the arts community. For our town to thrive it needs to become a destination for visitors, and the arts have certainly become one of our strong suits.

Talking of the arts, it was great to meet Sophie Wood (front page) a few days ago and chat with her about her upcoming role with the Royal New Zealand Ballet - talk about exciting for a nine-year-old!

- Dave Addison, Editor

letters

After Helensville Museum recently had some changes in personnel a Special Meeting was held. Following the airing of views, the members present gave a resounding vote of confidence in the current committee.

All those who left did so of their own free will. Most letters of resignation were from people who said they have been at the museum for many years and felt it was now time to retire. Some have offered us ongoing help in various ways.

When personalities in an organisation change, some feel challenged because their role has altered. This can cause the rumour machine to go into overdrive, as has been the case for the museum, resulting in one of our volunteers, Robyn Stewart, being treated very poorly by some in the community.

Robyn, now our Vice President, is autistic and this has given her a drive many don't understand. It comes with direction, and we have been blessed with her amazing energy. It is this same focus that has made her a target in our community. I, for one, am truly thankful she is part of the team.

I was under the impression conditions like autism were better understood. Many roll their eyes at her intensity or take her dedication to detail as a personal put-down. It might be time for some of these people to ask themselves if they have truly tried to understand.

As President I am concerned when a volunteer needs to defend herself when there is nothing to defend, and that this has caused our focus to shift from the thing that we have been elected to care for - the museum itself. I would prefer to expend my energy on bringing the museum up to standard, something that is urgently needed, rather than battle over personalities.

- Leigh Bosch

President, Helensville and District Historical Society

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Kaipara Medical Centre sold

Kaipara Medical Centre has been sold, but it should be business as usual for patients.

The new owner is ProCare, a co-operative network of 170 GP practices across Auckland to which Kaipara Medical Centre has belonged since 2004.

This is ProCare's first move into the ownership of a practice, and it says it is committed to supporting the practice to best serve the needs of the growing South Kaipara population.

For the last five years Kaipara Medical Centre has been owned collectively by two local GPs (doctors Phill Barter and Aimee England with 15 percent each), the Waitemata District Health Board with a 20 percent share, and the Helensville District Health Trust which had a 50 percent shareholding.

But after a change in circumstances for the two shareholding doctors, one of whom left the practice last year, and a desire by the Health Trust to return to its core purpose of providing state-of-the-art health-related facilities, it was decided selling the medical centre was in the best interests of all involved.

The Kaipara Medical Centre building remains in Health Trust ownership.

ProCare officially takes over the running of the practice on Friday, November 29, and says patients should notice very little change.

"Our priority is to firstly listen to staff and

patients to find out what is working well and what could work better so we can work out where the opportunities for growth and improvement are," says ProCare Network director Dr Francesco Lentini.

Dr Barter will stay on as a GP and will remain as Clinical Director for the practice.

Dr Lentini will become chairman of Kaipara Medical Centre once the new ownership comes into effect.

Having worked in rural GP practices he understands the unique needs of working in a location where patients can sometimes be isolated and have difficulty accessing healthcare, and where it can be harder to recruit and retain staff.

"This is an exciting new area of business for us and as such we're committed to making sure the Kaipara Medical Centre becomes a flagship for what can be achieved given the right support, governance and experience," says Dr Lentini.

Current Health Trust chairman Rory MacGillycuddy says: "when we went looking for a buyer, we weren't simply going to sell to the highest bidder; the new owner also had to prove a commitment to this community - to both our staff and our patients."

He says ProCare was the preferred option because of its assurances to retain current staff and to keep the medical centre as a Very Low Cost Access Practice, a designation based on population demographics which means fees must be kept low.

With Kaipara Medical Centre sold and the recent closure of Te Whare Oranga o Parakai, the Helensville District Health Trust will now focus on redeveloping its health campus on the corner of Commercial Road and Porter Crescent, including expanding the highly-successful Helensville Birthing Centre.

Rory MacGillycuddy says the Health Trust can now put its energies and resources into creating facilities that will best meet the health needs of the population for the next 20 to 30 years.

"We want our health facilities to be the envy of small towns right around New Zealand, and this is the next step in allowing us to make that happen."

Election result

Rodney First candidates hold the balance of power in Rodney Local Board following the recent local government election, winning five of the seven seats.

All four Rodney First candidates - Phelan Pirrie, Brent Bailey, Danielle Hancock and Vicki Kenny - were elected in the Kumeu subdivision, which oversees the entire *Helensville News* readership area. Between them they took almost 80 percent of the vote.

In the Warkworth subdivision, Beth Houlbrooke was the only candidate from the Rodney First ticket to be elected. The subdivision's other two seats were won by Tim Holdgate and Steven Garner.

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Local artist wins top award

Helensville artist Arwen Flowers has won the top prize in the 2019 The Trusts Waitakere Art Awards.

As well as taking the \$2000 first prize from among more than 500 entries, Arwen's work 'The Promised Land of Miss McCalls' also won the Inspirational NZ category, which came with a \$500 framing voucher.

About her work, the judges said: "Arwen's supreme painting award amalgamates personal and collective iconographies in an unusual experiment that has a narrative reality of exceptional and outstanding merit."

'The Promised Land of Miss McCalls' is a mixed media work featuring paint, dress patterns, graphite, charcoal, and gold foil.

Previously known more for landscape paintings, Arwen has developed her new works over the last eight months or so "in order to refresh myself and enjoy what I was doing again."

She says her new works reference landscape and oceanic forms while exploring intersections, crossovers, and parallels between historical and modern European and Pacific Island cultures, often from a feminine perspective.

Arwen sources materials to use in her art from second-hand shops or recycle centres. She began creating small collages on paper as a way of experiencing creative joy and freedom, and her new larger works on canvas expand upon those initial collages.

"I realised a while back that I didn't feel very connected to my English/European roots, and also didn't feel I had a right to draw from South Pacific peoples," she explains.

"However, I have lived in new Zealand all my life! I have grown up surrounded by

Pacific myths and legends, languages, food, craft and landscape."

Study led her to find similarities in the patterns created in the arts and crafts of early European women - things like crochet and embroidery - with those used by women in the South Pacific for items such as tapa.

"So I decided to combine European and Pacific sensibilities in my work in an attempt to resolve the disconnection I was feeling."

Her award-winning work was inspired in part by famed New Zealand painter Colin McCahon's 'The Promised Land', and includes Arwen's interpretation of some of the elements in that painting.

Among the dress patterns included in her artwork are those by McCalls - a name close

to McCahon and hence chosen for the name of the painting.

Arwen's new works also reference her interest in explorers and navigation, but from a female perspective rather than the more usual male-centric view. She uses the printed markings on dressmaking patterns to reference elements of



• Arwen with her prize-winning artwork

cartography - weather patterns like cold and warm fronts, compass points, and scale measurement patterns.

"I found myself starting to tell stories in my work - made up stories that took inspiration from other tales, from the idea of being an explorer but being a woman," she says.

Arwen says she finds her new works "incredibly satisfying - my own style, a unique approach, and my own distinctive voice in the landscape."

"The work is vastly different [from earlier landscapes] but a lot of the ideas have been incubating for a long time."

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100s of vinyl LPs at book fair

Greville and Maureen Walker have been collecting vinyl records for at least 25 years.

But now the well-known Helensville couple are "decluttering" and are donating around two-thirds of their 600-strong album collection for sale at this year's Helensville Lions Club Christmas book fair.

The eclectic collection of vinyl LPs covers most genres of music from classical and country through to Irish, Scottish and popular music, and will be sorted into categories by Greville for ease of choice during the two-day fair.

The Walkers will keep around 200 records that have special meaning for them. When pressed, Greville chose an album by Irish group The Bachelors as his favourite.

Some of the collection was given to Greville and Maureen, but many were found by scouring through op shops. Greville says they have spent a lot of time listening to the records, and many have only been played once.

Both Maureen and Greville came from musical families. Greville's father played the violin and led the Aeolian Orchestra in the late 1920s.

Greville himself can play the piano, keyboard, guitar and ukelele, and was a drummer in an Army band. Locally, he is often called upon to play the keyboard at funerals.

As to why they decided to donate the albums to the book fair rather than sell them, Greville says: "We feel that we've had the

benefit of them and wanted to support the community through the Lions. We have huge admiration for what they do."

Greville is particularly keen to see the interest in the classical albums, which cover all the world's greatest composers and make up a large percentage of the 400-odd records going to the fair.

The vinyl LP collection will be an unusual feature at this year's book fair, which will be held as usual in the Helensville War Memorial Hall on the last weekend of November, Saturday 23 from 9am to 4pm and Sunday 24 from 10am to 3pm.



• Maureen and Greville with the remains of their collection

Organisers are hoping to top the \$8,670 raised for use in the local community at this year's Autumn book fair in May.

The Christmas fair will run along the usual lines, with all books sorted before the event with the aim of making browsing as effortless and pleasurable as possible.

Non-Fiction will be split into 20 categories, from Animals & Pets to Winemaking including a dedicated New Zealand subject section and a large general

non-fiction section.

Fiction will be arranged alphabetically by author. There will be six special interest groups, with the largest as usual being for fantasy and science fiction books. There will be a huge number of children's books for all ages.

Paperbacks will be on sale for just \$1, hardbacks for \$2 and all children's books only 50c each.

As well as the special selection of vinyl LP records at this year's fair, there will be a good selection of jigsaw puzzles, board games, DVDs, CDs and quality magazines available.

All funds raised at the twice-yearly book fairs go into The Lions Club of Helensville Charitable Trust, and are used for the benefit of the local community.

Small donations of books for the fair can be left at Burmester Realty in Commercial Road, Helensville. For larger lots phone Chris Clark on 420 8527. The last date donations of books can be accepted for this fair is Friday, November 15



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Emerging artists exhibit

Helensville Art Centre this month has an exhibition by three emerging artists.

Kristina Priest has been interested in art since childhood, selling her first painting at just 11 years of age at an art exhibition at the Pumphouse in Takapuna.

After not painting for many years she decided last year to become a full time artist.

Working with acrylics, she started doing animal portraits, but wanting to try something more unique has moved onto painting directly onto recycled furniture.

Well-known local Heidi Van Duyn's passion for aerosol art is depicted in her varying styles. They range from the freedom of flow echoed by a neutral frequency, to the rigidity of design through geometric shapes, lines and patterns.

She says much of her art "is directed by the spray cans themselves, almost as if the colours were whispering, 'pick me up so I can deliver my essence'."

Landscape photographer Jennie McGregor started her photography journey three years ago when she was in a high stress job and needed something to help her unwind.



• Clown fish, by Kristina Priest

Self-taught, most of her work is done in Rodney, mainly around Muriwai and Shelly Beach.

The exhibition runs until Saturday, November 23.

Raffle to support local animal rescue

Locals have the chance to win artworks by the three emerging artists exhibiting at the Helensville Art Centre this month (see article above) - and at the same time help a local animal rescue service.



The raffle to help Rayner Rescue, a private animal rescue service run by Sandi Rayner (pictured at left) in Te Pua School Road, is the brainchild of Heidi Van Duyn.

Sandi has funded the rescue service herself, helped by donations from friends and family and exposure on Facebook.

What began with two puppies found on a far north beach has led to the rehabilitation and re-homing of hundreds of dogs and puppies, horses, donkeys, cats, and even the odd chicken and duckling.

When Heidi saw some of Sandi's 'plogs' - online blogs written from a puppy's perspective - she got the idea for the raffle, and enlisted the help of fellow artists Kristina Priest and Jenni McGregor.

The three have each donated an artwork for the raffle, and each \$10 ticket gives the purchaser three chances to win one of them. The artworks are on display at Te Awaroa Cafe in Commercial Road, where tickets can be purchased, and the raffle will be drawn in the cafe on Saturday, November 23.

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Locals spoiled for choice for community Christmas lunch

Locals will be spoiled for choice with not one, but two Christmas Day community lunches on this year.

One will be held in the Helensville War Memorial Hall, the other in the Helensville Primary school hall.

Raewyn Mercer says her Parakai/Helensville Christmas dinner in the War Memorial Hall will be ideal for people dealing with the extra stress Christmas can bring to many families.

It will start at 11.30am. All locals are welcome, and are asked to bring a gold coin on the day.

She promises plenty of fun, prizes, and children's activities. And there will be a special theme with prizes for the best dressed - the music of ABBA.

Locals wanting to take part in the lunch are asked to register at the Citizens Advice Bureau on Commercial Road before 3pm weekdays or Nga Maunga Whakahii at 16 Commercial Road before 4.30pm on weekdays, noting any special diets and any transport requirements.

Raewyn also has the call out for 'elves' to help on Christmas Eve, December 24, on Christmas Day, and on December 26. Anyone able to help can

phone or text Raewyn on 027 282 0470.

"A fun 'Children's Activities Co Ordinator' will also be a great help," says Raewyn. "Donations/koha of fresh fruit, preserves, canned foods for the food boxes is most appreciated."

The Helensville School hall Christmas lunch is being organised by Holly Southernwood, along the lines of those she has held the past two years.

Holly says it's a chance for anyone to enjoy a festive meal with others in our community. No registration is required - just turn up from 11.30am. Gold coin donations appreciated. There will be gifts for all children under 13.

Funding has been provided by Helensville Lions, South Kaipara Rotary and Magnify Church, and Helensville School is again allowing free use of its hall. Anyone able to help as a volunteer, or who can donate food or cash, can phone Holly on 021 488 427 or email her at: helchrisfest@gmail.com.



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medical centre notes

Anxiety disorder is an issue people are increasingly aware they may suffer from as society becomes more open about discussing mental health issues.

To experience some anxiety is part of normal life, but when anxiety becomes so strong and frequent it affects someone's ability to do activities in their day-to-day life, then it becomes anxiety disorder. 15 percent of the population is affected at any one time.

There are a range of features that can happen with anxiety disorder, from restlessness and feeling constantly on edge, to irritability and poor attention, palpitations, stomach pains, headaches and dry mouth.

Often people change their behaviour to avoid the triggers, such as withdrawing socially and from friends, or taking more sick days from work, or using alcohol and cigarettes to cope - which unfortunately has the opposite effect.

Anxiety often comes with depression, with varying degrees of how much depression or anxiety is the stronger feature. Key is realising when anxiety is affecting your activities in life, so you can talk to someone about getting help managing it.

There are many therapeutic options, from medication to psychological therapies to help give people the tools to manage their anxiety, and self care is always important in terms of a healthy lifestyle of exercise, diet, sleep and work balance.

- Dr Phill Barter, Clinical Director



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: Lots of development at airport in last 14 years

When the Lockie family took over running the Parakai airfield in 2005, it was pretty run down and lacking in facilities.

Since then, they have invested a couple of million dollars in buildings, including 16 hangars currently housing around 40 aircraft, concreted the taxiways, and sealed what was previously a crushed lime runway, creating an all-weather amenity.

Called West Auckland Airport - Parakai since 2011, the airfield is home to a flight training school, and also houses the plane used by Skydive Auckland, which operates from premises opposite the airfield in Green Road.

Airport manager Simon Lockie says apart from the flight training and skydiving planes, most of the aircraft housed at the airfield are private recreational planes, either individually or syndicate-owned.

He says while previously most aircraft owners were happy to park their planes outdoors, increased maintenance requirements and security concerns, along with the fact most recreational planes are a lot smaller than

previously, means owners now want their planes to sit indoors.

The airport is currently going through the process to try to gain airport authority status - presently it runs under Auckland Council rules rather than under Ministry of Transport like most airports.

"It's a long process and we are trundling through it," says Simon, who has no idea when, or even if, airport authority status will eventually be granted.

Simon says the airport is very conscious of being a good neighbour in the South Kaipara area, and turned down an application to base a helicopter training school at the facility because



> Simon Lockie with the airport buildings

of noise concerns.

While there are no current plans, Simon says he would love to hold an open day at some stage, and welcomes locals to come along to the airport to watch the comings and goings.

: 'World famous in Helensville'



> Jill in The Cafe

Jill Tong, owner of The Cafe in Commercial Road since 2008, claims her scones are "world famous in Helensville".

As the business owner she is obviously biased, but Jill also says The Cafe serves the best coffee in town, and is the town's busiest cafe - born out by the large number of regular clients who have been coming for years.

She cites as an example a group of motorcyclists who have been stopping at The Cafe during their weekend rides almost every Sunday for around 20 years - since well before she took over the business.

Jill employs eight staff, six of them part-timers. The cafe is just recently back in action after an enforced three-month closure because of a grey water leak in the basement - a situation which Jill says was very stressful for both her and her staff.

It did, however, give her a break from working six to seven days a week, and she is thrilled that the re-opened business has been given an A (excellent) food safety grade.

Jill says she received many messages of support from regulars during the closure.

Before reopening the paint was spruced up, and a new logo and signage will be appearing soon. Inside are original artworks by local artists which are for sale.

A good friend has set up a Facebook page so locals can keep abreast of daily treats - remember to like the page to keep seeing what's new.

As well as cabinet food, The Cafe has a blackboard menu with changing specials and a Soup of the Day. Some basics like porridge and savoury mince on toast are always popular, and Jill says: "Jools Topp reckons we have the best lasagne in the country".

All the food, apart from bread and pies, is cooked on the premises. There are no pre-packaged or pre-prepared ingredients used - "everything is made with real ingredients".

After nine years of working almost every day, Jill is now looking to sell The Cafe so she can pursue other interests - such as sleeping in, she quips!

The Cafe is open 7am to 3pm on weekdays, and 8am to 3pm on both Saturday and Sunday.

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: Preschool like a large extended family

Sunny Days Community Preschool in Commercial Road sees itself as a large extended family, providing a nurturing environment for children from all different backgrounds and cultures.

New administration manager Brenda Neems, who started in late September, says families who bring their children to the preschool appreciate the feel of the facility.

Brenda has a background with Porse in-home childcare where she was a client service administrator and consultant.

She's part of a team of 10, which includes four teachers and five support staff who look after the children; the roll currently sits around 40, and Brenda says while there are a few vacancies, the preschool is "ticking over nicely".

Sunny Day's curriculum is based on Te Whāriki, a framework of goals and objectives for learning which empowers a child's holistic development, helps build good relationships and respect, and creates a sense of belonging.

The preschool's environment has been set up with a wide variety of resources to provoke

children's thinking and learning, and which encourage the children to make their own choices.

"Learning should be fun, hands-on and challenging.

"We continually provide opportunities for children to experiment, explore, solve problems and express ideas."

That's achieved through a child-initiated active planning and teaching process, where the teachers observe the children's interests and then plan so they extend those interests with a diverse range of teaching strategies.

Sunny Days children get to explore the community through regular excursions, links with local schools and community facilities, and special visitors to the centre.

The preschool has held stalls at events like



> Brenda (centre) and some of the Sunny Days gang

the Helensville A&P Show and the Children's Day Out in the past, and Brenda says they plan to continue doing that in future.

: Business growing for mechanics

Since taking over McLeod Motors three years ago, owner Daniel Norrish has grown the business to where it now employs three mechanics in addition to himself.

"It's a lot busier now," he says, citing population growth in the local area as a major

contributing factor.

But there are other reasons too.

Apart from having lifted the presence of the business, especially online, and spruced up the appearance of the building, McLeod Motors now offers a wider range of services.

Like the mechanics who work for him, Daniel is a keen 4WD enthusiast, and working on those vehicles, including installing suspension modifications and lift kits, is a growing part of the business. They also carry a range of recovery equipment - vital for those times a 4WD gets stuck.

One major new aspect has been taking on the franchise for DieselTune, which gives McLeods the

ability to remap the ECUs in vehicles - basically the computer chip all vehicles now have to control the engines - to increase both power and torque, while often helping with fuel consumption at the same time.

Daniel says customers can be amazed at how much more responsive and better at accelerating and towing their vehicles can be. Power can increase by as much as 20 percent - "it makes a big difference to the way they go."

The company fits a lot more tyres now than previously, and also carries a "massive" range of batteries for all types of vehicles, from motorcycles and farm bikes to cars, marine, tractors and heavy machinery.

McLeod Motors, which recently became MTA (Motor Trade Association) certified again, also now stocks a lot of oil products, including commercial products for the likes of farm and earth moving machinery.

As well as handling all the usual things a mechanics does, like servicing, repairs and warrants of fitness, McLeod Motors can handle auto electrical repairs, and also does a little bit of marine and on-site mobile repairs.



> Daniel (centre) with mechanics Dan McKeown and Dave Olsen

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Winter series finishes



This is Ethan Kelly, of South Head, with the knitted lobster he made for the final competition in the Helensville A&P Show's Winter Series for 2019. Ethan, aged nine, goes to Waioneke School.

The Winter Series was held over the past three months, with competitions for baking, floral, and knitting/crochet. Each contest featured several classes for both adults and children.

The aim of the series was to provide a low-key, fun way to keep locals thinking about the A&P Show in the off-season.

Car show on this month



• Classics like these old Zephyrs will sit alongside hotrods and motorcycles

The annual Shine in de Ville classic car and hotrod show will be held in the grounds of Helensville Museum on Sunday, November 24. The event has grown hugely over the past eight years, and for the first time this year will include military vehicles.

Organised by the Kaipara Classic Car Club along with Huapara Rodders and this year with sponsorship from Generation Homes, all proceeds from the show will go to the museum.

Vehicles on show will cover a wide range from vintage and classics to highly modified customs and hot rods, motorcycles, and the military vehicles.

For people wanting to show a vehicle, there is a \$5 vehicle and driver charge, with entry for spectators by gold coin donation (under 12 years are free). The public will be able to vote for a 'people's choice' award. The show will open around 9.30am, with judging at 11am.

There will be food and drink available, and an auction and prize giving will be held at 1pm in the Kaipara Classic Car Club clubrooms, opposite the museum in Swale's yard.

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Dictionaries galore for local schools



Year 4 children at Helensville, Kaukapakapa, Parakai, Waioneke and Woodhill schools have received free dictionaries courtesy of South Kaipara Rotary.

Helped with some funding from the June Gray Trust, the Usborne Illustrated Dictionaries were given to the students as part of an ongoing programme to help develop youth literacy.

In total 147 dictionaries have been given out this year.

The dictionaries are specially designed to appeal to eight and nine year olds. They contain more than 1000 colour illustrations and provide definitions that are not only easy to understand but designed to be interesting as well.

"South Kaipara Rotary are passionate about encouraging our youth to read, expand their vocabulary and get writing," says South Kaipara Rotary chair, Angela Gilbert.

"We look forward to developing our youth's literacy and providing this great resource again next year."

Poker run set to raise cash for Helensville fire station

Helensville Fire Brigade is the host station for this year's 5 Station Poker Run, to be held on Sunday, November 24.

The annual motorcycle event, held since 2006, is shared between the Helensville, Kaukapakapa, Kumeu, Muriwai and Shelly Beach fire stations. The five volunteer fire brigades all work together on fire callouts around the district, and the run is a way for members to get together in a social way, while raising funds at the same time.

Each year the host station rotates - last year it was Shelly Beach - and that station hosts the day, running the event and providing the base where the bikes start and finish and prizes are awarded.

The event regularly attracts 150 to 200 motorcyclists, and can raise up to \$6000 for the host station.

Entrants pay \$35 to take part in the run (\$30 if pre-booked online), and that's the money that goes to the host station. At each station on the run, riders receive a card, and at the end of the event the riders with the best poker hands win prizes.

The Poker Run will leave Helensville Fire Station at 10am, so locals wanting to see the bikes should turn up prior to that.

The motorbikes will travel to Kaukapakapa station, then via Coatesville and Riverhead to the Huapai/Kumeu station. From there they will call in at the Muriwai station, before heading out to Shelly Beach, and finally back to Helensville Station at around 2pm.

The motorcycles are generally a broad



• Poker Run riders on their way back from Shelly Beach on a previous run

mix of Harley Davidsons, Triumphs, Nortons, Ducatis and Japanese bikes, with often some older, classic bikes taking part. There are usually a few trikes as well.

Motorcyclists wanting to take part can enter on the day, or purchase tickets online up until Wednesday, November 20 at: www.5stationpokerrun.co.nz.



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Tennis raises cash for mental health

17 teams raised just over \$1800 for mental health at Helensville Tennis Club's annual Lou Keefe Tournament late last month.

The final was a well-fought battle between the mixed pairs team of Daniel Keefe and Veronika Cox playing David Ruzich and Annette Hemeheha.

The match went to a tie breaker, ending up 9-8 in favour of David and Annette.

In the children's rounds Finn Hughes and Lily Hall won, with Ethan Hughes and Isabella Burke-Barton runners-up.



• David Ruzich and Annette Hemeheha with the Lou Keefe trophy

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, 92 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 November is Janice McMurdo, who has chosen a \$100 voucher for use at Countdown Helensville.



• Janice McMurdo

■ Janice was nominated by Fifi Larsen, who says: "I'd like to nominate Janice for having such a warm, open heart that loves to care, share and give of herself to others. As a woman of many talents (she's a great cook, talented pianist, a writer and a qualified hypnotherapist /counsellor). I have been on the receiving end of her generosity more than once, and I know for a fact I'm not the only one."

"She's helped me with hypnotherapy at a time I was desperate and in daily pain and she refused to charge me for it, much to my gratitude. She's always willing to listen and share her knowledge and wit if you need it. I think she's a genuine gem in our little community and would love to see her recognised and rewarded for being such a wonderful, giving person."



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MGs visit South Head



More than 20 cars belonging to members of the MG Car Club visited South Head during a club run and navigation 'trial' in mid-October.

Club members met at Westgate, calling at the Muriwai gannet colony on the way to a lunch stop at Shelly Beach (above), before continuing along the South Head peninsula to visit Lake Ototoa. The event finished at the Riverhead Tavern.

Cars participating ranged from 1950s sports cars and saloons up to the latest MG models. Most were from the 1960s and 1970s.

Plan to set up new information centre

Helensville could have a new visitor information centre before the end of the year.

Local business woman Holly Southernwood is planning to set one up in her building at 44 Commercial Road - occupied until the end of October by the glass art gallery of Te Rongo Kirkwood.

Florist Mel Dickens will move her Love Flowers business into the larger premises, and Holly says the space will feature quality art sold on commission along with items like local gourmet foods.

She is now after volunteers to help man the information centre, which she hopes will be open seven days a week by early December. A half day fortnightly per volunteer would be ideal, she says, but says flexibility will be key.

Artists will pay 30 percent commission on any works sold through the centre, but that will reduce to 20 percent if they volunteer to help man the centre. Local businesses and accommodation providers will pay a small monthly fee to have their information in the centre.

Holly says she doesn't see the centre as competing with either the CAB across the road, or the Helensville Art Centre. Anyone able to help as a volunteer, or with art they would like to display, can email Holly at: hollyinvest@xtra.co.nz or phone 021 488 427.

Rail upgrade unlikely to benefit Hvl

The \$95 million upgrade of the Swanson to Whangarei railway line announced recently by the Government is unlikely to benefit Helensville. While the improved line could make tourist excursion trips to the town by diesel-powered trains a bit faster, there is little likelihood of a return by steam trains to the town.

KiwiRail Chief Operating Officer Capital Projects David Gordon says: "there are no plans for reinstatement" of the train turn-around triangle at Helensville as part of the upgrade project, announced at a function at Helensville train station in September by the Minister for Regional Economic Development, Shane Jones

The triangle is needed as steam trains, unlike their diesel cousins, can't effectively operate in reverse. However the triangle has fallen into disrepair, undermined in part by the Kaipara River and completely overgrown.

Chris Penk MP for Helensville

365 Main Road, Huapai

09 412 2496

chris.penkmp@parliament.govt.nz

chrispenk.co.nz


Authorised by Chris Penk, 365 Main Road, Huapai, Auckland.



Skydive instructor a first

Parakai's Kailun Lin has become the only female Chinese tandem skydiving instructor in New Zealand.

Kailun, originally from Fujian province in China, always wanted a career in skydiving.

In July 2015 she moved to New Zealand to join the NZ Skydiving School, based in Green Road, Parakai opposite the West Auckland Airport, to do her Diploma in Commercial Skydiving.

She completed her work experience placement at Skydive Auckland, and then became a full time employee working as a parachute packer, camera flyer and a Chinese ambassador able to converse in Mandarin with the many Chinese tandem customers who visit Skydive Auckland in Parakai.



• Kailun Lin tandem jumps with a client over Parakai

In June 2019, Kailun achieved her tandem rating at age 26. Now aged 27, she says: "I love taking people for their first ever skydiving experience. They find it scary and exciting and it's extremely rewarding."

When she is not jumping out of planes, Kailun likes the beach, surfing and the gym.

Arty beehives raise playground cash

An auction of colourful bee boxes has raised almost \$1300 towards a new senior playground at Helensville Primary School.

The bee boxes were donated by the Rodney Beekeepers Club, and a colouring competition was held at the school. The four winning designs across the school were then painted by the students to auction off.

The creative artists were Georgie Collinge-Coker, Lachlan Vesey, Dorothy Pinnell and Lilee Allen.

The second annual Bee Box Auction was organised by PATHS (Parents and Teachers at Helensville Primary School) and the Rodney Beekeepers Club, and was held at the Kaipara Cruising Club rooms in Helensville where the club meets.

\$1272 was raised on the evening, with all proceeds going towards the building of a

new senior playground at the school.

The auction night was attended by the student artists and their families, Rodney Beekeeper Club members, and local beekeepers.



• Georgie Collinge-Coker with her colourful bee box at the auction

Waitoki hall AGM

The Waitoki Public Hall Society Inc will hold its Annual General Meeting in the Waitoki hall on Monday, November 25 starting 8pm.



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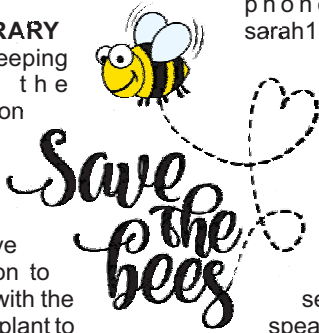
community tidbits from town and around

■ MEN'S TRUST AGM

South Kaipara Men's Trust will hold its annual general meeting at its premises at 10 Awaroa Road, Helensville from 6pm to 7:30pm on Monday, November 25.

■ BEE CLUB AT LIBRARY

The Rodney Beekeeping Club will be at the Kaukapakapa Library on Sunday, November 17 from 9am to 1pm to share their knowledge of beekeeping. There will be a live display hive and plenty of information to help people get started with the hobby, including what to plant to attract bees, and the history of the bee in New Zealand. For more information contact Megan, phone 021 95 9017, or email: threehorses@xtra.co.nz.



■ KAUKAPAKAPA MARKET

The next Kaukapakapa market is on Sunday, November 17 from 8.30am to 1pm.

Stalls will feature fresh locally grown produce, artisan food, handmade crafts, gifts, plants, and books, plus secondhand

goods and collectibles, along with tasty treats to enjoy with a freshly brewed coffee. There will be free face painting, a children's craft table and live music from duo Mike and Gillian. For more information contact Sarah, phone 0274 831 542 or email: sarah1@maxnet.co.nz

■ TARRA AGM

Te Awaroa Residents & Ratepayers Association will hold its AGM, postponed from last month, on Wednesday, November 20 starting 6.30pm in the Helensville War Memorial Hall meeting room. All welcome. Helensville Police senior sergeant Damian Albert is guest speaker and will welcome questions, and new community constable Melissa Haven will also attend.

■ HELENSVILLE AGLOW

Internationally acclaimed prophet and pastor, Alex Larsen will be guest speaker at the December 6 meeting of Helensville Aglow. The meeting will start at 7.30pm in the Helensville Community Church, 40 Mill Rd. For more information email Bridget at: bibsundgren@outlook.com.

Want to be a clown or fairy for a day?

Plans are underway and entries are already coming in for the Helensville Christmas parade on Saturday, December 7 - but more volunteers are needed to ensure it runs smoothly.

Anyone able to help is asked to register their availability at Helensville Library.

Marshals will be needed from 11am to 1.30pm and clowns and fairies from 10am to

1.30pm. Other volunteers will be needed from 9.30am to 2pm in a variety of shifts. Contact organiser Holly Southernwood, phone 021 488 427 or email: helchrisfest@gmail.com.

Entry forms for parade floats and for competitions to decorate bikes, trikes, scooters, baby carriages and mobility scooters are available at Helensville Library or via email.

Holly says the parade is able to go ahead thanks to funding from Helensville Lions, South Kaipara Rotary, Harcourts, Unichem Pharmacy, Des Hawkes, Ted Phillips, Andy Cummings, North West Country and Rodney Local Board.

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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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