The Holonsville Community News Jasue 111 - February 2019

Helensville's first taste of higher-level athletics

Helensville Athletics Club was represented for the first time in the club's history at the 41st edition of the North Island Colgate Games held at Porritt Stadium in Hamilton over the first weekend of 2019. Lilee Allen, Ben & Georgina Collinge-Coker, Ayla & Rocco Mowat and Ottis & Tilly Oliver-Chambers made up the seven-strong squad to compete in the bright orange singlet of Helensville Athletics against clubs from all over the North Island from Whangarei to Wellington.

Helensville Athletics Club has operated for several years at its base in Rautawhiri Park to encourage and develop junior athletes and 2018/19 was the first season the club has become affiliated with NZ Athletics. This affiliation enables club

members to compete in district and national events. For many club members the Colgate Games was their first taste of higher-level athletics competition and they certainly rose to the occasion.

Tilly, competing in the 7-year girls' grade, smashed her personal best in the shot-put by over a metre, and although race times are not recorded for ages 7-9, there is no doubt Tilly also ran personal bests in her 60-metre and 100-metre races. Ben won his heat in the 7-year old boys' long jump and also picked up a

third placing in his 200-metre heat. Georgina came third in her heats of the 9-year girls.

Ayla broke personal bests in the 10-year girls' long jump, discus and shot put. Rocco improved his best times in the 100-metres and 200-metres and broke the 11-year boys' 200-metre Helensville club record in the process. Lilee matched that feat in the 200-metres by also breaking her personal best and the club's 11-year girls' record. Ottis ran personal bests in the 400-metres, 800-metres and 1500-metres,

breaking club records in both the 800-metres and 1500metres along the way. Ottis' 5th placing overall in the 1500-metres was the best individual result by a Helensville athlete over the weekend.

Helensville was also able to enter a team in the 11-year

old mixed 1600-metre relay with Lilee, Ottis and Rocco ably supported by youngsters Georgina and Ayla, finishing 5th team overall in the North Island.

All Helensville participants agree that the Colgate Games was a fantastic experience and are already counting down to next year's event in Taranaki. In the meantime, they can hone their skills at the next Helensville club night on Wednesday 30th January. New members always welcome — www.sporty.co.nz/helensvilleathletic



Christmas Day Lunch, 2018

by Holly Southernwood

The Christmas day lunch was not without its challenges. Flooding and an electrical fault nearly stopped the dinner happening and at least 30 people were prevented from attending due to rainy weather and flooded roads. Our key caterer was held up and, to top it all off, power to the Helensville Primary School hall failed at 10am. For those who braved the elements, a substantial meal with all the Christmas trimmings was served before

1pm. The children received gifts and scrambled for lollies in the hall, as it was too wet for outside activities.

Huge thanks to the volunteers who persisted and improvised where needed. Special thanks to local electrician Tony Cooper, who came out on Christmas day, and to school caretaker Tony Hemehema, who took the roast beef home to finish cooking it. Helensville Primary makes a hugely appreciated contribution by providing their

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superb facility free of charge. Generous donations of food and cash were much appreciated, particularly funding by Magnify Church Centre. Bea Stumpel of Kaipara Fresh Fish & Takeaways provided her catering experience and facilities to produce most of the hot food, a generous contribution. Volunteers make the event happen and were a great bunch. Left over food went to worthwhile and needy people.

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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.

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New families enjoy free meals made with love

"Incredibly helpful and thoughtful." That's how new mother Gemma Bainbridge describes the gift of free meals given to her and her husband Devon on the day they left the Helensville Birthing Centre with their newborn son, Jack.

Because the Bainbridges, who live in Waitakere, had Jack at the Birthing Centre they're eligible for the free meals which are also available to all local South Kaipara families who have a baby.

The meals are part of the Helensville District Health Trust's new initiative, Te Kete Whangai o Kaipara.

Dozens of portions of lasagna, macaroni and cheese and vegetable soup were made in early December by a team of volunteers led by the Health Trust's kitchen team at its community hub, Te Whare Oranga o Parakai.

The local community donated over \$2000 through a Givealittle campaign to get the first cookathon underway.

Proud new father Devon Bainbridge said the meals are a great gesture as it's one less thing they need to worry about: "We've been so focused on the birth we haven't given much thought to what happens when we get home, so the meals are a big relief."

Health Trust Manager Nicola Keen-Biggelaar says the feedback from new parents at the Birthing Centre has been really encouraging and the Trust is looking forward to expanding the free meal service in the coming year to include families in crisis, the unwell and the elderly.

"I must say a huge thanks to everyone who donated and all our volunteers who helped us get these first meals made and delivered," says Nicola Keen-Biggelaar. "We're really excited about the next stage of the project and seeing even more people receive the benefits of these wholesome, healthy meals."

The Health Trust is looking to secure ongoing funding for the meals through grants and sponsorship and invites anyone who would like to contribute to donate through the Givealittle website: givealittle.co.nz/org/helensville-district-health-trust.

There's also one other item the Health Trust is hoping to secure - a vertical freezer for storing the meals at the Birthing Centre. Anyone who may have one to donate is asked to contact Nicola Keen-Biggelaar on manager@hdht.co.nz or call 09 420 7571.



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What's happening this month





Saturday, 9 February, UFO's @ Waitoki Village Market Day, at the Waitoki Hall, Kahikatea Flat Rd. 8.30 till noon. Stuck on a craft Unfinished Object? Come and chat with the friendly folk from the Waitoki Craft Group and see if someone has the solution you need to get finished.

Check out the great bargains to be had, pick up baked goods, plants, homemade and preloved bargains, bric-a-brac, preserves, and more. Support your community; proceeds from the market go back to our local community.

New stall holders welcome, contact Gill 420 3301 or email waitokihall@gmail.com-Next Market 13 April.

Sunday, 17 February, 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 February is Ralphe Engle, Free Face painting, Kids craft Table from 10am to 12pm. For more information, stall-holder, busker and music enquiries contact Sarah: Phone -0274 831542 or Email - sarah1@maxnet.co.nz. Eftpos cash out

Sunday, 17 February, Kaukapakapa Library – Old School Ties, 9am to 1pm. Started in 1873, in a building which was also the hall and library, the Kaukapakapa School has always been and continues to be a pivotal part of the community. Find out about its history and help us to identify some of your family or classmates who currently remain nameless. Join us at the library and relive your youth, one year at a time. For more information contact Megan, 021 959017 or threehorses@xtra.co.nz.

Thursday, 21 February, Gibbs Farm Visit, Citizens Advice Bureau Fundraiser, \$40 includes transport, bottle of drinking water, filled bread roll and entry to the sculpture farm. Fill in form and drop in the Helensville CAB or email helensville@cab.org.nz Please ensure you read the visitor terms of access.

Saturday, 23 February, 117th Helensville A&P Show 2019, 63 Railway Street, Helensville. An event for the whole family not to be missed! Ticket prices and Information: Family Pass: (2 adults & up to 4 children) - \$25.00 Adult: \$10.00 Child: (under 12): \$5.00. 2019 Marks Helensville's 117th A&P Show. with traditional competitions outdoors, from equestrian to indoor creations. Trading stands with a wide variety of items to choose from, so bring your eco-friendly shopping bags!

If you are a life-styler, the 2019 Show is a great way to spend a day in the country and see what's happening in rural New Zealand. Come along and have some family time with a fun filled day.

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.

Saturday, 23 March, River Valley Baptist Family Gala, 10am-2pm, 1 Fordyce Road, Parakai. Come along for some great community time with fun, budget-friendly food and activities!

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 Helensville Christian Life Centre, 118 Commercial Rd, around the back, downstairs. (There is a ramp) Jocelyn Read 0211726547

Al-Anon Family Groups can help. Free lunchtime meeting every Wednesday, 12midday in small building behind Christian Life Centre, 118 Main Road, www.al-anon.org.nz.

Combustion Youth: Friday, 7.30-9pm, Helensville Christian Life Centre, 118 Commercial Rd, Helensville. For young people, 13-18yrs. Contact Armand Claassens.

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 118 Commercial Rd, Helensville. Starts 6:30pm Contact Niki Greendale 0272059573

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 021 123 0434 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 Helnesville War Memorial Hall. 1pm start. All Welcome Contact 09 420 8246

Noah's Ark Playgroup - Playgroup for caregivers and for toddlers under 5. Meets every Wednesday during school term from 9:30-12pm at 118 Commercial Rd, Helensville. Contact Kim Duncan 09 420 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, 022 183 1811, Beverley Meredith, meredithpb@xtra.co.nz, 09 411 5201, Alwynne Wedgwood, alwynneoh35@gmail.com, 09 420 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



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Garden planning and maintenance

Sunday 24th February (9.30am to 11.30am)



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Items he'll be covering will include:

- Garden layouts &planting strategies
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- Best plants for various environs
- Wildlife friendly planting
- The gardening calendar
- Pest resistant options and pest control

Afterwards you will also be able to stroll around the beautiful 1km nature trail that has over 40 marvellous new sculptures created for our 2019 exhibition by local and international artists on display.*



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A great opportunity to enhance your gardening knowledge in a relaxing and informal environment and we're only a few minutes' drive north of Kaukapakapa

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

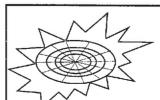
* Trail not suitable for wheelchairs or walking frames.

Venue location:

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End of the road for Maori language students in **Rodney**

Te Wananga o Aotearoa is cutting short its Te Ara Reo Maori programme at Te Whare Oranga in Parakai, leaving dozens of eager language students high and dry.

The Maori language programme will no longer offer Level 5 tuition at Parakai, as originally promised. The move follows a damning review released by the New Zealand Qualifications Authority coupled with a forecast deficit.

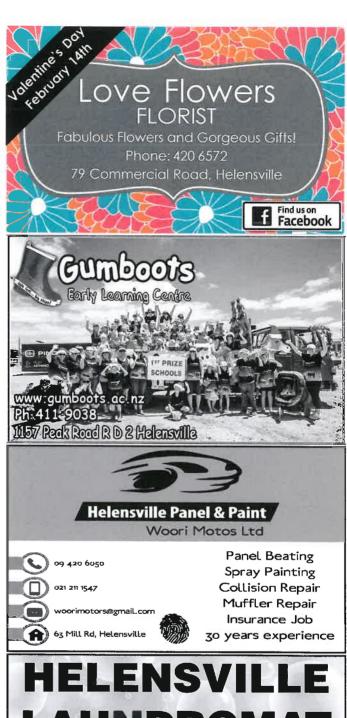
The Maori education provider has been downgraded from category 1 to category 3 in its external evaluation and review, giving it a "not yet confident" judgment in its educational performance and organisational capability in self-assessment.

The downgrade means that local residents who have been studying Te Ara Reo Maori at Te Whare Oranga o Parakai for the past two years have had their course cut short. A small number of spaces are available at the Te Wananga campus in Henderson. The Parakai students group has written to Te Wananga asking it to reconsider its decision but has not received a reply.

Parakai Students' Group spokesman, Peter Boyes explains: Many of us undertook this pathway because the tuition is delivered locally and it would be impracticable for some and impossible for others to undertake study an hour or more away, even if that were available for sufficient numbers to progress. We are deeply disappointed to discover that, having spent two years discovering Te Reo, that Te Wananga will not now offer further studies in our community and that the chances of our being able to develop any depth of understanding have been made practically impossible.

While further education can never be regarded as a waste of time, we do believe that many of us would not have undertaken this course of study had we known it would be truncated in such a way. We cannot begin to express how frustrating this is, not just for us but our local iwi and communities, all of whom would dearly love to see Te Reo Maori flourish alongside the Kaipara.' Please note that Level 2 and Level 4 courses are going ahead as advertised.





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Active Explorers comes to Helensville

A new early childhood centre in the heart of Helensville will boost childcare options for busy local families.

Enrolments are now open at Active Explorers Helensville, a modern, purpose built centre on Commercial Road. Nestled amongst farmland, and overlooking the Kaipara River, the centre will offer high quality care and education for up to 85 infants, toddlers and preschoolers.



ACTIVE EXPLORERS

Equipped with the latest educational resources and a large and dynamic outdoor play space, facilities will also include three separate rooms specially designed for under twos, toddlers and preschoolers. With a strong focus on natural resources and healthy cooked meals provided daily, Active Explorers Helensville looks set to be a popular choice for those seeking optimum care for their little ones in 2019.

Centre Manager Maria Golding has lived in the area for 20 years and is excited to be at the helm of the new offering.

"It will be a privilege to be part of the learning journeys of our local tamariki," she says. "We will set children up with a love of learning and provide them with experiences that will build their confidence and capabilities so they reach their full potential."

Golding is a fully registered teacher with a Degree in Education and a Diploma of Teaching in Early Childhood Education (ECE). She will be supported by a team of passionate teachers dedicated to bringing out the best in every child. "Local tamariki will have the opportunity to be involved in a quality early learning environment supported by teachers who truly believe that children are our future."

Active Explorers centres are well known for providing exceptional care in a vibrant and stimulating environment. Their enquiry-based learning style ensures children are engaged and inspired, while their family-orientated vibe promotes a sense of belonging and cultivates community spirit. Owned by Evolve Education Group, there are currently 37 Active Explorers centres across New Zealand.

To find out more about Active Explorers Helensville, or to arrange a visit, contact us today!

Active Explorers Helensville, 14 Commercial Road 09 222 3277, family.enrolment@eeg.co.nz

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Fresh fruit and veges from Parkhurst Gardens

by Helen Martin



Brooke at Parkhurst

Four years ago, Nadeen and Peter Hamilton left their two-acre Woodhill property and moved with their children to Parkhurst Gardens, a 15-acre market garden on South Head Road. The garden needed a lot of work to be brought back into production but Nadeen and Peter relished the challenge.

Adding to the grape vines and large fig trees already there they planted an orchard, which is now a prolific provider of limes, plums and passionfruit. An abundance of

vegetables grown from their own seed includes pumpkin, buttercup, sweetcorn, watermelon, kumara, cucumbers and zucchinis. Brassicas like broccoli and cauliflower will join the winter crops and avocado trees have been planted. "We'll see how they go," Nadeen says.

It's a lot of work just producing the crops—raising seedlings, planting, feeding (the soil needs a lot of nutrients), watering, weeding and pruning. As Nadeen says, "Growing's all trial and error isn't it? It's all down to the weather gods." But it's satisfying work, especially when selling the results of their labours enables them to provide the community with fresh produce.

As the person in charge of that, Nadeen uses a variety of outlets. There's no stall with an honesty box, because when they tried that at Woodhill, they got tired of being robbed. Instead, Nadeen sells regularly at the Kaukapakapa Market and, when there's a surplus, the Coatesville Market. Over summer, Nadeen has been selling sweetcorn in Mill Road, outside Mitre 10. People like to buy directly from her, knowing the produce is local and fresh. She enjoys donating to the local community fruit and vege stand and the couple are keen entrants at the Helensville A&P Show.

For Nadeen and Peter it's in their blood – Peter grew up on farm and Nadeen grew up on two acres, where her parents had a chicken farm. "At the moment it's more of a hobby," Nadeen explains. "We're doing it because we love the lifestyle."

Road safety community meeting

As part of raising local road safety awareness, concerned community members met last month at the War Memorial Hall, Helensville to share and write down their concerns.

The meeting was organised by Shona Oliver of Nga Maunga Whakaahii o Kaipara and was open to all whanau, residents and businesses. Issues raised included losss of lives, the need for strong visual road signage and safer road access to four marae located immediately off both the main arteries, Kaipara Coast Highway and State Highway 16.

Mei Hill who attended said, "This is a call to action. It's vitally important to secure NZTA, Auckland Transport and Police representation at our next meeting as our concerns have been ongoing. So far, we have not been allocated the resources we so desparately need to avoid more tragedies on the district's very busy highways."

The meeting also considered how to influence policy makers from all relevant agencies, including Auckland Council and Rodney Local Board, with a particular focus on road repairs, road signage, safer access and road safety programmes for drivers.

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Naming Helensville Part 3: a temporary conclusion

by Helen Martin

While absolute historical accuracy is impossible to achieve it is at least worth aiming for, don't you think? History's stories have always been open to interpretation, manipulation and false information, something history students now study in historiography classes, where they look at the theory and history of historical writing. But now we're so aware that those with power and influence make things up to suit their desired narrative it seems we increasingly no longer see any point in questioning what they say. Tired of lies and obfuscation, many think it's better to live in quiet, unexamined peace.



Te Awaroa/Helensville today. (Photo: lan Baker).

Be that as it may, I've had a bee in my bonnet about Helensville's name for a while, spurred on partly by discussions I've had with others asking the same question about its provenance. It seems to us it was bad enough for people who had been here for five comparative minutes to summarily ditch the place's perfectly good, descriptive Mâori name, Te Awaroa (The Long River/Valley); but for the unreferenced source of the replacement name to be unquestioned seems a further transgression. In short, we wonder whether Helensville was really named after a house, as claimed, or whether that often-repeated 'fact' is a romantic fiction. It was when that 'fact' was used as a real estate selling point last year (2018) - "The property that gave Helensville its name is on the market," said the advertising guff - I thought it was time to stop grumbling and do some research.



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'Te Awaroa' was renamed 'Helensville' in the early 1860s.Last year (HCN, April), I queried the story, proposed by C. M. Sheffield in her 1963 history of Helensville and the Southern Kaipara 'Men Came Voyaging', that when influential Nova Scotian settler and timber miller John McLeod replaced 'Te Awaroa' with 'Helensville', he took the new name from the "first real home" he shared with his wife Helen McLeod, which had been named 'Helen's Villa'. There is no argument that McLeod named the town after his wife, but in that article, I proposed it was worth speculating that the word 'ville' came from the commonly used French word 'ville', meaning 'town', in line with the many other 'villes' in Aotearoa, and was the real source of the second part of the new name.

In the August 2018 HCN I described how, visiting the Alexander Turnbull Library in Wellington, I had found that The Andersen Place Names Index in the John Milton Room has a tantalising record of correspondence from Sheffield, "Letter 10 June 1954. Colleen M Sheffield to Andersen', but there is no record of the letter's contents. The Index does however contain a letter from 'Alfred J McLeod son of Isaac son of the first Isaac the brother of John', dated 16 Sep 1940. Describing the history of the town, this letter states the town was "named after the wife of John McLeod."

Also in the John Milton Room is The Reed Place Names Index, which contains notes from research compiled by author and publisher A.W. Reed. The Index contains this quote from Charles West's 1956 'History of Helensville and Kaipara' - "John [McLeod] owned the Otamateanui block of 360 acres at the north end of Helensville, calling the place after his wife." But in his 'Place Names of New Zealand', written in 1975, 12 years after the publication of 'Men Came Voyaging', Reed writes - "Helensville, named by John McLeod after his wife Helen The little settlement on the Kaipara River was first known as Helensvilla or Helen's villa. It is not clear whether McLeod gave the name directly to the locality, or whether it was taken from the name of the house which honoured his wife. Maori name Awaroa: lit. awa: river or valley; roa: long." I think that, having read Sheffield's book, Reed felt the need to equivocate over the source of the name. Peter Dowling's 2010 revision of Reed's book repeats the same equivocation.

It appears then that accounts written before publication of Colleen Sheffield's book, and latterly for academically verified sources like Te Ara online (https://teara.govt.nz/en/place-names/page-5) and NZ History online(https://nzhistory.govt.nz/keyword/helensville), opt for the view that John McLeod named the town after his wife, and that other accounts written after publication of Colleen Sheffield's book have used her work as their source of information. What is interesting to today's scholar is that, while Sheffield provides a bibliography and a list of reference sources, no information in the book is specifically linked to any source.

We do know that Colleen Sheffield's notes for her book have yet to be released. Perhaps they contain the answers.

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Sally Houghton

by Helen Martin

2019 marks 20 years since Sally Houghton opened her optometry practice in Helensville.

Unlike most of us, she set her sights on her future career very early. Picked up as shortsighted at a school screening when she was six, she was



referred to prominent eye surgeon Sir Randal Elliot. "At the time, the only way you knew of optometry as a career option was if you had personal experience of it, and I thought his job was really cool," she says. It tells you a lot about Sally's determination when you hear that, several years later, she graduated from Auckland University with a degree in optometry (having had a wild social life while she was at it), borrowed the money to buy the necessary equipment and rented a consulting room from an established dispensing optician in the city. Eventually she and her colleague opened another branch in Milford as business partners. Having learned from that experience that "the best partner is myself" she became a full-time locum, a practice then in its infancy. Working around the North Island was tough but interesting and it taught Sally a lot. Confident she could make a go of it, in April 1999 she opened her own practice, 'Sally Houghton, Optometrist', trade name 'Eye-Q', in Helensville.

At the time Helensville had an optometrist near retirement working just one day a week. The area had been earmarked for growth and Sally, who shared a Kaipara Flats property, saw it as an exciting opportunity. She admits she was on a steep learning curve, discovering the difficulties of running a business long term in Helensville where, in harder times, half the shops in the street were vacant." If you want a free course in personal development start a business," she says. "It's taught me a lot about myself. There've been some pretty bad times over the 20 years, I've certainly had my share of entrepreneurial seizures, so I figure it's an achievement to still be around."

In those 20 years she's seen many changes in her profession: when she began her career, it was considered unprofessional to advertise, so there were no window displays, windows were covered in venetian blinds and eye glasses were kept in drawers. Pre-internet and pre-optical franchises she had quite a big contact lens practice for a while, but that work is now minimal. The industrial scene is also very different from when Sally started out. "Things have changed so much I wouldn't be up for starting a business now. I've

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stopped waiting for the growth here because it hasn't happened so I'm still doing some locum work and I've re-invented the way I run the place. My business model is low overheads, reasonable margins and a moderate volume. There's no crystal ball but I think the worst is behind me. I prefer to play a long game anyway. I have no idea what optometry's going to look like in 10 years' time."

Meantime, Sally enjoys the interaction with her diverse clients, some of whom come from as far away as Ellerslie. "I like the people in Helensville. There are a few ratbags, but every business has that. I get a sense of satisfaction from making a difference, helping people see. The work's interesting and no two days are the same, no two pairs of eyes are the same. It's helped me develop all sorts of life skills and I have the clients to thank for that. While I started off with a commercial focus when I set up here the rewards have ended up being more than financial because there's more to life. Being in business has taught me a lot. At the moment I'm not going anywhere, but having said that, if my industry is deregulated, I'm out of here."

In 2003 Sally moved to an Old North Road property with lovely gardens and covenanted bush. She calls it Paradise, loves growing fruit and veges organically, giving away much of what she grows, and going for long walks on her land. She and her wonderful neighbours have just bought calves. She's had a lifetime interest in literature, theatre, film, art, and photography and she loves music. In her student days, she says, "the music scene was phenomenal. I remember seeing The Exponents at Mainstreet when they were just starting out. I still have my large record collection." But she's not interested in becoming a media 'consumer'. "Mostly I use television to watch movies and I like old fashioned journalism. Politics is a lot of drivel because it puts you in such a negative space. Television makers are very deft at turning you into a consumer, aren't they? They know what buttons to push. As it happens, I don't need more stuff to be complete".

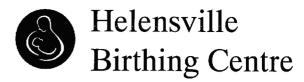
Sally says that in a complete change from her university days she now likes a quiet life, with a lot of time on her own. She has recently become interested in meditation and Buddhist philosophy, which she sees as a great way of looking at the world. "I like my privacy and I'm a bit of a lone wolf. My work is quite intense and I re-charge on my own. I'm a natural introvert and I do my best thinking when I'm on my own and walking."

SALLY HOUGHTON OPTOMETRISTS IS TURNING 20



1/2 Price Frame Sale with any frame worth \$299 or over.

See the March issue of this paper for upcoming specials to help us celebrate this milestone



TE PUNA WHANAU KI TE AWAROA

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.

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PRESTIGE

Colouring Competition Results

The 5th year of the Christmas colouring competition saw responsibility move from Lions Club of Helensville to South Kaipara Rotary. The sad demise of Crayola saw prizes changed to Paper Plus vouchers (children) sponsored by Helensville Paper Plus Select and cash for teen and adult winners sponsored by Helensville Unichem pharmacy.

Community thanks to the businesses which agreed to have the competition entries displayed in their windows.

Prize winners were announced and prizes awarded at the afternoon festival at the Helensville Museum on parade day.

Preschool

1st Mereana Boyd2nd Michalea Graham

3rd Harper Sione

5-8 year olds

1st Hilaina Lola Taylor - Helensville Primary

2nd Tineka Lilly Jones - Waioneke School

3rd Fletcher Bateman - Helensville Primary

9-12 year olds

1st Bella Cornelius - Helensville Primary

2nd Taylah Winters - Parakai School

3rd equal - Emily (no last name provided) - Parakai School and Chloe Hodge - Homeschool

13 - 18 year olds

1st D'Acy Searchfidd - Waioneke School

2nd Megan Attenborough - Helensville Primary

3rd Max McCulloch - Waimauku School

19+

1st Amanda Schafer

2nd Glennis Scotter

3rd Anne Clifton Todd

2018 HIPPY families celebrate

The end of 2018 saw the Parakai School Hall full of excited children and their families as they celebrated their achievements as participants of the HIPPY (Home Interaction of Programme for



parents and Youngsters) programme.

Parents and children were presented with certificates with the children also receiving gift bags filled with books and goodies. The community has been very supportive with donations from the Lions Club of Helensville and Paper Plus Helensville being much appreciated. The evening was a huge success with families enjoying supper and an evening together in the Parakai School playground.

The special graduates were the children who completed the full two year/sixty week programme working on the fun interactive activities with their parents. These children have made a great start to school and have all of the skills and confidence to enjoy their learning journey.

Phone HIPPY South Kaipara coordinator Bernie Malizia on 021 0220 6017 to find out more about this programme for families with youngsters which is available in our community.



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Higher fines for litterbugs coming

As local councils grapple with the litter left behind by holidaymakers, a Members' Bill from National could soon introduce stiffer penalties for people caught illegally dumping rubbish, National's Environment spokesperson Scott Simpson says.

"It really annoys me seeing our beautiful natural environment ruined by the careless and thoughtless actions of lazy litterbugs.

"It's sadly far too common to see people brazenly throwing litter from moving cars, to say nothing of others who dump their rubbish without a thought about the impacts.

"My Members' Bill will ensure Councils have a more powerful tool to help prevent littering and keep our communities safe and clean. It is due to have its Second Reading in Parliament in February.

"This Bill will increase the maximum on-the-spot infringement fines councils can impose for those caught littering from the current measly \$400 to a serious \$1000. This will send a clear message to those who litter that it is entirely unacceptable.

"Councils and communities are continually dealing with the mess left behind by those who would instead litter our countryside than dispose of their rubbish legally and properly.

"As the MP for Coromandel, I see how particularly bad litter is during the holiday season when we have thousands of visitors. Some of them care little about the litter they leave behind when they go home.

"With the current maximum infringement fine set at just \$400 some councils don't even bother issuing on the spot litter fines. I hope an increase to a \$1000 maximum will change that and send a strong message to litterbugs.

"This Members' Bill builds on National's previous efforts to curb littering which included the 'Do the Right Thing' anti-littering campaign and funding of over \$80 million to more than 130 projects through the Waste Minimisation Fund.

"Fines are just one part of the solution but, combined with working with councils and changing people's attitudes I believe we can reduce the amount of litter left behind and ensure our environment looks better, our wildlife is better protected, and our clean, green reputation is upheld."

Daring features in national publication

News about the May 2018 uncovering of the Daring, shipwrecked in 1865 at the mouth of the Kaipara Harbour, has travelled. In the Summer 2018 issue of Heritage New Zealand Pouhere Taonga the cover story, titled 'The Sands of Time' and written by Naomi Arnold, is a comprehensive, well researched

article that will be of interest to many locals. As well as covering the story of the shipwreck, the article talks about the wider issue of how we can preserve our maritime heritage, including by using digital technology to record site information for future researchers to investigate. The article was written before the Daring was removed to Hobsonville for restoration.





Healthy Helensville

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

Learn something new

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

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



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

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

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

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

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

For more information on all these courses and others throughout the year, visit thrivekaipara.org.nz.

Milestone year

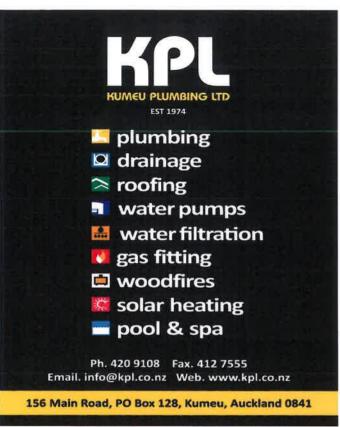
In August this year the Helensville District Health Trust will mark its 30th anniversary. The Trust was formed in response to the impending closure of the local maternity hospital.

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



Opening of Helensville Birthing Centre in 1989.

Newsletter no. 62 • February 2019 • www.helensvillehealth.co.nz • 1 Porter Crescent, Helensville • Phone 021 142 3029 • Email events@hdht.co.nz







Physio Talks

Who's in charge?

One of the questions I am asked very frequently, most often by athletes anticipating an upcoming important event is "Can I play"? My answer is always, "Of course. It is your (shoulder, back, knee)". Then I give the best estimate of some of the likely outcomes of competing on a partially recovered injury, and have the client decide. It simply demonstrates who is in charge.

In all cases, the person in charge must be the one with the greatest investment in the outcome, and the one with the greatest control over the intervention. In all cases that is the person with the problem, the patient if you will. Some people come to the clinic with the intention of having a professional "fix" them. Some come with a problem poorly understood and wanting information and recommendations. Some come simply because the doctor, or spouse, or friend or whomever said they should, without much of an agenda.

In all these situations, and many, many more, the person with the problem must be the person in charge of carrying out the agreed solution. When this happens, the physio (or the GP, the specialist, any healthcare professional) becomes the helper, assistant, consultant to the patient. Why? Because the person who owns the problem is the one who can change the situation and make it better. People working in mental health, drug and alcohol rehabilitation, weight control programs all have known this for generations. Sometimes, professionals, and patients, in physical rehabilitation forget that. But, it is still true.

I saw this very clearly when I was dealing mostly with paediatric patients and their families. This is what brought me to the understanding that all children come with parents attached. If I was not able to connect with the parents of the disabled children, working with them on shared goals, usually nothing important came from all my, and the children's efforts. The exact same situation happens now with adult clients in the clinic, except that there are usually no intervening adults/parents with whom I need to connect. There still may be families that need to understand the situation, particularly of the adult is completely dependent upon their assistance, like in nursing homes or house bound patients. But, for the most part, people come to see me as independently functioning individuals, and when we can reach an accommodation where they "own" the problems they bring to me, then I can usually help. But, I am still the helper and they are the owners and instigators of a management program. What I offer must fit into their situation, and they must trust me, at least a bit, that my advice is worth attending to. When that happens, people usually get better, unless I have missed on the diagnosis or they have decided not to give it their full effort, or both. That does not happen much, in my experience. I like to think it has to do with who we decide is in charge.

Mark Dennis update

In addition to the New Zealand Gardener award he won last year for his initiation and ongoing support of fruit and vege stalls around the country, Mark Dennis also won an Auckland 2019 Kiwibank Local Hero medal. Well done Mark!



Helensville Year of 2018 **summary**

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Invitation to new members for 2019

The Helensville Floral Art Club year begins in February with the AGM meeting, often at one of our members' homes.

Currently our Club has 20 members with 5 new ladies joining us in 2017/18

Our monthly meeting is the third Thursday of each month. We meet in the Kowhai Street, Masonic Lodge Hall. Every member brings a plate for a shared lunch and an item to sell on our trading table. There is always a monthly raffle.



The annual subscription is \$40 per member.

Visitors are invited to club days @ \$2 per person.

A newsletter is emailed out, to each member informing them of an upcoming workshop or competition for the month. This advises them of materials and accessories they may use in their designs.

The club hostess for the month invites a judge (on competition days) from a nearby floral art club, to assess and give points for designs made on the day. These add up to a trophy, which is presented to the winner of the most points at the end of the year.

The classes that get judged are as follows: Novice, Junior, Intermediate, Senior, and Platinum.

Our floral art year, from February to December 2018 consisted of Titles as follows:

- Weddings Green (St Patricks Day)
- Anzac Traditional Wreaths
- Wild Wintry Winds Topiary
- Bonsai Floral Wall Hanging
- Spring Hat or Fascinator to wear
- to The Melbourne Cup
- Arrangements for your Christmas Table • And always in December, a Christmas Party at a member's home. (This year we all went to Matamata by bus)

So you can see the variety we have in our designs, and although

we all get the same Title to work with the difference in everyone's work is incredible, very creative and stunning!!!!

If you have a desire to work with flowers, but never had the chance, join us!! Learn the basics of flowers arranging and designing, You will be amazed at what you can do!!

Contact people for further info are: Cushla Hawkes 0212588979cushanddez80@gmail.com and Jan Backhurst 0211670086 jan4flair@live.com

The Lions Roar

With a new year come new challenges to find ideas for fundraising whilst continuing our ongoing commitments to the community.



Our next annual event is helping out at the A & P Show on Saturday 23 February.

You will find us catering at the food hall serving both the public and the judges' lunches. We will also run a recruitment tent so if you ever wondered what Lions are all about, or are interested in joining us, please call in at the Tent where we will have displays and Lions ready to answer your questions. Do drop in!.

Our monthly commitment continues at the Kaukapakapa Market serving from our BBQ trailer and our book sales.

Our next Book Fair is in May, so please continue to collect your unwanted books (small amounts can be left at Burmester Realty; larger amounts telephone Chris Clark 420 8527).

If you haven't yet walked along the new path around Rautawhiri Park, do so, it's a lovely walk; The children can play in the playground, skate board, tennis and netball courts and starting as I write this, the installations of the Lions Keep Fit apparatus.

We look forward to meeting you.



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2 Sat	1005	3.7	2225	0637	2031
3 Sun	1052	3.8	2311	0638	2031
4 Mon	1132	4.0	2351	0639	2030
5 Tue		-	1209	0641	2029
6 Wed	0026	3.9	1242	0642	2028
7 Thu	0059	3.9	1313	0643	2027
8 Fri	0131	3.9	1345	0644	2026
9 Sat	0204	3.8	1418	0645	2025
10 Sun	0239	3.8	1454	0646	2024
11 Mon	0316	3.7	1534	0647	2023
12 Tue	0359	3.6	1620	0648	2022
13 Wed	0449	3.5	1713	0649	2020
14 Thu	0548	3.5	1816	0650	2019
15 Fri	0659	3.5	1928	0651	2018
16 Sat	0817	3.6	2045	0652	2017
17 Sun	0929	3.8	2156	0653	2016
18 Mon	1031	4.1	2256	0654	2016
19 Tue	1124	4.3	2349	0656	2013
20 Wed		-	1213	0657	2012
21 Thu	0037	4.4	1259	0658	2011
22 Fri	0123	4.4	1343	0659	2010
23 Sat	0207	4.3	1427	0700	2008
24 Sun	0250	4.1	1510	0701	2007
25 Mon	0334	4.0	1555	0702	2006
26 Tue	0421	3.7	1644	0703	2004
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28 Thu	0619	3.4	1849	0705	2002

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Emerging artists exhibit

at Art Centre Helensville

Kaukapakapa Library -**Old School Ties**

Vision Landscapes

Greville Walker

Started in 1873, in a building which was also the hall and library, the Kaukapakapa School has always been and continues to be a pivotal part of the community. Find out about its history and help us to identify some of your family or classmates who currently remain nameless. Join us at the library and relive your youth, one year at a time. For more information contact Megan, 021 959017 or threehorses@xtra.co.nz.

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Kaukapakapa school children with the Shanks school bus, around 1936, complete with rolled up canvas windows.

'The Cage', Carbon print

by Esther Forlong'

Art Centre Helensville is pleased to announce a new exhibition opening in February, showcasing the work of local fine arts student Esther Forlong. Esther's introspective and emotive contemporary paintings have garnered praise from local artists and her tutors. The exhibition will be accompanied by work from local artist and recent photography graduate Hannah Rose

The exhibition is part of a new initiative to support up-and-coming artists in Helensville, who might

not otherwise have the means to exhibit their

work. It will also enrich the local community, who can view work by talented new artists free of charge - and invest in affordable artwork.

The art centre hopes the 'Emerging Artists' exhibition will become an annual fixture on it's calendar, and help to build connections to the wider Auckland arts' scene.