Helensville News

Issue 210 May 2018

5000 copies delivered monthly to Helensville, Parakai, Kaukapakapa, Waitoki, Wainui, Woodhill, South Head and Shelly Beach

'Wildboy' inspires local school children

Brando Yelavich, the young Aucklander who became known as 'Wildboy' during his circumnavigation by foot of New Zealand's coastline as a teenager, gave an inspirational talk to Parakai School students in mid-April.

Now 24, Brando aims to motivate and inspire people - children in particular - to follow their dreams.

He says speakers are often top sports people or others in positions the average child may never attain, and while they can be inspiring to listen to, he believes children need role models who are ordinary people, who choose to do extraordinary things.

When he isn't adventuring - he describes himself as an explorer - he visits preschools and primary schools to connect with the children.

"I want to encourage this generation to be curious, get outdoors, explore, and respect nature," he says.

He says the students at Parakai School had completed a research project on him prior to the talk, and were well prepared with questions.

As well as talking about his adventures, Brando told the children about his struggle with ADHD and dyslexia. He also spoke about the downsides of social media, stressing "the connections a person can make in the wild are way more than what you get from a device."

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School children aren't his only audience. He gives inspirational corporate talks as well, showing people how they can use their spare time to make their work lives more fulfilling. Go Native.

As well as his trek around the coast of New Zealand, Brando has undertaken a 30-day solo expedition on Stewart Island. He spent



Brando with inspired pupils at Parakai School

Brando hit the news in 2013 when, at the age of just 16 and with no experience, he set out on a 600-day, 8700km walk around New Zealand's coastline - the first person to do so. He carried a 50kg backpack, and lived off the land. Along the way he met and fell in love with Ngaio Gregory. The couple are still together, and Ngaio is now joining Brando full-time on his adventures, and helping out with all the "background" work such as organising school visits.

He finances his adventurous life partly through the sales of three books he has written - including one children's book illustrated by his mother Donella - as well as sponsorship from companies which include GoPro, Kathmandu, Kayak HQ and two weeks in Nepal, and has climbed the four highest peaks in the North Island.

Possibly his biggest adventure, however, happens this month. Along with three other 'inspiring explorers' selected through an online competition and short 'tester' trip, Brando will join Nigel Watson, director of Antarctic Heritage, and Bengt Rotmo, one of the world's most experienced polar guides, to attempt a crossing of Greenland's ice cap.

The expedition will honour iconic Norwegian polar explorer, humanitarian, and Nobel Peace Prize winner Fridtjof Nansen, who led a team that made the first crossing of the Greenland interior in 1888.

More about Brando is available on his website, www.wildboyadventures.com.





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BUYING OR SELLING PROPERTY?



editorial

It's amazing how a simple storm can cause such chaos in a modern, first world city.

Sure, we have to expect the power to go out on occasion - but when people living only 45 minutes from the centre of the country's biggest city can take four or five days or more to have their electricity restored, something seems amiss.

I think the one thing most people agree on is Vector's response to the outage. Not their work to restore the power - I don't believe anyone would have a bad word to say about the poor repairmen who worked day and night in such shocking conditions to bring the power back online. Rather, it was the communication that was the problem.

On the first day our power was out, Vector kept saying it would be restored by 6pm - even at 10pm that night, they were still saying 6pm. Then it got put back to 8am the next day, then 6pm, then 8am the following day...and so on.

Surely there was someone at Vector with enough knowledge or sense to be able to say, once the scope of the damage was clear by say the middle of the first day of outages, that some areas could be without power for three or four days, or maybe even longer. That would have let us plan better - to get in ice or generators, move frozen food to freezers of people who did have power, organise places to have a shower. Instead, we were continually tempted with imminent power restoration.

The upside was the community spirit that came to the fore (see our little article on page 10) - and of course the extra business enjoyed by some local businesses, such as the packed takeaway places.

- Dave Addison, Editor

Lions directory needs your listings

The Helensville Lions Club is determined to keep its Community Directory going in spite of Yellow Pages pulling the plug on providing listings for the publication.

The directory has been

produced for around 30 years says organiser Lyn Curran, and the 2018 edition, due to be released about the same time as this issue of *Helensville News*, will be the last from official Yellow Pages sources.

Yellow initially declined to provide listing information for this year's directory, but after "much to-ing and fro-ing" agreed to provide the data for a fin

and tro-ing agreed to provide the data for a final time. "We are very reluctant to cease publication of the directory as it is not only a very good fundraiser for Lions, but also a resource for the community that is



appreciated," says Lyn, who adds the directory raises in excess of \$20,000 each year for use in the local community.

Now Helensville Lions Club is faced with the daunting task of creating it's own database so it can keep producing

database so it can keep producing the community directory in future years.

This year's publication has a postage-paid return form in it so locals can provide their information. With a distribution of 4500, that will be a significant cost to the club, and Lyn hopes as many people as possible either email their information in, or drop off their completed form at Helensville Library.

Listing information can be e m a i l e d t o : helensvilledirectory@gmail.com. "As we will be developing our

own listings we are very happy to add any other information people may like to add, such as fax numbers, mobile numbers and email addresses," says Lyn. Previously, with the data supplied by Yellow, the club could only print the information it received.





Burgers Menu(After 5:30pm Wed-Sun)

#1 Quarter Pounder (Hamburger)	\$5.99
#2 Quarter Pounder with Cheese	\$6.99
#3 BBQ Bacon Burger	\$7.99
#4 Double Beef and Cheese	\$9.99
#5 Chicken Tender Aioli	\$7.99
#6 Pulled Port with Salad or Slaw	\$9.99
Add Regular Chips with burger for	\$1.99
Add Large Chips with burger for	\$2.99
Add Pepsi or M-Dew can for	99c

Life-long love of wood

A deep, life-long love of working with wood culminates this month with the first solo exhibition by Helensville's Ray Scott.

Ray will have around 30 examples of his unique and expertly crafted turned items on show at the Art Centre in Helensville - but wood turning is a relatively new pastime for the former boat builder.

"My love for working with wood began the day I started my boat building apprenticeship," he says. That was in Beaumont Street in Auckland, more than 58 when he showed his first piece at the Glenfield Woodworkers' Guild - on the novice table - he won first place overall.

He then entered a chess set and table in the Royal Easter Show, winning his division outright. He has since received placings for other entries, including at the Franklin Art Festival.

"Participating in these shows brings out the competitive nature in me."

He opened his workshop for Arts in the Ville last year, demonstrating wood turning

for visitors and selling a number of pieces. Ray uses a wide

range of native and exotic timbers in his wood turning, from staples like kauri,

puriri and macrocarpa to more unusual woods like wenge from Africa. He sources native wood from friends and arborists, and exotics through timber importers that only bring in sustainably

sourced wood from

Africa and North and

South America.

• Ray in his workshop with a wood vase and flowers, and on the lathe a set of seven nested balls

years ago at the age of just 15.

"The aroma of kauri and other exotic timbers will stay with me till the day I die."

Over the years Ray built many boats both for customers and himself. The last one was the 14.6m fast charter boat 'Dreamrider', which he built in a shed on the property of his good friend Ross Webber.

Rav retired around five years ago, spending his time gardening, hunting and reading, and after a while he "started to get twitchy". Ross lent him an old lathe and suggested Ray try his hand at wood turning.

Initially Ray didn't think much of that idea, but "the instant my chisel bit into the wood I was sold."

"Because of my experience and love for wood, and knowledge of grains, I picked it up very quickly," he says. "Knowing what you're doing with wood is half the battle."

He picked it up so quickly, in fact, that

Ray's biggest worry is that now, approaching his mid-70s, he won't have enough years left to do everything he wants to do in wood turning. He says his "brain is

like a bucket of worms" with ideas. Ray's life hasn't all been working with wood, however.

As well as working as a boat builder and commercial fisherman, he and wife Jan spent four years running light houses.

And as a couple, they got into small bore shooting, both ending up representing New Zealand. Jan became the captain of the national women's team, and Ray snared himself a national title.

However neither was prepared to spend the huge amount of time needed to pursue the sport further, so Ray picked up archery instead. With his competitive nature to the fore, he won both the North Island and New



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Exercise stations to benefit

Money raised from this month's Helensville Lions Club Autumn Book Fair will most likely go towards the exercise stations the club is providing for the fitness trail which is currently under construction at Rautawhiri Park (see page 9).

"The exercise stations are our largest and most immediate commitment," says club secretary and book fair organiser Chris Clark, "so in reality that's where most of the money will end up.'

Chris adds that in the past 10 months the club has donated more than \$33,000 to the Helensville, Parakai, and Kaukapakapa communities. The club's last fair in November raised \$8100.

This year's autumn book fair is on the weekend of May 26 and 27. Opening hours are 9am to 4pm on the Saturday, and 10am to 3pm on the Sunday.

Unlike most other book fairs, Chris sorts all the books to make browsing as easy as possible.

Nonfiction is split into 20 separate categories ranging from 'Animals & Pets' through to 'Winemaking', including one dedicated to New Zealand subjects.

"This time we have an especially large number of sports books, as well as a general nonfiction section," he says.

Fiction is arranged alphabetically, with six special interest groups - the largest of which is the fantasy section. There are also many children's books on offer.

Books are priced at \$1 for paperbacks, \$2 for hardbacks, and just 50c each for children's books.

As with previous fairs, there will be a good selection of jigsaws, board games, puzzles, LPs, DVDs, CDs and magazines available.

Donations of books for the sale can be left at Helensville Copy & Print or phone Chris on 420 8527. The last date books can be accepted for this fair is Friday, May 18.



• Helensville hall packed with books and shoppers at a previous sale

Library closing for paint job

Helensville Library will be closed for just over two weeks this month for refurbishment work. It will close at 4pm on Saturday, May 5 and reopen at 9.30am on Wednesday, May 23.

The returns slot will also be closed during that period, so items being returned will need to be dropped off at another Auckland City library - the closest is at Kumeu. However, all loans and hold items will automatically be extended over the closure, so locals needn't worry about items becoming overdue.

The entire premises will be repainted inside, including the staff areas which will be rearranged to accommodate the library's increased staff numbers. Colours will stay the same, as furniture is matched to the current colour scheme. Some carpet will also be refurbished. The last time the library closed was in 2010 when the desk and returns area were installed.

Senior Librarian Anne Coppell says Helensville Library staff will either be deployed at other branches or take leave during the closure. Senior staff will be on call to respond to issues during the project.

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\$2m preschool opening soon



• Rory O'Connor on the building site in Commercial Road

A new \$2 million childcare and early childhood education facility being built in Commercial Road should be open either late this year or at the start of 2019.

The new facility, licensed for 85 children from three months old up to school age, will be operated by stock exchange listed Evolve Education, which runs more than 120 early childcare education facilities around New Zealand.

It's being built by Auckland-based LEP Construction, which purchased the land on Commercial Road in 2016. The purchase also included the building which houses the Helensville Dental Centre, which will remain unaffected by the project.

LEP development manager Rory O'Connor says his company had identified Helensville as a potential site for a childcare, partly because of population growth in the area, and also because neighbouring areas like Kumeu are already near capacity.

Harbour cruise?

The Helensville and District Historical Society would like to hear from anyone interested in going on a Kaipara Harbour cruise later in the year, probably in August. At this stage only expressions of interest are sought. Anyone keen should contact Lynn in the museum office, phone 420 7881 or email: helensvillemuseum@xtra.co.nz. The company has built a number of other early childhood education facilities around Auckland, and used to own the nationwide Lollipops chain before it was purchased in 2014 by Evolve.

As well as Lollipops, Evolve runs centres around the country under the Active Explorers, Learning Adventures, Pascals, Little Wonders, Little Lights and Montessori brands.

The new 440sq.m. childcare will feature a raised reception area and three large rooms, each stepping down to a different level to blend onto the sloping site, which boasts spectacular northwest facing views across the Kaipara River.

An outdoor play area of around 85sq.m. will be built behind the dental clinic, also overlooking the river and retaining a large, existing Norfolk pine tree in one corner. The play area will be linked to the building by decking.

The building is being constructed as far from the road as possible to allow for a total of 24 off-road carparks.

Rory says because the site had quite a lot on unstable fill on it, the decision was made to build on wood poles rather than a concrete floor. The rest of the construction is a mix of steel and timber, with a timber truss roof and weatherboard exterior, with some feature timber around the entranceway.

A number of native plants on the site were removed prior to earthworks and replanted elsewhere by local iwi, says Rory.



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Andrea Clarke is new principal

she says.

Trustees decision.

New Kaukapakapa School principal Andrea Clarke says she has always had her eye on landing the role there.

"It was a job I had always wanted. It's the perfect stepping stone for me within the community," she says.

"It's nice to be taking that next step, moving over to Kaukapakapa."

Andrea starts her new position on Monday, May 28 - having just three days off after leaving her current position as deputy principal at Helensville School, a job she's had for 10 years.

With a roll of 260 Kaukapakapa is just under half the size of Helensville, but Andrea points out "when I started at Helensville its roll was only 330 and falling, so it's quite comparable really."

The role makeup is quite similar between the schools too, she says, with Kaukapakapa a decile 7 versus decile 5 at Helensville.

She says her first challenge will be

getting to know a new staff, new students and a new school community. She does already know some of the parents through sport, however.

"It's nice to know I already have some connections just by being part of this school community."

Another challenge will be taking over from Tony Westrupp, who was principal at Kaukapakapa for 30 years.

"That's incredible service to a school," says Andrea, "so managing the change that will come will probably be a challenge."

Andrea says she doesn't really know any of the staff at her new school as Kaukapakapa has never been part of Te Kāhui Ako o Kaipara, the local Community of Learning, which comprises Helensville, Parakai, Waimauku, Waioneke, Waitoki, and Woodhill schools and Kaipara College.

to be part of all of that. We know it makes a difference with their learning, their reading,

Andrea Clarke

writing and maths, if they have a chance to go out there on the sports field or follow their passions."

"So I will be coming in very new to them,"

Andrea is a proponent of the Community

She would also like the see students

"Definitely giving the kids the opportunity

of Learning, and is keen to look at ways her

new school can join back into it - though she

points out that ultimately it is a Board of

involved more in interschool sports.

Andrea began her teaching career at Waimauku school as a 19-year-old fresh out of teacher training college, having grown up in Henderson Valley. After a few years she traveled overseas, teaching for five years based in the United Kingdom.

Then she and husband Jason moved back to the Kaipara area, buying a house in Helensville. Andrea went back to Waimauku before having children Brianna (currently a Year 13 student leader at Kaipara College) and Ben (also at Kaipara, in Year 10).

She then taught at Parakai School, covering senior teaching and acting deputy principal roles before moving to Helensville School 10½ years ago.

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at Kaukapakapa School

• From page 6

Both Andrea and Jason have been actively involved in the local community since settling here. Andrea was involved with Playcentre, and helped restart the local athletics club. She is currently Board of Trustees chairperson at Kaipara College. Jason, a police officer, was a youth aid officer in Helensville, but is now based at Henderson.

Andrea says she will be "very sad" to leave Helensville School.

"I'll miss the people will be the main thing,

Lifelong love of wood (cont)

• From page 3

Zealand championships with his compound bow.

He has hunted with the bow around the world - buffalo on Melville Island and deer in mainland Australia, black bear in Canada, white tailed deer in Kentucky, and various the kids and the parents and the staff.

"I've been overwhelmed with the messages of support from people, and gratitude for what I've done. I didn't really know – it's not until people come up to you to let you know you've made a significant difference in their child's schooling.

"It's been quite humbling actually to have people say those things."

Of her new job, she says: "I am excited and I think I have lots to offer them, but still with that knowledge of how important our community is."

deer species during three trips to Namibia in Africa.

"But nothing that could eat me," he quips. He still hunts, but not for trophies - only for meat to eat.

Ray's exhibition, titled 'The Artistry in Wood' opens to the public on Saturday, May 5 and runs until Saturday, May 26.

medical centre notes

The sounds of sniffles and sneezes and coughing begins to surround us, showing that we are moving into cold and flu season..

The common cold is a viral infection of the upper airways. It can be caused by over 200 different respiratory viruses - which is why there is no cure for the common cold yet.

The cold is self limiting - that is, the body's immune system will deal to the viral infection over a few days. Symptoms such as congested sinuses, runny nose, body aches and fevers are common.

Prevention is by avoiding contracting it, so important measures are regular hand hygiene; covering up if sneezing, coughing, or blowing the nose; smoke free environments; and warm housing.

Antibiotics have no effect on the common cold as it is a virus. Indeed, a lot of cold remedies have no evidence of making any difference to the natural course of the cold - ie they were going to get better anyway!

Analgesia such as paracetamol is good for aches, and for managing non-mild fevers (over 38°C). Ibuprofen can also work for muscle aches, but maintaining hydration is vital too. For nasal congestion, steam inhalation works well, without the aromatic addition of inhalants, as does nasal irrigation. Decongestants help with runny noses but not the congestion, and can only be used for a limited time.

There is currently little evidence of benefit for complimentary remedies for the cold, such as vitamin C, honey, zinc, ivy leaf extract etc, but if it does not do any harm to existing medication, some people do use them and report benefits.

- Dr Phillip Barter, Clinical Director

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Week in the Life of Kaukapakapa

Local shutterbugs will have more time to enter this year's Kaukapakapa photography competition.

Held for the first time last year as 'A Day in the Life of Kaukapakapa', the contest has been expanded for 2018 to become 'A Week in the Life of Kaukapakapa'.

"Our aim is to give people a little more time," says one of the competition's organisers and judges, Kaukapakapa Library administrator Megan Paterson.

This year, photos can be taken any time during the period of Sunday, June 3 to Sunday, June 10. Entries must be identifiably taken in the Kaukapakapa area, which for the purposes of the competition spans from Makarau to Helensville, and Kaukapakapa to Waitoki.

"Last year's entries were quite remarkable," says fellow judge, local photographer Colin Lunt. "But there were a number of comments about the time [being] people, their permission should be sought before entering the photos.

One picture from each entry will be selected by the judges, printed and displayed in the Kaukapakapa Hall during the market on the morning of Sunday, June 17 so a People's Choice award can be selected. Judges will also award prizes for the Best Junior Photograph for under-12 photographers, the Best Over 12 Photograph.

Winning photographers will each receive an A3 canvas print of their winning image and a \$50 Westfield voucher.

The judges for the competition are Megan, Kaukapakapa market organizer Sarah Legg, and Colin Lunt.

Awards will be presented in the Kaukapakapa Hall at midday on Sunday, June 17 during the local market.

Competition organisers retain the right to publish any of the entries - credited to the

limited to one day. As a result, we have extended it to a longer period to encourage even more people to enter".

Entries can be any subject, whether social, p e r s o n a l, sporting, or p e t s -" a n y t h i n g which could be included in a collection of images under the heading 'A Week in The



• Last year's winner by Alan Golder, titled 'Shark & Tatties'

Life of Kaukapakapa'," says Megan.

A maximum of three digital images per entrant must be received by 6pm on Tuesday, June 12. The images' digital signatures will be checked to confirm they were taken during the competition period. The contest is open to any Auckland City residents, and entries should be emailed to: colinlunt@xtra.co.nz.

Entries should include the photographer's name, telephone number, address and age if aged 12 or younger. Where photographs contain images of photographer - during the 12 months following the competition to promote Kaukapakapa, the Kaukapakapa library or Kaukapakapa market. Entrants can publish or sell their own photographs after Sunday, June 17, subject to them being credited as an entry in the Kaukapakapa competition.

For more information visit: www.clcphotographic.com, or contact Megan Paterson, phone 021 959 017 or email: threehorses@xtra.co.nz, or Colin Lunt, phone 0273 704 188 or email: colinlunt@xtra.co.nz.

Back to the 1940s for first Winter Lecture

The Helensville and District Historical Society's annual Winter Lecture Series kicks off this month with a talk by Alan Scott titled 'On The Street Where You Live".

Alan, with help from Natalie Carroll, has used aerial photos of Helensville south taken in 1947 and 1948 to research who lived in each house in that decade.

He will talk about who lived where, and what the town was like in the 1940s. It's a chance for locals to maybe learn who used to live in their home, and will be an interesting walk down memory lane for many. The talk, the first in the society's regular series of three, will be held at the Father Sakey Centre at St Joseph's Catholic Church on the corner of Puriri and Kowhai Streets, starting at 2pm on Sunday, May 20.

The cost to attend is \$10 per person, or \$8 for society members. Afternoon tea will be served afterwards, with a chance to chat and to ask any questions.

All proceeds raised from the lecture will go towards building a new home for Helensville Museum's recently acquired Bay City Shovel machine (see page 11).

Rautawhiri Park update

Helensville Lions Club will spend \$55,000 on the first five exercise stations it is donating for the new Rautawhiri Park walkway.

Work on the first stage of the walkway, which borders the carpark and playground and encircles the soccer fields, is well underway. Concreting is likely to be



The new walkway in preparation for concreting

completed by the time you read this with the pathway finished by mid-June.

The \$376,000 first stage of the pathway is being funded by Auckland Council and Rodney Local Board.

Scott Osmond, who is the Lion managing the exercise station project for the club, expects them to be in place by late winter or early spring.



• Work progressing on resurfacing the netball courts

Each station will be different to give users a variety of exercise options. They have been designed taking into account the advice of local fitness experts.

Assuming future stages of the Rautawhiri Park pathway go ahead, more stations will be installed. Scott says the advice the club has is that eight stations are probably the minimum needed.

The pathway work is proceeding in conjunction with resurfacing of the tennis and netball courts at the park.

Extreme weather in April caused some holdups, and Rodney Local Board's Parks & Reserves Committee chair Brent Bailey says the work will probably be completed "a little late" for the start of the netball season.

"I'm very happy with the progress despite the awful weather," he says.

Swim, run, cycle - schools triathlon on next week

The Kaipara Schools Triathlon will be held at Parakai School on Wednesday, May 9. The wet weather day is Friday, May11.

Schools taking part are: Parakai, Waioneke, Helensville, Woodhill, Waimaukau, Kaukapakapa, Waitoki, and for the first time this year, Wainui. An estimated 150 to 250 students will participate.

This event covers swimming at the Parakai Springs hot pools, biking from there down Parkhurst Rd and up Fordyce Rd, and running around local streets.

Students can choose to take part either as individuals or in teams.

They complete different numbers of lengths of the pool for the swimming component based on their year level. All students regardless of year undertake the 6km bike ride, and in the running section, years 5 and 6 individuals cover 1.5km while years 7 and 8 individuals and all teams run for 2km. Racing will start at the pools at 10am, and it is expected the event will be finished around 2pm.

Waimauku School, which traditionally enters the most students, will likely be the school to beat. Last year Waimauku won all eight team events, and five of the eight individual classes.

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Queen St kapa haka wows onlookers

Kaipara College's kapa haka group, Ngā Taniwha o Kaipara, had to haka continuously for almost 40 minutes when they marched up Queen Street recently.

The group had been invited to participate in an Easter Parade up the Auckland CBD street on



Ngā Taniwha o Kaipara following their epic Queen St haka

Wednesday, March 28.

Onlookers were fascinated to see the students in full kapa haka attire in the middle of the city, many queueing to have photos taken with the group.

The students had to haka non-stop for close to three quarters of an hour as they walked up Queen

Street from Fort Street to the Auckland Town Hall.

The display followed the group's recent top showing at the ASB Polyfest earlier the same month. Promoted to Division 2 after placing third in Division 3 in 2017, the college group was placed fourth overall.

Bill Simons and Wiha Hiku recieved the award for best tutors. Ngā Taniwha o Kaipara placed third in both Poi and Whakawatea (exit), while Merenia Paraone was the third-placed female leader, and Dane Gray-Hohepa the second placed male leader.

The group's performance was the culmination of six weeks of practise.

Storm brings out best in community

The hardships caused by April's storm-induced power outage brought community spirit to the fore in Helensville.

The Helensville Christian Life Centre put on a hot dinner of vegetable soup, potatoes and bread which pastor Tim Forlong says was attended by about 40 people, and

meals were delivered to several mostly elderly people who couldn't get into town. More people turned up for breakfast the following day.

> "It made me realise we're not that prepared," he says, adding that they came up with a whole lot of ideas to prepare for another such emergency.

> Forge Fitness in Mill Road opened its doors so locals could have a hot shower and charge a cellphone. Helensville Library also offered locals the chance to charge their mobiles.

> Several of the fire stations in the area were also open for people to have showers, charge equipment or have a hot drink.

> Vector donated a number of bags of nonperishable food items, such as tinned fruit, crackers, long life milk, chocolate, and Weetbix, along with bottled water, which were available for collection from Kaukapakapa Fire Station.

> There were many instances on social media of people who did have power offering freezer space, hot drinks and meals, and other forms of assistance.



• A sign promoting HCLC's dinner



Machine finds new home



All wrapped up against the dreadful April weather - this is the 1929 Bay City tractor shovel and dragline, now at its new home at the Helensville Museum.

The giant machine was delivered to the museum last month courtesy of Dave Swale, who donated the cost of bringing the historic earth mover down from Dargaville.

The museum is now in fundraising mode to get enough cash together to build a shed to house the digger, which has a long history of work in this area and around Auckland, operated by Woodhill farmer Bill Davidson.

A GiveaLittle online campaign raised just over \$1000 towards the \$24,000 purchase cost of the machine. It was bought at auction from the estate of Peter MacKenzie, who used to run the Iron Park museum on State Highway 16, just south of the Helensville roundabout.



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Start them young

Raising a generation of young people who love to cook and eat good healthy food is one of the goals of the passionate kitchen team at Te Whare Oranga ō Parakai, the community hub owned and operated by the Helensville District Health Trust.

From as early as 3 years old, children are able to join in the monthly Kids' Kitchen Cooking Class which is about hands-on learning and exploring tastes and foods they may not have tried yet.

During school terms, Year 5–6 primary school children have been taking part in an "Around The World" cooking class. Each weekly lesson focuses on the food and culture from a particular country.

"It's about teaching our tamariki to

Healthy Helensville

Our vision: To be the healthiest rural community in New Zealand

make good choices about food," says Kitchen Manager, Keryn Reardon.

And the healthy food focus doesn't end at primary school. The Te Whare Oranga kitchen team also operate the Tuck Shop at Kaipara College – fuelling teenage bodies and minds with healthy, affordable food.

Chef Keryn says she hopes to add adult cooking classes at Te Whare in the coming months.



Keryn Reardon and Parakai School pupils getting hands-on with culinary skills.

Newsletter no. 55 • May 2018 • www.helensvillehealth.co.nz • 1 Porter Crescent, Helensville • Phone 021 142 3029 • Email a.wood@hdht.co.nz

Building underway

Work will be underway this month in reconfiguring the Kaipara Medical Centre's public spaces to make for a more user-friendly reception and waiting area as well as the addition of a new dispensary for prescriptions.

The dispensary will be operated by Unichem Pharmacy and will mean patients have the ability to have their prescription filled at the time of their doctor's visit.

Centre Business Manager Richard Reid says, "we apologise in advance for any inconvenience caused while the work is carried out, but we're looking forward to having the new and improved space completed ahead of the busy winter months."



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Kaukapakapa families win farm environment awards

Adjacent family businesses just north of Kaukapakapa have won three awards in the 2018 Auckland region Ballance Farm EnvironmentAwards (BFEA).

The awards have gone to David and Geraldine Bayly, who run the 12ha Kaipara Coast Plant Centre and Sculpture Garden, and David's parents Don and Margaret Bayly, who operate a 115ha beef farm next door.

They have won the Auckland BFEA People in Agriculture award, the Massey University Innovation award, and the Predator Free Farm award.

Giving out the awards, the judges singled out the Baylys' three generations of pest trapping and recording of pest and wildlife sightings, including several rare species; their diverse involvement with local business, school, community and children's programmes; and the strong focus on staff training and multi-skilling.

Don and Margaret have fenced off and helped the regeneration and revegetation of most of the riparian margins of their farm. Steep hillsides have either been planted in pines or left to regenerate.

Don has recorded all the pests caught since taking over the farm from his father in 1961, and has now passed the task of trap maintenance and recording to his 12-year-old granddaughter, Bianca.

Son David has planted and supported the natural regeneration of a large wetland area on his land, and takes great pride in the high quality of the water leaving the property.

While the two Bayly properties run independently, there are synergies with shared grazing and management of stock and pest control, and support and encouragement between the generations.

The BFEA Supreme Award Auckland regional winners for 2018 are father and son Bruce and Steve Dill, who run a successful and sustainable 488ha mixed livestock farm at Kaipara Flats.

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 May recipient is Heather Flowers (pictured with granddaughter Sara Flowers, 8), who has chosen a \$100 voucher for use at Helensville Mitre 10.

Heather was nominated by Josefin Wilson, who says:

"I would like to nominate Heather Flowers as the local bird rescue lady.

"She has taken in so many injured birds over the last four years (since she moved to the area) without asking for any donations or fees. She is paying for their medication and food out of her own pocket while caring for the birds 24/7, and then releasing the wild birds once healthy enough, or caring for the tame birds for rest of their lives."



Motorbikes by the hundreds

It was like all their Christmases had come at once for motorcycle lovers when 1800 motorbikes descended on Parakai Springs last month.

On a rare fine April day, the bikes had taken part in the annual PAW Justice 'Ride

riders - at the time a huge success, but dwarfed by this year's turnout.

A huge crowd, estimated at around 2000 people, turned up at Parakai Springs to see the bikes, which were joined by another 200 custom machines for a Show & Shine competition, judged

in a range of categories including Chopper,

Bagger, Prostreet,

Old School

Chopper, Trike,

Best Paint, and

"[It] was a super busy day," says

"Parakai and the hot pools were inundated.'

The crowd was kept entertained

with live music and

entertainment, and

People's Choice.

Dion.



• There were crowds of bikes (above) and crowds of people at Parakai Springs at the end of the Paw Justice run

for Justice' fundraising ride to raise money to prevent animal abuse. They had left the Wynyard Quarter in Auckland mid-morning for the ride to Parakai.

Parakai Springs manager Dion Tilson says it was quite possibly one of the largest organised motorcycle rides in New Zealand. Last year's Ride for Justice attracted 800

The organisers of this month's 17km

The second annual Turning The Tide

Last year's event attracted 80 walkers

fundraising walk on Muriwai Beach have

issued a challenge to the community to step

up and help raise awareness of family

fundraising walk is on Sunday, May 27, with

participants walking from the Rimmer Road

and raised more than \$11,000 toward the

employment of a part-time advocate for the

Kia Timata Ano Trust, which serves

northwest Auckland from Riverhead and

Taupaki, through to Kumeu, Muriwai,

be raised to employ a male advocate to work

with men - who can be both the perpetrators

This year it's hoped enough money will

end of Muriwai Beach to Muriwai Surf Club.

violence in our neighbourhood.

Waimauku and Woodhill.

and on the receiving end of

The women's refuge has a safe house for women and children escaping an abusive situation, but most of its work is in the community, helping people make the changes they need to to live in safety.

"Our staff see over 300

people each year out in the community, helping them on their journey away from

family violence," says Kia Timata Ano Trust chairman

Harry Hillebrand.

family violence.

Saying "no" to family violence "Anyone who thinks this is an issue that only happens in other neighbourhoods is

trade and food stalls. A raffle for a new \$21,000 Indian motorcycle was won by

New Zealand Chopper Club and PAW

Justice events held at Parakai Springs, adding that another chopper show is likely to

Dion says he would like to see future

Hamish Dick.

be held in April next year.

sadly mistaken." Tickets for the walk cost \$40 for a single adult, or \$30 per person for teams of four. Students with a student ID cost \$20. For people daunted by the prospect of a 17km walk, they can participate in a 'second wave' for just \$10, joining the rest of the walkers at the creek at the northern end of Muriwai to complete the final stage of the walk to the Muriwai Surf Club. Registrations for the walk are available online now at https://turningthetidewalk.eventbrite.co.nz.

Participants will meet at Muriwai Surf Life Saving Club at 8am to complete registration, and will then be transported by bus to the start at Rimmer Road, leaving their vehicles at the surf club.



Walkers at the end of last year's Turning the Tide walk



Earth, wind & indigo's stunning new wearable crystal collection helps energy flow freely to rebalance your chakras and help you power up! Each hand-crafted piece addresses a need or desire and is totally individual, just like you. Choose your perfect power pack, energy bracelet or gift at www.earthwindandindigo.co.nz









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Busy month for Art Centre

May is a busy month at the Helensville Art Centre.

As well as an exhibition of turned wood items from Helensville's Ray Scott (see page 3), the centre will hold its annual Up-cycle Exhibition, which highlights the creativity and imagination of locals to turn 'iunk' into works of art.

The exhibition runs from Saturday, May 5 until Saturday, May 26, with an opening evening at 5pm on Friday, May 4.

For locals wanting a more hands-on approach to art, there are several workshops this month.

Ceramics with Susan Browne will be held from 10am to 2pm on Saturdays May 5 (for building) and 26 for glazing. Participants can make whatever they want - as long as it will fit into a kiln. The cost is \$60.

On Saturday May 12 Vjekoslav Nemesh will hold a free flow oil painting workshop from 10am to 4pm, cost \$155. Participants will create at least two canvases, with Vjekoslav guiding them through the creation of the first. Nemesh recently held a well-attended demonstration at the Art Centre.

Finally for May, Jan Alldritt-Miller will hold a two-day workshop on acrylic painting using a watercolour technique on paper, on Saturday May 19 and Sunday 20, from 9.30am to 4.30pm.

Six funded places are available at \$140 per person; once they are full the price rises to \$230. Over the two days Jan will guide participants through the creation of several works. All notes and materials will be provided. There will be a follow-up workshop in July for those who have attended this first workshop.

Looking further ahead, in June the Art Centre will hold an open photography exhibition as part of the Auckland-wide Festival of Photography. Anyone can enter works in any photographic medium. Around 3000 photographs will be on show in the media room, along with a slideshow of drawings of African-American life model Fred Mans.

Also in June will be a Silver Art Clay workshop, on June 23 from • To page 15



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Vjekoslav Nemesh with three of his 'free flow' oil paintings

from the frontline

In light of the recent storm I thought it was a good idea to reiterate the importance of having a household emergency plan, and the significance of being prepared in the unfortunate event of a disaster.

At the time of writing this my home, along with thousands of others, was still without power after four days. This has prompted me to start planning to have a better emergency kit. If I had to leave my home I would not have been as prepared as I would



have liked, and that has been a noteworthy reminder and something I am going to get onto straight away.

Civil Defence have some great brochures on 'how to get ready', and have a handy checklist to ensure you don't forget anything. I have brochures here if anyone wants them. I can easily put them in the mail for you - email me at: Mandi.Bell@police.govt.nz.

A good strategy is to be in a position where you are able to look after yourself and your household, including your pets, for a minimum of three days in the event of an emergency. Having a plan understood by all the household can help you and your family respond safely and quickly.

An emergency survival kit where you have sufficient food and safe drinking water is paramount.

This kit should at the least include a working torch, working radio, spare batteries, first aid kit, waterproof clothing, blankets and plastic bags for emergency toileting. The kit will need to be checked regularly.

A getaway kit is also helpful, especially if you need to evacuate quickly. There should be a kit made up for each person in the household, and these should include all the items that you think you will need plus a small supply of food items and water until you can access an emergency shelter. You should also include provisions for your pets in a separate bag too. Refer to the checklist I mentioned above

Remember also to check on your neighbours and offer assistance if required. Most humans cope better in a group where there is support, and in an emergency uniting can provide this crucial support - especially for those vulnerable in our community.

If you are a member of Neighbourhood Support you will already have these connections to those living near you. Neighbourhood Support is important in preventing crime, but is equally important in promoting safety and is a vital network to be a part of as a community experiences a civil emergency.

If you are ever evacuated from your home, listen to the radio for appropriate advice and updates. Vacate your home quickly, and listen to directions from local authorities. If you have time, secure your home, turn off electricity and the water mains. Take your pets with you, and if you have time move livestock to a safer area. Consider the situation and act accordingly, using travel routes specified by local authorities.

Stay safe!

local board matters

It's been a very difficult few weeks for many residents following the storm that swept through the area, destroying houses and cutting off power to thousands of properties.

The spontaneous response of residents with people helping each other, and the generosity shown by so many looking out for neighbours and total strangers, shows what a great community we live in.

As things slowly get back to normal it seems like a good time to emphasise some of the messages Civil Defence puts out about resilience and being prepared for natural disasters.

Everyone's first stop should be the 'Get Ready Get Thru' website (getthru.govt.nz).

Head straight to the 'How to Get Ready' page and go through the steps to get your family prepared. Civil Defence has long talked about the need for people to be prepared to look after themselves "for at least three days".

There is good reason for this.

The only government funded organisations I have seen that know how to respond quickly to emergencies are the obvious ones of Fire, Police and St John. This is what they do on a daily basis, and their crews are trained to react guickly and be prepared for the emergencies they respond to.

Councils and large corporations on the other hand are not quick to react to natural disasters.

Having been involved in a few of these situations personally through the Fire Service it is obvious that large organisations take about three or four days to crank up capacity to deal with unfolding disasters.

Communications and management systems have to be rolled out, and staff who are not used to dealing with emergencies on a daily basis have to fall into roles they are unaccustomed too. When the machine finally cranks up to speed it does, mostly, work.

However up to that point we're on our own when it comes to dealing with the situations we find ourselves in.

I've seen some comments that the situation was 'third world', implying that in the 'first world' these sorts of situations are dealt with more quickly or better.

A cursory glance at recent events in first world countries show that while the response is obviously far better than in the

Busy Art Centre (cont...)

• From page 14

10am to 4pm. Participants will create a pendant by painting thin layers of silver art clay onto a leaf, which will burn away during the firing to leave a detailed imprint on the pendant. You will also get to create a second pendant from a selection of moulds.

Phone Pauline on 021 158 6859 or email: coordinator@artcentrehelensville.org.nz for more information.

real third world, it isn't a premium quality instant reaction and there are always lots of issues - in short, it isn't a Hollywood movie response.

We should prepare for the worst, and these events should be a reminder that natural disasters are

unpredictable and difficult to deal with quickly because the scale rapidly overwhelms local resources.

Starting with home-based resilience should be something you and your family prioritise.

Civil Defence has some simple things you can do that will make disasters easier to cope with if you have a pland for the unexpected.

Another local network people may want to consider joining is Rodney Neighbourhood Support (formally Neighbourhood Watch). This is a great network for both general security and also a mechanism for dealing with the sorts of events we have all just been through. You can join up and find out more by visiting nsrodney.org.nz A street-by-street network of Neighbourhood Support groups would be a great local resource for emergency services to tap into.

There will no doubt be some soul searching among a range of organisations about what can be done better.

I will be pushing for the reinstatement of local Civil Defence reporting centres, and better communications that can cope with an absence of mobile phone networks. The Local Board will also look at how it can ensure targeted local halls can be fitted out to provide emergency facilities for locals to access.

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





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town talk

HALLAGMs

Both Glorit and Makarau halls hold their annual meetings this month.

Glorit Hall's AGM, combined with a community shared lunch, is on Sunday, May 6 at 11am. The shared lunch will start at midday, with tea and coffee available.

Nominations for officers and the general committee should be emailed to either Jeff Dagger at: jeff_dagger@xtra.co.nz or

to Janie Nahi at: janienahi008@gmail.com.

The hall is at 2997 Kaipara Coast Highway.

The Makarau Hall's AGM is on the following day, Monday, May 7 from 8pm, and is a chance for locals to join the committee.

QUIZ NIGHT

Helensville Fire Brigade is holding a quiz night at the Helensville RSA in Commercial Road on Saturday, May 13, with all proceeds raised going to Leukaemia & Blood Cancer NZ.

The quiz starts at 7pm with registrations beforehand, and meals will be available from 6pm. The cost is \$10 per person, and there will be prizes for best fancy dress.

Raffle tickets are available from Burmester Realty, Parakai Springs and Helensville RSA, and there will be cash raffles on the night.

For more information phone Michelle on 021 111 6566.

GLORIT MARKET

Glorit Hall will hold a community market on Sunday, May 13 from 9am to 2pm.

The market will feature handcrafted items

trade & classifieds

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Helensville News - Publication Information

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Letters to the Editor: Should be kept to around 250 words and may be edited as space dictates.

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July 20th

Aug 17th

to wear and eat, and visitors will be able to have a go at spinning yarn under the guidance of a local spinner.

community titbits from town and around

Anyone wanting to become a stall holder or share a table should email Jeff Dagger at: jeff_dagger@xtra.co.nz.

■ WHAT'S COOKING?

The evolution of the cookbook from Mrs



Beeton and Aunt Daisy to Nigella Lawson is the theme at the Kaukapakapa Library for May. Vintage, classic n d а contemporary cookbooks, along with a cornucopia of kitchenalia' courtesy of John Perry, of Global Village Antiques in Helensville, will be on show

on Sunday, May 20 from 10am to 1pm in conjunction with the Kaukapakapa market.

For more information email Megan Paterson at: threehorses@xtra.co.nz or phone 021 959 017.

KAUKAPAKAPA MARKET

Kaukapakapa Market will incorporate a Pink Ribbon fundraising breakfast on Sunday, May 20 from 8.30am to 1pm. The Pink Ribbon Breakfast will be served from the market café with money raised going to the New Zealand Breast Cancer Foundation.

The market will also feature live music from Rusty and the Ukulele Rustics, free face painting, raffles, and the usual wide range of stalls.

For more information or to book a stall phone Sarah on 027 483 1542 or email her at: sarah1@maxnet.co.nz.



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