# Holonsville Community News Jasue 112 - March 2019

### Helensville A&P Show, 2019

By Helen Martin Photos: Ian Baker

With last year's A&P Show cancelled, a cyclone potentially turning up and rain in the early morning, the organising committee must have had a few anxious moments, but happily the weather gods were in a generous mood on Feb 23 and we were all able to enjoy the day in our own way. We met a couple, on



holiday from England, who'd called in their way to Dargaville when they saw "something happening" by the road out of town. We always go to the

Helensville A&P Show, so seeing it through their new eyes was interesting – they'd never seen anything like it, and were very impressed and very envious. Highlights for me included the Helensville Volunteer Fire Brigade's jaws of life demonstration, The Groove diggers'



Doobie Brothers tribute and the indoor produce, photography and historical society displays. The fact that no-one seemed to take the World War II Battle re-enactment seriously – the crowd cheered and clapped every time someone 'died' – was an indication of the atmosphere of good humour that ran through the day. The only disappointment was that the 'food and wine from around our region' translated into average food and no wine or beer, while the Show organisers, fenced off from the rest of us just feet away, appeared amply supplied.



### Rautawhiri Park celebration

The 11-hectare Rautawhiri Park is a popular Helensville community asset and home to many sports codes. Over the past 20 years its facilities have been developed to include a community building, tennis and netball courts, football fields, a children's playground, a skate park and an extensive walkable parkland. Last year the project was identified as a priority in the Rodney Local Board's Recreational Walkways and Bike Trials programme.

Several fitness stations generously donated by the Lions Club of Helensville have been installed along the new 700 metre path, which will eventually be part of a 2km perimeter path linking the park's facilities,

walkway and exercising circuit. The \$2.3 million upgrade also includes new surfaces for netball and tennis courts, improved drainage, new nets, hoops, fences and lights. "This investment enables people to use and enjoy a major sports and recreation facility throughout the year," explains Committee Chair Brent Bailey. "The improvements are well-timed, with the new housing development going in across the road and the area's growing population."

With much of the project completed, on Sunday 17 February Rodney Local Board hosted an event celebrating the park's recent upgrade. The park was formally blessed by a local Kaumâtua and officially opened by

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Mayor Phil Goff. Auckland Council, Rodney Local Board, Lions Club of Helensville and Kaipara Netball were all represented.

As well as families coming to enjoy the afternoon, Helensville Tennis club hosted Orewa Tennis Club for their annual challenge. The kids loved watching demonstrations from champion skateboarder Umberto Skinner and Pro BMX rider Jaden Leeming, whose interaction with the kids was awesome.

Thank you to community volunteers who showed off their tennis and netball skills and to Kaipara College students for live music and a barbecue on the day."

Like us on Facebook or visit www.helensvillecommunitynews.co.nz

#### **Helensville Community News**

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312 Main Rd, Huapai. PO Box 81006, Whenuapai All correspondence should be legible and include writer's name and address. ~ COPY DEADLINE ~ 20TH OF THE MONTH ~

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The Helensville Community News is published as an independent community newsletter in conjunction with the Helensville Community Website, www. helensvillecommunitynews.co.nz, to inform the residents, ratepayers and visitors of events and proposals that affect the local area. Circulation 4,200 — pass it on to your friends.

The views and opinions expressed in this newsletter are those of the individual contributors and not necessarily those of the publishers. While we try to ensure accuracy of information, the publishers accept no responsibility for errors or omissions made by individual contributors.

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## Focus on ...



### Forge Fitness steps up



Gym employee Saxon Flowers with some of the upgraded Life Fitness equipment.

In the latest stage of its refurbishment, local gym Forge Fitness now boasts 10 pieces of state-of-the art Life Fitness equipment – four treadmills, three upright bikes, a recumbent bike and two cross trainers. Each is fitted with a touch screen console which allows you to bike or run through six countries around the world – which country you run through depends on which piece of equipment you're using. If you wish, you can download the Life Fitness app on your smart phone to store your workout data on your profile, including how many calories you burned, what distance you went, what machine you used. Other functions that can be accessed include speed times and heart rate.

Forge Fitness owner Richard Price, whose practice of keeping up-to-date with developments in the gym world includes travelling overseas and regular consultation with the NZ Reps and Exercise Association, says Life Fitness is one of the best brands and the clients love the new equipment.

His focus is now shifting to setting up classes in the gym and establishing a boxing gym in Helensville.



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#### What's happening this month





Friday, 1 March, Helensville Aglow will be meeting 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Pam Hodgkins, Prayer Co-ordinator for Aglow Auckland Region, will be ministering. All welcome. Contact yvonne@hello.net.nz for more information.

Friday, 8 March, International Women's Day Breakfast, at Te Whare Oranga o Parakai, The Helensville Women and Family Centre invites you to a special breakfast to celebrate the local women making a difference in our community. This year's guests speakers include local real estate agent Jas Sergeant talking bravely about her journey to live her authentic self, and counsellor and arts therapist Janet McLeod.

Tickets are \$35 plus a \$2 booking fee. Available from https:// hwfcbreakfast.eventbrite.co.nz.

Saturday, 9 March, Lydia Cole – Aotearoa Tour, Kumeu Arts Centre, 300 Main Road, Kumeu. Lydia Cole has been living in Berlin since the release of her album The Lay of the Land in 2017. In this time she has performed in 9 countries throughout Europe and the UK, where audiences have received her with great warmth. "In these new environments I've become reacquainted with that feeling of complete vulnerability, both on and off stage." she reflects. On stage her new band mate Timothy Armstrong gently adds harmony, rhythm and texture. February and March will see the two-time Silver Scroll finalist home again, basking briefly in the familiar, sharing new songs and fresh takes on old ones. General Admission \$25. Tickets at www.undertheradar.co.nz

Saturday, 9 March and Sunday 10 March, Kumeu Show 2019
Saturday, 9 March, CHILL Event, 4pm-11pm, Black Pete's, 167
Parkhurst Road, Parakai. Bar open from 4pm...Local Entertainment in Garden Bar. Food Truck on site, Landslide Band on Stage from 8pm – 11pm. Landslide is an Auckland based, 5 piece live band, who have been celebrating the music of Fleetwood Mac and Stevie Nicks all over the North Island for the past 6yrs! Covering classics from Fleetwood Mac and also Stevie's solo hits. Dreams, Sara, Rhiannon, Go Your Own Way, Seven Wonders, Don't Stop, Edge of 17, Tusk, Gypsy, Black Magic Woman, Rooms on Fire, The Chain, Little Lies etc....they're all there! Full lighting and sound system with liberal 4 part harmonies help to bring these amazing, classic songs to life. \$25 Tickets available from Helensville Super Liquor, Huapai Copy and Print, Club Oasis Parakai or contact Andy direct on 021 685 199

Sunday, 17 March, Kaukapakapa Village Market, Kaukapakapa Hall, 8.30am-1pm, Held on the 3rd Sunday of every month all year round. With its friendly people, great atmosphere and a wide selection of quality stalls there's something for everyone with everything from locally hand-made crafts, fresh fruit & veg to preloved treasures and collectibles. Enjoy a freshly made coffee while you check out the stalls or sit and relax with something tasty from the market cafe while you take in the entertaining atmosphere and live music. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month—a great morning out for the family. Our musicians for March is Ukulele Union, Free Face painting from 10am & 12pm, Kids craft Table from 8.30am to 1pm. For more information, stall-holder, busker and music enquiries Phone - 0274 831542 or Email sarah1@maxnet.co.nz. Eftpos cash out available.

Sunday, 17 March, Kaukapakapa Library 10am to 1pm. Authors of "Down, Across & Up", Genevieve and Kerrin Revell spent a year navigating New Zealand by horseback whilst raising funds for CanTeen. Not only can the Helensville locals write, they also run their own video production and photography companies. Their latest venture, released in January, "The Sillyverse" is a charming collection of nonsense poetry and fun illustrations for kids. Join us in the Sillyverse at the Kaukapakapa Library and find a world from giggles to wriggles, meet an upside down cat and find a poem that isn't there. Enough fun to make you spit out your juice. For more info contact Megan Paterson 021 959017, threehorses@xtra.co.nz, Kaukapakapa Library Facebook page. Library open in conjunction with the Kaukapakapa Village Market.

Saturday, 23 March, River Valley Baptist Family Gala, 1 Fordyce Road, Parakai. Come along for some great community time with fun, budget-friendly food and activities. Bouncy Castle, Café, BBQ, Magic Carpet Rides, Easter Egg Hunt, Second Hand Goods & Clothes, Water Balloons, Plate smash, Produce, James & Baking, Hot Food, Face Painting & More....

Saturday, 30 March, Family fun at Waitoki Hall 6.30pm.

Really good Pizza's (gluten free)supplied and cooked in a pizza oven by Vernerdi Bakery followed by the popular film "Babe". Such a good deal! All welcome to this fun community event, entertainment as it used to be!

Adults \$10 Kids \$5(10 to 16 years), under 10 free Family ticket \$20 (2 adults and up to 4 school age kids) Help raise funds for the upkeep of our community Hall Bookings phone Lisa 420 5455 or David 420 3301

Saturday, 30 March, Women's Street Smart Self Defence Workshop 10am – 4pm at Helensville Primary School, Garfield Road, Helensville. Age Restriction 13 & over, for more information contact Charlie 027 368 9245, info@selfdefencecourses.co.nz

Friday, 5 April, Waioneke School 25th Annual Teams Ambrose Gold Tournament, please register by 15th March 2019, Enjoy a fun day of golf on the world famous secenic South Head Gold Course, shotgun start 10am. Event organiser, Waioneke School 420 2884, email waionekeschoolgolfday@gmail.com, join our Facebook page for the latest updates about our Golf Day. Waioneke Golf Day 2019 Friday, 5 April, Helensville Aglow will be meeting 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). All welcome. Contact yvonne@hello.net.nz for more information.

Saturday, 6 April, Parenting Through Separation course, 10am—2pm at Te Whare Oranga o Parakai. This is a one-off four-hour course, which provides a wealth of information and well-proven ideas to benefit people with children who are going through the stressful experience of separating. It is fully funded by the Ministry of Justice and is usually required of people who are going through mediation or family courts. To register of for more information, contact Jess Hale—Ph. 818-6834, email jessh@lifewise.org.nz

Saturday, 6 April, Charity Machinery Auction, 11am organised by the South Kaipara Rotary in the paddock at 190 South Head Road, Helensville. We will sell on your behalf for 10% commission and we are looking for donations of farm equipment, machinery, trucks, utes, motorbikes etc. in any condition. For bookings or donations please call 0274 953 240 A great opportunity to clean up your unwanted stuff.

Thursday 11 April Gibbs Farm Open Day. PATHS (Parents and Teachers at Helensville School) are currently fundraising for a new senior playground at Helensville Primary School with a trip to Gibbs Farm. Tickets are \$45.00 for adults, 25.00 for a child (5 - 17yrs) and pre-schoolers 4 and under are free with a paying adult. Check out the following link for all information and tickets, through iTicket. https://www.iticket.co.nz/events/2019/apr/gibbs-farm-with-paths

For Regular Events see page 15

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### **Jayne Thomas**

by Helen Martin

Helensville figurative artist and plant propagator Jayne Thomas has a very good memory for detail. Describing her first years, when she and her family went from Britain to Australia. then to New Zealand, back to Britain, then back, finally, to New Zealand, she recalls that they went to Australia as "£10 poms"



and that, at the convent she was sent to, they were still writing on slates. Later, in Avondale, New Zealand, the family boarded with a Scotswoman they called Aunty Haggis and her husband George. whose sign out the front of the house "Fish bait, right here mate" is locked into Jayne's memory.

She attended several primary schools, where having "the wrong accent" got her into fights, first as a pom in NZ then, after she'd acquired a Kiwi twang, back in Britain. "After boundaries were sorted, we always shook hands and became friends," she says. Jayne's introduction to lovely old things came when her mother worked for musician Graham Brazier's mother at her curiosity shop in Balmoral. "I'd go there every day after school, and she got me collecting coins and stamps and showed me beautiful books." Her lifelong love of the outdoors began with her father taking the family to the beach every weekend.

At school Jayne always did well in art and was lucky to have her talent fostered at Kelston Girls High School, where she was taught by painter and sculptor Gretchen Albrecht. The fact that sculptor Marte Szir may also taught there was another influence. Despite her success in art, Jayne left school at 16 after she had passed School Certificate and, looking around for a job, settled on becoming a lab technician at Auckland Hospital, with responsibility for producing graphs. She's had a wide variety of jobs since then: draughtswoman for commercial windows and doors; factory work preparing aluminium to be anodised; fruit picking (twice); van driving and stock control; graphic paste-up artist; and plant propagation, where she completed an apprenticeship through her employer Lyndale Nurseries.

For four years she then ran her own gardening, landscaping and lawn mowing business, before buying an acre in Te Pua School Road, Helensville (coming here because she had a boyfriend in the area) and settling in as a plant propagator at Francis Brothers nursery in Waimauku, making cuttings, growing and rooting hedging and shrubs.

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Meeting her future husband Warren 25 years ago cemented Javne's decision to stay in the area. For the past three years they've lived on five acres on the outskirts of Helensville, where they work hard transforming the land into a beautiful garden and keep a few sheep and ducks. Warren's passion is bees. He has five hives and, as well as gathering the honey, is now putting down mead. Jayne enjoys balancing creating spaces outside in the garden and producing artwork inside in her 'studio' (i.e. the parts of the garage not occupied by bee paraphernalia). She favours charcoal drawing and figurative painting (i.e. referencing the real world, particularly the human figure) because "people intrigue me, and I enjoy them." She uses oils and encaustic, which involves using heated beeswax to which coloured pigments are added and has recently also being working with acrylics. "I let a bit of serendipity come into the work. I like a work to unfold, without my having full control of it. I'll do a painting, say, in a watercolour, then I'll go over it with hot coloured wax, then I heat it up and it blends and bleeds. Then I paint on top of that with oil, then I heat it up to make lines move, just to see what happens. And after a few layers you get this layer of oils and glazes and occasionally the whole sheet has lifted and gone."

Jayne has plenty of success with her art. Her painting 'Rehearsal' is on the cover of 'New Zealand's Favourite Artists v.2' by Denis Robinson, she exhibits at galleries, including her Devonport outlet gallery 'Art by the Sea' and her work sells well. Locally, she is a regular contributor to Helensville's Arts in the Ville. She's stayed inspired through art courses — in 2001 she took a productive year off work to do creative and visual arts at Rutherford High School under tutor Sue Daley and last year studied at Browne School of Art in Grey Lynn under tutor Brendan McGorry, a course that has prompted her to begin a new body of work.

When Jayne first arrived in Helensville she thought, "Really? What am I doing here?" but now, 28 years later, she's sold on it. "I love the gorgeous view of the river. Helensville's been left on the back burner a bit, but they're great people here, with such interesting lives, everyone has something to offer. People are very accepting you could go down the main street wearing a Fido suit, and no-one would care. The place has a soul, and it's tight. You can always find someone to have a coffee with. We're a very lucky community."









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## Libraries



## March 2019 at Helensville Library

As I type, we're preparing for the Helensville Show. It's our best chance to get out and meet our community in a different environment.

Our Kids Time sessions have begun for the year. Currently, our sessions are 10.30am to 11am, Tuesdays, Wednesdays and Thursdays. They are aimed at under-6s and their whanau and include songs, rhymes, stories and sensory experiences/crafts which aid in childhood development and early literacy skills.

It would be great to see more people attending our sessions on a more consistent basis. Attendance is erratic and we know there are other groups aimed at that age group, running on Tuesday and Wednesday mornings. If you have any under-6s and are wondering why you'd bring them along to the library preschool session - there are so many reasons.

These sessions are great for developing relationships between children and their adults, between adults, between children and library staff and between children. They also help with developing school readiness skills, including taking turns and sitting and listening. We usually add in surreptitious early literacy skills to our sessions.

We will continue as is this term but, because Kids time has had a stuttering start, we will look at making changes after the April school holidays.

Anne Coppell Senior Librarian, Children and Youth Helensville Library



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## Bookings are now open for



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Inorganic collection is just one of many options to get rid of unwanted items during the year.

Councillor Penny Hulse, chair of the Environment and Community committee, says, "It's important to think about what you can do to reuse, repair, or recycle items before deciding to send them to landfill.

"Thanks to your contributions to the inorganic collection service, more than 5000 tonnes of material have been diverted from landfill since the new service was rolled out in 2015."

"Our goal is to make it easy for Aucklanders to do the right thing with their unwanted items all year long.

"How can you help contribute to a circular economy? Let's work together to keep Auckland clean and beautiful."

A circular economy is one in which we keep resources in use for as long as possible, extract the maximum value from them whilst they are in use, then recover, regenerate, reuse, recycle or upcycle products and materials at the end of that resource's life.

If you have items in good condition, please consider selling or donating them to your local charity or recycling centre first. The remainder can be picked up in your inorganic collection.

Find out options for getting rid of specific items on our website. Visit our website to check which items you can put out for collection.

#### How does booking an inorganic collection work?

When you enter your address, the booking tool will let you know when your collection period is. Then you can fill in the necessary information to make your booking. Bookings close eight days before your collection period starts.

You can also make a booking in-person at your local service centre, or by calling 09 301 0101.

Once you've made a booking, you'll be given a timeframe for when collections will happen in your area. You will get an exact collection date by email, text or phone. Collections will take place between February and November 2019.

You can book as early as you like. If you no longer need the service, you can easily cancel.

Here are some quick tips for when it's time for your collection:

Place your items (roughly a small trailer load of material) within the boundary of your property. Collectors will then come and take it away for you

Two trucks will come to clear your items away. One will take away reusable items, and another will collect the rest as rubbish

Please don't place your items on the kerbside, berm, or footpath; this will be treated as an illegal dumping

Make sure it's easy to identify which items are to be taken away and that they are easy for the collectors to remove. Visit our website to check which items you can put out for collection.

The inorganic service is designed for items that are not appropriate for your kerbside rubbish or recycling collection.

For more about inorganic collections, go to aucklandcouncil.govt.nz/inorganic

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## Jeff Thomson's latest creation

by Helen Martin

Visitors to this year's Sculpture on the Gulf on Waiheke will see local sculptor Jeff Thomson's latest magnificent creation Rebecca (aka Ripeka) on the shores of Matiatia Bay.

Rebecca is a seven-metre yacht sculpted out of steel and corrugated iron, the product of hundreds of hours' planning and construction. While Jeff has made large sculptures before, this one is very special to him as she acknowledges both historical and personal connections. Part of New Zealand's maritime story is that The Royal New Zealand Yacht Squadron leased land at Matiatia Bay in the early 1900s for their fleet, which included yachts made in the classic lines Jeff has emulated in Rebecca. She is also a homage to the original Rebecca, an 8-metre 1902 yacht that family friends and art educators Peter and Jill Smith restored in the 1970's, and to Jeff's father Tiger, who has made many models of boats, including of the original Rebecca.

There has been huge interest in this work during the process of its construction and Jeff is pleased to have had input from a number of people, some of it muscle and moral support (locals helping him turn the boat, for example, and helping him celebrate when she was completed), some of it more specialised, from people like his worker Alan Hucker, local metal artist Reg Laurie, nephew Eliot Fenton and fellow artist Bey Goodwin.

Perpetual Guardian Sculpture on the Gulf runs from 1 - 24 March.



Jeff Thomson at work - Photo by: Ian Baker

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#### **Gate Hanging Workshop**

Sunday 31st March (9.30am to 11.30am)



Does the image look a bit familiar? If so, this is a "must attend" workshop for you.

After his very well received fencing presentation

November, by popular demand Roy Herbert from North Harbour Fencing will be returning to demonstrate how various gates should be installed.

Elements that Roy will be explaining and demonstrating in his fun and interactive presentation will include:

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Sunday 17 March Kaukapakapa Hall 8.30am – 1pm

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## 128 bus service from Helensville

A new bus service linking Helensville and Kaukapakapa to Silverdale started at the end of February. The service runs every 90 minutes, with stops in Kaukapakapa and Waitoki. This gives residents north of Helensville a public transport link back to Helensville and connects to bus services from Helensville to Waimauku and Kumeu. Timetable is available online at www.at.govt.nz. This will also be available on our website www.helensvillecommunitynews.co.nz



Photo: Phelan Pirrie -Rodney Local Board Deputy Chair



Congratulations to Year 7 & 8 at Helensville Primary School for winning Judges Choice and Overall Champion at the 117th Helensville A&P Show for their 3D deer. Great job Room 14 and Room 15.

### **HELENSVILLE DIGGERS**

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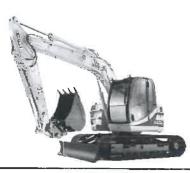
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#### **DON'T DELAY PHONE TODAY!**

Peter or Clifton

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## From Penk's Pen

### **Taxing Times!**

Greetings. I hope 2019 is treating everyone really well.

With the advent of a new year, my team and I are continuing to work hard on local issues as they affect you and your family. Please contact the electorate office if you'd like us to help you deal with government agencies etc — you can reach us at chris.penkmp@parliament.govt.nz or 09 412 2496 or by visiting 365 Main Road (SH16), Huapai.

The resumption of Parliament 2019 has brought with it some important developments. As you are probably aware, there is increasing talk around the country (including here in the Helensville electorate) about what can be done to relieve the pressure of increased living costs.

On my side of the political aisle, we believe it's crucial to ensure that taxation doesn't get out of hand. Enabling Kiwi families to retain as much income as reasonably possible should be the aim of any sensible government. This is especially so when you consider that we should always look to reward those who work hard and play by the rules.

Of particular importance to our part of the world is how the government's proposed capital gains tax would operate here in Auckland's rural northwest. The tax "working group" has recommended that this additional tax would apply to your "family home" property to the extent that the parcel of land is more than 1.1 acres. Some constituents have described it as a rural tax by stealth and it's hard to disagree.

The government is considering the final report of its working group (which is being held in secret at time of writing, meaning that I can't scrutinise it on your behalf), so we don't yet know if they'll go down this punitive and partisan path. I certainly hope not. In any case, I'll keep lobbying hard to ensure that the voice of Auckland's rural northwest is heard.

Watch this space! Chris Penk MP

## SALLY HOUGHTON OPTOMETRISTS HALF PRICE SALE

Offers expire 30 April 2019.

50% off ALL lens options which are currently not discounted - including:

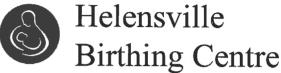
Half price Multicoat, Hilndex, Transitions, Driving, Shooting & Golf Tints on all single vision lenses. Plus, for all our supportive customers a \$100 gift when you give us a call. Full T&C's available from our friendly staff. Offer available in house only. Cannot be exchanged for cash or any other offer.

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

You are welcome to call in and have a look around, or browse our facilities online.

53-65 Commercial Road, Helensville
Ph (09) 420 8747
Email bookings@helensvillebirthingcentre.co.nz

www.birthcentre.co.nz



## A great achievement for Hayley Garnett and the **Helensville Volunteer** Fire Brigade

by Helen Martin



Congratulations to Hayley Garnett, the first woman to qualify as Emergency Response Driver (ERD) in Helensville Volunteer Fire Brigade's 105year history.

Hayley became interested

becoming a firefighter when her sister joined the Kumeu Volunteer Fire Brigade around 10 years ago, and as part of her school photography assignments at Rangitoto College she'd take pictures of the brigade training. On leaving school much of her spare time was taken up playing hockey and netball but, when she moved to Helensville with her husband Andi three years ago, she set her sights on realising her dream of becoming a fire fighter. 18 months on, after moving to a reserve role with her sports teams, Hayley joined the Volunteer Fire Brigade.

"I had a rough idea of what it involved," she says. "Also, because I was new to the community, I saw it as a way of getting to know people and give something back – I was brought up by my parents and my grandmother to be a firm believer in give and take."

Not one to hold back, soon after joining the brigade Hayley signed up for the 2018 Sky Tower Stair Challenge. She says her time was "very average" but, as it was her first attempt, she was happy. Now, along with other Helensville volunteers, she's in training for this year's Challenge, preparation that includes running up the 290 steps at Muriwai Beach. To start with they go up and down three or four time swearing weighted backpacks, then work up to wearing their gear. The volunteers also train one night a week at the station.

To be able to carry out their duties, every station is required to have a required number of drivers and pump operators. "Halfway through last year they put a call out asking who wanted to be a driver and the child in me couldn't turn down driving a fire truck," Hayley says. To become qualified as an ERD you need to get your Class 2 licence, which involves Unit Standards and practical work. You also need to sit the pump operator course so you can supply water in a fire environment. The third step is to be able to turn out to calls fully equipped with lights and sirens.

Hayley's hard work has already paid off. "The day I finished my training we had two callouts, one within an hour of finishing my training, and I drove them both." It's a relatively short time since she joined the Helensville Volunteer Fire Brigade, but she says she's already heavily invested, a commitment which includes the role of station secretary. "I enjoy it very much. It's very rewarding. I've met so many people and seen so many things. It's a great way to get involved with the community."



## Helensville Art Centre

### Creation Of Art

Statement of Viekoslav Nemesh

I would describe my art as a transfer of my feelings and emotions in a specific moment (inspiration) onto the surface of the canvas. Strong emotional moments are very important in this act of creation. They may be induced with music or any



other circumstances such as joy, love, anger or worry. As they become stronger my artwork will become more creative.

If we think about physics and the structure of the atom, what the artist creates on the surface of the canvas is a whole new universe, which vibrates with the energy the artist gave it in the moment of creation. In this manner the artist creates a whole new universe.

#### Vjekoslav Nemesh

Free spontaneous oil painting demonstration by Serbian born Vjekoslav Nemesh, Saturday 9th March 12-2. Art Centre, Helensville



The Art Centre, Helensville, Basement to the rear of the War Memorial Hall, 49 Commercial Road. Parking enterence on Porter Crescent Open Tuesday-Friday 10.00am - 4.30pm, Saturday 10.00am - 2.00pm



#### RSA Commemorating **Anzac Day** Thursday April 25th 2019

The Kaipara Memorial RSA invites the people of the district to join us in Commemorating Anzac Day 2019

The format for the day will be as follows:

0550 Dawn Parade Parakai Cenotaph Fall in 0550 this will be followed by a short service at the Helensville Soldiers Cemetery.

0930 Kaukapakapa Service at the Kaukapakapa Memorial

1050 Fall in at Super Liquor for the main parade down Commercial Road followed by a short service outside the Helensville Memorial Hall.

Breakfast, lunch and refreshments will be available at the

If your organistaion would like to lay a wreath which may be purchased through the RSA please place your order with the RSA before April 20th. If you intend to lay your own wreath please contact the RSA in order to be added to the list.

Graham Matthews

Secretary Manager Kaipara Memorial RSA Phone 4208888 Email KaiparaRSA@xtra.co.nz



## Healthy Helensville

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

## Better way to see your GP

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

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

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

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



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

#### Cooking up inspiration

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

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

#### Accessing cheaper healthcare

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

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

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

To check your eligibility visit workandincome.govt.nz.

Newsletter no. 63 • March 2019 • www.helensvillehealth.co.nz • 1 Porter Crescent, Helensville • Phone 021 142 3029 • Email events@hdht.co.nz







## Physio Talks

### **Exercise Specificity**

by Dave Rohe

To understand the title of this Physio Talks better, it may help to know a bit about the neurological principle stated eloquently in the phrase 'the brain knows movement, not muscles.' Like many succinct phrases that is an over simplification. But the essence is still true, the brain and spinal cord organise movements using many highly coordinated muscle contractions and relaxations to accomplish a movement task. The brain does not organise one muscle at a time, but many muscles whose interactions are timed to make a coordinated movement. When more strength is needed, more of some muscles become involved, while others need to dampen their efforts and others start to contract to make sure the joints involved are protected and move in the proper direction. It's rather marvellous to think about, actually.

So, when someone requires rehabilitation, or wants to get stronger at doing something, or just become more coordinated at doing something, the best way to go about it is to repeatedly perform the needed motions against resistance. The traditional way to go about retraining, or advanced training, which is rapidly disappearing from PT as a treatment method, is to decide which muscle or muscles are the main ones responsible for the movement(s) under consideration and then to develop an exercise program for each muscle to make it stronger, longer or whatever. So, if someone has difficulty rising from a chair because his/her thighs seem weak, the traditional exercise regime has the person sitting on the edge of a table and doing knee straightening exercise against resistance to make the quadriceps on the front of the thigh stronger, because they are the primary knee straighteners everyone knows that strength of knee straightening is very important to rising from a chair.

Will this exercise help the person rise from the chair more easily? Eventually, yes. But if the person needs to improve rising more quickly, or if the person must not only rise but walk away as quickly as possible, exercise specificity must be applied to the problem. So, rising from the chair used as the exercise will not only involve knee muscles, but also trunk, hip, and ankle muscles. To make it easier at the beginning of training, because the person wouldn't need the physio if it was easy already, we might start from a higher seat, then lower the seat to increase the effort as the person gains strength, until we could have the person on a regulation chair height holding addition weight in their hands to increase the effort more. They would then be strengthening everything needed to stand in a faster, easier and more coordinated fashion.

This example is just that, an example. But it works for many necessary exercises. It even works with professional athletes, who are perfectly healthy but need to perform at a higher level in order to win. You will see pictures of athletes running with parachutes attached behind, or pushing against weighted sleds, or swinging leaded bats, or throwing weighted balls, all using the required motions to accomplish the coordinated act while repeatedly doing the activity against higher than usual resistance. Exercise specificity.

So, the next time you find yourself needing to perform some activity better, either because of injury, disuse over time or wanting to compete at a higher level, consider the motion rather than the muscle.

These comments are general in nature. Be sure to check with your physio or doctor if you are not sure whether they apply to your situation.

## Regular Events

**60 Plus,** Held the last Thursday of each month, 10am morning tea provided, a great opportunity to meet others in a relaxed friendly atmosphere. Held at Magnify, 118 Commercial Rd, around the back, downstairs. (There is a ramp) Jocelyn Read 0211-726-547

**Al-Anon Family Groups** can help. Free lunchtime meeting every Wednesday, 12 midday in small office at rear of carpark Magnify, 118 Main Road, www.al-anon.org.nz.

**Combustion Youth:** Friday, 7.30-9pm, Magnify, 118 Commercial Rd, Helensville. For young people, 13-18yrs. Contact Armand Claassens 021-077-5312

Community Dinner – Whether you are new to the area or have been here for along time you are invited to the fortnightly community dinner at Magnify, 118 Commercial Rd, Helensville. Starts 6:30pm Contact Niki Greendale 0272-059-573.

**Diabeties & Arthritis Group** - First Monday in the month unless it's a public holiday. Held at the Council meeting room in the Council and library building on the corner of Porter Ave and Commercial Road, from 10am to 12pm. We have also amalgamated with the Arthritis Group. Morning tea provided. Speaker and fun times. Contact Shirley on 420-6501 or Glennis on 420-2801.

Helensville Healing Rooms, Helensville Community Church, 40 Mill Road, Next to the Hospice Shop, Opposite Mitre 10, Every first and third Saturday, 11am-12 noon, Need healing in your body or a breakthrough in your life? Visit and experience God's love. ALL WELCOME Phone 0211-230-434 NO APPOINTMENT & NO CHARGE.

**Helensville Lions Club**, meet 2nd and 4th Mondays of the each month, in the Tennis Club building, 124/164 Ruatawhiti Road, 6.30pm for 7pm start. Just come along to any meeting to see what we are about - you will be made very welcome or contact Pauline 420-6208.

**Helensville River Valley Country Music Club** Held 3rd Sunday of the month at Helensville War Memorial Hall. 1pm start. All Welcome Contact 420-8246.

**Iconz 4 Girls 8-13yrs** Awesome programme filled with games, activities and skills - every Tuesday of the school term 6.15pm-7.45pm. Held at Magnify, 118 Commercial Road. Contact Sonja Binks 021-202-4792.

#### **Kumeu Friendship Club**

Friendship New Zealand Inc. is a welcoming social organisation for people living in New Zealand who are retired or semi-retired. Come along and join us on the fourth Thursday of the month at 10am at St. Chad's Church, 7 Matua Rd, Huapai.

Noah's Ark Playgroup - Playgroup for caregivers and for toddlers under 5. Meets every Wednesday during school term from 9:30-12pm at Magnify, 118 Commercial Rd, Helensville. Contact Kim Duncan 420-8911

Peggy squares knitting group, Wednesdays 10am - 11:30am Join us for a coffee and a chat while knitting your Peggy Squares and assist us in creating community blankets for children in your community. Glenys 09-411-8546

SeniorNet Kumeu Inc., Have you ever thought about joining SeniorNet? The Kumeu branch meets in St Chads Church, Huapai, with a Helensville outpost in a private home in Garfield Rd. The cost of entry is \$3. Why not come along and find out what we have to offer. Contact details: Brian Lacey brian@lacey.nz, 0221-831-811, Beverley Meredith, meredithpb@xtra.co.nz, 09-411-5201, Alwynne Wedgwood, alwynneoh35@gmail.com, 420-9984

**South Kaipara Rotary**: 1st & 3rd Wednesday of the month, 7 - 8pm at Parakai School. All Welcome, young or old.

Te Awaroa Residents & Ratepayers Assoc (TARRA), Helensville War Memorial Hall. Visitors welcome. Enquiries 021-488-427 or email tarrassoc@gmail.com



## Charity Machinery Auction

organised by the South Kaipara Rotary

Where: in the paddock at 190 South Head Road, Helensville

When: on Saturday 6th April 2019 Starting at 11am sharp!

We will sell on your behalf for 10% commission and we are looking for donations of farm equipment, machinery, trucks, utes, motorbikes etc. in any condition.

Pick up can be arranged for donations.

For bookings or donations please call 0274 953 240

A great opportunity to clean up your unwanted stuff

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Date	High Wa	ater She	ly Beach	Sun Rise	Sun Set
March					-
1 Fri	0732	3.4	2002	0706	2000
2 Sat	0841	3.4	2108	0707	1959
3 Sun	0939	3.6	2203	0708	1958
4 Mon	1026	3.6	2248	0709	1058
5 Tue	1107	3.9	2328	0710	1955
6 Wed	1143	4.0		0711	1954
7 Thu	0003	3.9	1216	0711	1952
8 Fri	0036	4.0	1248	0712	1951
9 Sat	0107	4.0	1320	0713	1949
10 Sun	0140	4.0	1353	0714	1948
11 Mon	0214	3.9	1429	0715	1946
12 Tue	0251	3.8	1506	0716	1945
13 Wed	0332	3.7	1553	0717	1943
14 Thu	0421	3.6	1646	0718	1942
15 Fri	0521	3.5	1752	0719	1941
16 Sat	0635	3.5	1908	0720	1939
17 Sun	0756	3.6	2029	0721	1938
18 Mon	0909	3.8	2139	0722	1936
19 Tue	1010	4.1	2238	0722	1935
20 Wed	1103	4.3	2329	0723	1933
21 Thu	1151	4.4		0724	1932
22 Fri	0016	4.4	1236	0725	1930
23 Sat	0100	4.4	1319	0726	1929
24 Sun	0143	4.3	1400	0727	1927
25 Mon	0223	4.2	1441	0728	1926
26 Tue	0303	4.0	1522	0729	1924
27 Wed	0346	3.7	1607	0730	1923
28 Thu	0435	3.5	1700	0730	1921
29 Fri	0537	3.4	1810	0731	1920
30 Sat	0653	3.3	1929	0732	1918
31 Sun	0805	3.4	2036	0733	1917

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Engineering

Engineering Village Engineering

## Junior rugby club tour to the Gold Coast

027-277-4150

027-203-6870/420-3364

In July a team of 32, 11 and 12-year- old boys and girls from Helensville Junior Rugby Club are heading to the Gold Coast to put their skills to the test against three Aussie teams. They and their families have been fundraising for 18 months to make this trip possible. Highlights have been firewood chopping, a quiz and a spooky Halloween event at the rugby club. But the trip could not go ahead without our amazing sponsors. Many thanks to GJ Gardner, DCSB Modern Building

Solutions, Craigwell House, Kerry & Doug King Real Estate, CJ Contracting, Mitre 10 Helensville, SJA Honey, Augusto, Premier Mechanical and Morelands Pastoral.

Our next Fundraising event is a trip to Gibbs Farm on March 21st. Tickets are available from eventbrite.co.nz

There is still time to sign up either as a sponsor or to tour with the team! Contact us at goldcoasttour2019@gmail.com

