

The Helensville Community News

Issue 116 - July 2019

South Kaipara Landcare chalks up another busy year

by Helen Martin

At the June AGM, South Kaipara Landcare chairperson Tracy Tristram reported on progress made in the past year and thanked everyone who contributed to the huge amount achieved over the past 12 months. Her summary of the year's activities includes:

The Dune Lakes Project. Since SKL deer fenced an area along the Wilson Road track a few years back native plants have thrived. To combat the weeds the Auckland Council provided a weed-elimination contractor and a community working bee made good headway in its attack on the woolly nightshade in the centre of the fenced area. Weed control of the area is an ongoing project.

Roadside weeding. On two roadside weeding days a team of volunteers systematically targeted woolly nightshade along South Head Road. For those wanting to tackle weeds on their own properties, SKL has been supplying Vigilant paste, which is very effective on woody weeds like woolly nightshade.

Roadside clean-up day. In the interests of recycling as much of the rubbish collected on clean-up day as possible, 3 x 20litre drums of waste material were sent to the recycling centre. This was just a small proportion of the total rubbish collected, but it was a successful trial run and a good learning exercise for next year's clean-up. As always, the roadside clean-up was a great chance to catch up with neighbours and locals and to

meet people new to the area.

Lake Rototoa water quality working

group. SKL joined a working group, led by Auckland Council, looking into the declining water quality at Lake Rototoa. Recent monitoring has revealed that water clarity and the aquatic plant health is declining. Other dune lakes in Auckland are suffering similar issues. These lakes all contain aquatic fish and plant pests and it is thought these pests are a main contributing factor to this decline. Auckland

Council is funding a programme to look at ways of managing the pests, with Lake Rototoa and Tomarata as trial sites.

Lake Rototoa pest control. SKL teamed up with The Forest Bridge Trust to run an extra three trap lines through the reserve. One of the beneficiaries is the Australasian Bittern, or Matuku. The talk by Dr Emma Williams (DoC) about these amazing birds at last year's AGM inspired extra projects, for example the installation of road signs along South Head Road asking motorists to slow down at points where Bittern are known to hang out near the road. The signs will be going up soon. In another bittern initiative, Auckland Council, with help from Emma placed monitoring stations at wetland areas throughout South Head and Helensville. SKL hope to learn more about these cryptic birds from this project.

South Head Flora and Fauna Guide. This booklet highlights the wide range of rare, endangered and important plant and animal



Locals learning how to set a trap.

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species found in South Head. It was produced with the support of Auckland Council, with input from members of the local community, including a number of photos taken by locals. Copies are available free of charge to South Head residents.

Wasp control. In a new SKL initiative, Bill Griffiths is now a certified vespex user and has been helping people to eradicate wasps around Wilsons Road. The group is interested in hearing from other certified vespex users in the area.

Other events in the past year included a stall at the **local A&P Show** and participation in the annual **dabchick and wetland survey** organised by Birds NZ.

Nursery. The nursery, which is SKL's main source of income, continues to do well under the care of the Elon Bycroft and volunteers.

Te Rau Puriri park. Ranger Phil Evans and his team are great supporters of SKL, which was able to return the favour this year with a planting day at the park.

Tracy thanked Auckland Council and DoC for ongoing support, Burmester Real Estate for printing the flyers and the rural delivery team for delivering them free of charge, Placemakers, for their ongoing support for small projects, the committee and "the awesome South Head community".

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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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“A Week in the Life of Kaukapakapa” Photo Competition

The competition received a record number of entries this year and the under 12 prize was taken by Yenta Wiehahn for her photo of the Moses Road letterboxes. Photos had to be taken during the week 2 to 9 June, and were to be recognisable as Kaukapakapa, luckily this year there weren't so many shots of flooding! Alan Golder won the adult category with his black and white photo of Michael Yin in the Kaukapakapa Store. People's Choice winner, Amanda Bailey, sent in the photo of the beautiful Omeru Reserve. A great effort by everyone who took part and a fantastic record of Kaukapakapa 2019. Megan Paterson, threehorses@xtra.co.nz



Helensville Rugby

The Helensville Rugby Premier 2 team defeated near neighbours Kumeu 25-12 in their recent encounter at Riverhead. The Red, Gold and Blacks scored 4 tries to 2 with try scoring machine flanker Peter Vea having another outstanding game. Halfback Jarelle Hemahema scored the bonus point try right on full time to keep the Villain's in the hunt for a top 4 spot in the North Harbour competition.



The team is well led by inspirational Captain Hoods Harris and he has great support from hard running number 8 Waikato Maka.

The team has a strong local flavour with Xavier Smith, AJ Frost, and JJ Phillips all coming through the junior ranks to play senior rugby for the Ville. There is also a big connection with Kaipara College with Sam Wight, Aaron Hetariki, and John-Paul Nehemia having big seasons.

The Villain's have put together some outstanding performances so far this season including a 41-7 thrashing of last year's champions Northcote, and a 28-22 victory over heavyweight club Takapuna.

“The team is playing a physical, but attractive style of rugby” says team manager Paul Smith “and it's great to see a Villain's team back out on the field “

The team have 3 tough games remaining against North Shore, Massey, and Silverdale respectively before the playoffs in July.

The team would like to thank the valued support from sponsors Doug and Kerry King from Barfoot and Thompson Real Estate, Ted Phillpps Insurance, and Liberty Brewing.

What's happening this month



Friday, 5 July, Term 2 Ends

Friday, 5 July, Helensville Aglow 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Guest speaker will be Richard Brunton, author of "The Awesome Power of Blessing". All welcome. Contact yvonne@hello.net.nz for more information.

Thursday, 11 July, It's Showtime: Family Friendly Magic and Illusion Show, 2pm and 7pm, New Zealand's freshest Magic and Illusion Spectacular is back with new illusions, more magic, more comedy, more antics and much more fun for 2019.

Come along to witness an unforgettable show with one of New Zealand's leading magicians Mike Lindsay assisted by his sidekicks, Jazz the Dove, Nugget the Chicken and his lovely assistant. For more information visit our website. www.itsshowtime.com

Sunday, 21 July, 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 pre-loved 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. Live music from Ralph 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 available.

Sunday, 21 July, Kaukapakapa Library Meet Author Mike Boshier 10am to 1pm. Author Mike Boshier writes exciting action adventure novels featuring US Navy SEAL John Deacon. His first, "The Jaws of Revenge" was quickly followed by "Terror of the Innocent" and "Crossing A Line". His latest and fifth release is "The Price of Deceit". If you enjoy the adventure/thriller genre in the style of Andy McNab, Tom Clancy and Clive Cussler, give these a try! Find out more and meet the author in the historic Kaukapakapa library. Library opens on the third Sunday each month in conjunction with Kaukapakapa Village Market. For more info contact Megan 021 959017 or threehorses@xtra.co.nz

Monday 22 July, Term 3 Begins

Sunday, 28 July, Fruit Tree Pruning Workshop, 9.30am to 11.30am, Kaipara Coast Plant Centre. It's time to get the loppers out again folks!! Although if you want to make the most of your fruit trees or

maybe you're thinking of planting some new ones then this workshop will give you all the basics to assist in your success. David Bayly, our in house tree care Ninja, will be once again running this very popular workshop in his usual relaxed and interactive style. To book info@kaiparacoast.co.nz or Phone 09 420 5655

Friday, 27 September, Term 3 Ends

Friday, 2 August, Helensville Aglow 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Guest speaker will be Ps Tim Forlong from Magnify Church, Helensville. All welcome. Contact yvonne@hello.net.nz for more information.

Saturday, 10 August, Waitoki Village Market Day, 8.30 till noon at the Waitoki Hall, Kahikatea Flat Rd. Elegant Empowerment, Don't wait for a disaster to meet your neighbours and find out what is going on in your community. Pick up baked goods, plants, homemade and preloved bargains, preserves, and more. Support your locally owned hall; 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 12 October

Saturday, 28 September, Women's Street Smart Self Defence Workshop 10am – 4.30pm at Helensville Primary School, Garfield Road, Helensville. Age Restriction 13 & over, for more information contact Charlie 027 368 9245, info@selfdefencecourses.co.nz

Sunday, 29 September, Daylight Saving (Clocks go forward one hour)

Monday 14 October, Term 4 Begins

Thursday, 24 to Sunday, 27 October 2019, Kaipara College 60th year Reunion, For more information or to register go to www.kaipata.school.nz/about.us/kaipara-college-alumni

Craigweil House to host dementia talk

Maria Co from Dementia Auckland is to give a talk at Craigweil House to raise public awareness about dementia issues, Topics Maria will cover include: Dementia Auckland support services; understanding dementia; forgetfulness vs memory loss; and tips on communication. There will be a Q&A session after the presentation.

Maria has a background in Psychology and Nursing. She has been with Dementia Auckland for over six years, the past two as an educator. She is currently working on her master's thesis in nursing, focusing on the lived experiences of younger people with dementia and their spouses.

Date: July 30

Time: 11am-12pm.

Venue: Craigweil House

For Regular Events see page 15

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PROFILE



Milly Walker

(Ngāti Kahungunu, Ngūpuhi)

by Helen Martin

Anyone used to a night out at the local RSA will recognise Malisha (Milly) Walker who, with her two employees, prepares meals under the umbrella of her business, Millie's Kitchen. (Milly was away when the sign was made, which explains the alternative spelling of her name on the board outside the RSA). She has a long connection to the area. When she came here with her family from Auckland as a



one-year-old, many in her extended family lived here and her grandfather James Luxford Peeti Walker had been well known as the local dentist. Milly's stepfather was also raised in Helensville.

Cooking always came naturally to Milly. Her mother Daena was a chef and worked at the Kaipara Tavern and The Kiwi Connection (now closed). While still at Helensville Primary, Milly was cooking family meals "My parents always worked, and I was the oldest, so I did the home duties, looking after my siblings after school and learning to cook early," she says. While she was at high school, first Westlake Girls, then Kaipara College, she always had a part time job, including working on her father's recycle trucks and at his insulation business. Her first job on leaving school was also with her father, labouring at Skyrise Apartments in the city, a job she says earned her good money and kept her fit. "The job was to clean up after the tradies. There were nine stories with 30 rooms on each floor, so it was hard work."

All the jobs that followed involved food. Milly worked in takeaway shops and cafes and ran a takeaway shop in Helensville until her second child was born. She later ran the restaurant at The Parakai Tavern (now Te Whare Oranga o Parakai). "That was a great learning curve. Back then social media wasn't very big and there was a lot to learn about advertising." When her partner Jimmy Yakas was off work after being injured playing league for the Kaipara Lancers, Milly worked three jobs, doing Helensville Primary school lunches, Bridgewater Estate wedding food and cooking for Peggy in the RSA kitchen, called in those days The Gold Diggers' Inn.

When Peggy decided to leave Milly established her own catering business and took on the RSA as one of her clients, happy to be working for herself at last. "I was motivated to get where I am because I didn't want to be a stay-at-home mum," she says. "Having my business keeps me sane."

As a caterer her views about food and menus stand her in good stead. "I buy from Gilmore's and from Sunny's in Helensville, because people like their food fresh and local. They also like a simple menu, so they don't have to spend hours deciding what to order. I also know through trial and error that in a small town like this it's not economical if you get over-complicated." With a staff base of two permanent workers and two casuals, she now also has some local contracts and caters for private events like

weddings and birthdays.

Milly and Jimmy have four daughters. While she has been here most of her life and likes living in Helensville, she says she wants to be out of Auckland one day. "We have a dream of living up north. Jimmy is from the Hokianga, where you can collect all your own food and it's very relaxed, but there's no work up there. At the moment we're happy in a small town where everything's familiar and we can make a living."

Helensville Hosts Matariki Community Health Workshop Series

Health providers in Helensville have teamed up with Māori medicine practitioner Donna Kerridge, to offer a series of three evening workshops.

Dr Tomos Longworth, (Kaipara Medical Centre) initiated the workshops to help break down barriers between Māori and Western health systems.

Dr Tomos says, "no health system has all the answers and we are lucky in Helensville to have a broad range of health practitioners in our community. I think collaborations like this are important to demonstrate to our patients how the old and the new can work alongside each other in a way that is safe and respectful of complementary approaches to achieving wellbeing including rongoā, Māori health services, pharmacy, physio & local GP services)"



The events are designed to:

- encourage our community to access appropriate primary health care services in a timely manner in order prevent more serious health concerns developing

- introduce whanau and the wider community to mainstream health providers in the area who are sympathetic to the continued use of traditional Māori healing practices and;

- reconnect whanau to their traditional healing practices.

Each of the workshops will offer Māori medicine presentations, a public question and answer session with the panel of local registered health experts and facilitated discussions on special interest health topics.

Dame Rangimarie Naida Glavish from the Auckland & Waitemata District Health Boards Executive Leadership teams and Ngāti Whatua leader will deliver the opening address for the series. "I am delighted to be invited and I am so proud to see my home town taking a leadership

Continued on page 6.....

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Helensville Hosts Matariki Community Health Workshop Series *Continued from page 5.....*



role in improving health outcomes for our people. This is truly an event for the whole community, by the community. It is an event that is designed to benefit all cultures and all of this has been organised, delivered and funded within the community itself. This

is a true collaboration of all facets of our community”

Details for the events are as follows: -

Dates: Tuesday 23 July, 30 July, 6 August, Time: 6:30-9:30pm each evening, Venue: Helensville Town Hall, Entry: \$5 per person per event

Registration: Prior registration is required and can be made at the Helensville Library. (first 50 registrations will receive a goodie bag on the night)

Some transport to and from the events is available for those whom transport might be a barrier. Please contact Donna Tapurau, Te Ha Oranga: 09-420-8523 or 0800MYTEHA

Event Enquiries to: Donna Kerridge at donna@oranewzealand.com

Organisers would like to thank the following organisations for their support:

Auckland Council (Helensville Library), Helensville Pharmacy, Kaipara High School Kapa Haka Group NgāTaniwha o Kaipara, Kaipara Medical Centre, Te Runanga o Ngāti Whatua, Ora New Zealand, Physio Flex, Te Ha Oranga, Maori Health Services.

ALL SAINTS KAUKAPAKAPA

July 21st [in Helensville and Kaukapakapa] has been confirmed as the final resting place for Peter Irwin Cape, the broadcaster, balladeer, author, cleric, wordsmith, composer creator of “TAUMARUNUI...on the main trunk line”. Since starting his life at Malolo in 1926 it was only fitting to end it [in the spiritual sense] in the same vicinity.

The interment of Peter's Ashes with an appropriate Church service will be held at All Saints in Kaukapakapa at 12 noon followed by a celebratory concert at Helensville's Magnify Church at 2pm.

Call Chris directly for any clarification. 06 927 6136. As always, we will make this a day to remember.

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Second meeting to discuss airport application

by Helen Martin

Last month we reported on the May public meeting called by the Ministry of Transport and held in Helensville to discuss issues around West Auckland Airport Parakai's application to become an airport authority. At the meeting, airport Manager Simon Lockie was unable to answer any questions regarding the airport's vision for the future of the business, beyond saying it would be "driven by what the community wants."

A follow-up meeting was held in June, hosted by Te Awaroa Residents and Ratepayers (TARRA), to discuss the issue further. Mr Lockie was invited but declined to attend. This was disappointing, as it meant there was no opportunity for a meaningful dialogue with the airport owners.

While the application is merely for a change in the airport's status, concern was expressed that, if granted, the new status would open the door for the introduction of far-reaching actions from a small, privately-owned family business, not necessarily beneficial to the community.

Submissions made from the meeting to the Ministry of Transport included several arguments against the application being accepted, including the point that genuine community/stakeholder engagement has not been provided for. There is concern that airport authority status would confer extraordinary planning powers on a small, privately owned, rural airfield, including the right to recommend designations and to compulsorily acquire land under the Public Works Act. It was pointed out that, as the airport is privately owned, any financial benefits would fall to a private owner, while it could be argued that the costs (noise, loss of amenity, cultural/iwi impacts, traffic etc) would be borne by private citizens who get no upside/benefit from the granting of these powers.

Off-airport issues of concern were the impact on local and regional transport infrastructure, aircraft noise impacts, public safety and wildlife/bird strikes from the Kaipara River at the end of the runway; on-airport issues included use of the airport as a community asset, environmental impact assessment, heritage impacts and integration with/impact on Auckland regional air traffic patterns, particularly if WAA is to be a scheduled passenger traffic airport.

The submissions will be considered by the Ministry of Transport in making their decision whether to further the application to the next stage.

Received on 24 June "In the interest of transparency, the Ministry of Transport intends to publish all submissions received on the application. Submissions will be made available on our website at <https://www.transport.govt.nz/air/west-auckland-airport-authority-status/>".

A history of the airport, The Parakai Story, can be found in the online magazine Pacific Wings at <http://www.westaucklandairport.co.nz/ParakaiStory.htm>



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Helensville Primary School

“What Now” Comes to Helensville.

If you were able to attend this amazing morning on Sunday, you would have felt the wonderful spirit of this community coming together to celebrate all that Helensville is. Young and old alike joined in activities, cheered each other on and generally had a ball. It was a

once in a lifetime experience for many of our students and something they will be able to reminisce about with friends in years to come. A special call out to Miss Mill for taking one for the



Team in the Gunge Chair.



The What Now Team were a slick operation and everything appeared to flow seamlessly. I had the privilege of talking with Chris, Vanz and Erin at the end of the day and they were buzzing about our kids. I received an email from one of the talent crew who said, “I just wanted to congratulate you on a simply awesome local crowd at yesterday’s show at your place. They were super vocal

and fun and the entire broadcast rated through the roof!” Helensville Rocks!

One of the focuses on the day was how we contribute to our communities as volunteers. How encouraging was it to hear our kids talk about what they do; librarians, road patrollers, lifesavers, charity collectors, the list goes on.

This week is National Volunteer Week and celebrates the collective contribution of the 1.2 million volunteers who enrich Aotearoa New Zealand. The theme is “Whiria te tangata – weaving the people together”. I would say this is something we do so well at Helensville with all the community who support us; our PATHS Team, Board of Trustees, reading support helpers in the staffroom, coaches, breakfast club providers, working bee contributors, just to name a few. Thank you all for your valuable contributions we couldn’t achieve all we do without you.



Deborah Heasman

Principal Helensville Primary School



Melissa Lowe
NUTRITION & HEALTH COACH

Top tips to kick that cold

With winter now on our door step, the coughs and cold season has started. So, it's important to fight a cold as soon as you start to feel sick – runny nose, a tickle in the throat, etc. Here are some tips to help you once the symptoms start.

Raw garlic

Eating raw garlic at the first signs of a sniffle can be hugely beneficial. Crush 1 to 2 cloves of garlic, spread on to buttered toast and eat. Adding chopped parsley or mixing the garlic with raw honey is beneficial too.

Salt and water gargle

At the first signs of a sore throat put ¼ of a t-spoon of sea or Himalayan salt into a cup and add in ½ a cup of recently boiled water. Once the salt has dissolved and water has cooled, gargle and spit out. Do this every hourly.

Supplements

Open 1-2 pro-biotic capsules and tip the powder into the back of your throat - hold it there before swallowing. This allows the good bacteria to fight the bad bacteria in your throat, nose and ear canals.

Eat vitamin C rich foods (oranges, lemon, kiwifruit and berries) and take other supplements like Echinacea, zinc and Colloidal Silver.

Keep warm & sleep

Rug up, rest and drink plenty of water until you feel better.

The more you look after yourself at the beginning of a cold the quicker you will be back to feeling healthy.

For some immunity boosting tips to keep you well this winter, go to <https://www.thethriveguide.co.nz/lose-weight-and-get-healthy-article>

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In July, our Kids Time sessions change.
 Our sessions are now Thursday at 10am, for about 30 minutes.

It's time for our annual Soft Toy Sleepover!

Friday 5 July 2019, 4pm to 5.30pm

Bring along a soft toy* to join in the fun of our Pyjama party & storytime. Wear your pyjamas for bedtime stories with your toy. Leave your toy overnight, so they can have a library sleepover. Then, pick your toy up from the library on Saturday 6 July (between 9.30am and 4pm) *not a special toy that has to be home at bedtime

The school holiday theme is Poles Apart - Navigate the stars

Tuesday 09 July 2019, 3 to 3.30pm

Join us to explore celestial navigation in our special Matariki-themed school holiday event

Poles Apart - Feel the force

Thursday 11 July 2019, 3 to 3.30pm

Join us for some science fun exploring the forces of magnets and gravity

Poles Apart - Calligraphy

Tuesday 16 July 2019, 3 to 3.30pm

Thursday 18 July 2019, 3 to 3.30pm

Join us to learn skills in both Chinese and Western European calligraphy

On Tuesday, we will learn about Chinese calligraphy and design and begin an illuminated initial (the paint needs to dry overnight)

On Thursday, we will finish our illuminated initial and learn about Western European calligraphy

Helensville Art Centre

Manaakitanga - Matariki Exhibition

We're celebrating our creativity as a vehicle for personal and community wellbeing and welcoming the Matariki constellation to our skies.

Opening night Friday 5 July from 6-8pm. Whanau friendly, all welcome. Come for kai, korero and waiata. Joanne Sullivan (bronze sculptor) will talk about the evolution of her new commissioned work Papatuanuku.

The Exhibition runs from Saturday 6 until Saturday 27th July and features Parakai Kindergarten and Helensville Primary, Nick Stankovich, Tanya Ruka, Liana Steedman, Tony Brown and Riley Norton with a collection of their artworks.

Contact: Heather Steadman manager@artcentrehelensville.org.nz or 0211533593



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

Major refocus for Health Trust



The Helensville District Health Trust has announced it is closing its operations at Te Whare Oranga ō Parakai and refocusing its priorities on improvements and expansion of its health campus in central Helensville.

Trust Chairman Rory MacGillcuddy says, “we have thought long and hard about this difficult decision, but we believe it is the



right one, as it will allow the Trust to focus our efforts on ensuring the facilities we own on behalf of the community are best able to meet the health needs of our growing population.”

Among those priorities are a much needed expansion of the Helensville Birthing Centre, repairs of the building which is home to the Waitematā District Health Board offices and the redevelopment of Alison McKenzie House on the corner of Porter Crescent and Commercial Road.

“The DHB building alone is in need of asbestos removal, strengthening to bring it up to earthquake standards and also requires a full roof replacement,” says Rory MacGillcuddy, “but as well as those costly maintenance issues, we also have exciting projects demanding investment including the highly successful Helensville Birthing Centre which is ready to double in size.”

Te Whare Oranga ō Parakai — in its former life the old Parakai Tavern — was gifted to the Health Trust and after extensive renovations opened in 2015 as a community hub with rooms for hire and a commercial kitchen.

Health Trust Business Manager, Nicola Keen-Biggelaar says, “despite the best efforts of so many involved over the last four years and of our committed staff we haven’t been able to make the facility financially sustainable.”

The closure of the centre and some other staff changes within the Health Trust, mean nine jobs are now being made redundant.

However, Nicola Keen-Biggelaar is hopeful some of the catering staff may be able to stay on until the end of the year to fulfil the contract to run the Kaipara College Tuck Shop.

“We’re also talking with the regular users like Te Wānanga o Aotearoa to limit any disruption on their students who have been studying Te Reo Māori at Te Whare Oranga ō Parakai this year,” says Nicola Keen-Biggelaar.

The Trust is now looking to lease the Parakai complex which will give it a regular income which will help offset the expenditure it’s facing on upgrading its other buildings.

The facility will close as a centre for hire at the end of August.



Healthy Helensville

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

GP of many talents

Many in the South Kaipara community will know Dr Phillip Barter as their local doctor.

He started at Kaipara Medical Centre 16 years ago and is its longest-serving doctor. Needless to say that means he has more patients on his books than the centre’s other GPs and partly explains why some patients are faced with a wait for an appointment with him.

But, there are other demands on this popular doctor’s time. Dr Phill also acts as supervisor for the GP registrars during their six-month long placement at the centre before they become fully qualified.

On Wednesdays he’s in Ponsonby teaching other GP registrars for the Royal College of GPs. Fridays are taken up with administration duties and management meetings in his role as Clinical Adviser for Kaipara Medical Centre. And, twice weekly he performs



Dr Phillip Barter, Kaipara Medical Centre

tongue-tie operations on babies at the Helensville Birthing Centre, the only GP doing this work in the Rodney district.

He’s also looking at assisting Dr Trinh Wright with marae clinics in the near future.

All these additional duties are further evidence of why Dr Phillip Barter is such an asset to our community.

He says while he does his best to see those patients who have been under his care for some years, he’s pleased Dr Vaughan Lock has just joined the team as a full-time doctor and is also looking forward to Dr Tomas Longworth, the current registrar, completing his registrar year in December when he’ll be able to have his own patient list.

Big Latch On



The Big Latch On, a nationwide event promoting breastfeeding, will be held on Friday 2 August at Te Whare Oranga ō Parakai.

The free event is organised by the Helensville Birthing Centre and sees babies latch on to feed at 10:30am. Participants also enjoy morning tea and lots of giveaways thanks to donations from many generous local businesses.



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From Penk's Pen

The Mixed Bag Budget – A Local Perspective

As your local MP I'm always conscious that the political shenanigans are much less important to those outside Parliament than those inside. In that spirit, I'm leaving all controversy surrounding the government's recent Budget release to others and will focus on what's important for this area.

It's fair to say that there's some potential for Auckland's west and northwest but with considerable uncertainty at this stage how much of that potential may actually be realised.

First, on the subject of transport I can report that there has been a funding increase for Kiwirail. That's fine as far as it goes but unfortunately there's no indication that use of the passenger rail line could be extended beyond Swanson. At best, some line maintenance work elsewhere in the North Island could help us make our case here.

The Budget is even less hopeful for other local transport priorities, meanwhile, with no relief in sight for traffic congestion along State Highway 16 and other chokepoints.

Second, it's pleasing that classroom and school building activity in Auckland is to be funded. Recently I launched a petition encouraging the government to allocate land for an additional secondary school here. We shall see!

In other education news, the government has said it will fund the replacement of some school donations. Unfortunately the majority of schools in the Helensville electorate won't benefit, given that the policy applies only to those at the lower end of the decile spectrum.

To give credit where it's due, the government has allocated extra resources for areas related to mental health. Let's all hope for some relief for those struggling in this way.

My final comment would be that, with the economy now experiencing serious "headwinds", government policies simply must not result in Kiwis getting a smaller slice of the economic pie. We only have money to spend on what's important when that's baked well.

On all these issues I'll continue to advocate for the best interests of my constituents. As always please feel free to get in touch via chris.penkmp@parliament.govt.nz or 09 412 2496.

Cheers, Chris Penk MP

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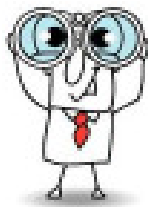


Craigweil House
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FEEL AT HOME WITH FAMILY

The way I see things

by Brian Hale

Transport Update



Reading the notes of the public meeting held on Wednesday 15 May it is clear that residents, commuters and business people can expect the traffic delays and congestion along Highway 16 to the North Western Motorway to get a lot worse before it gets better, and the 'better' will probably not happen for several years yet. After all, how long did the roundabout at Waimauku take, and that was a fairly simple job?

If you, like me, sit at a side road or car park exit waiting to turn on to the highway while 20, 30 or 40 vehicles go by before there is a long enough break to enable you to safely join the seemingly endless stream of traffic, you can be forgiven for wondering "how did we get in this state". The answer is simple: **BUREAUCRATIC BUNGLING**, in other words approval was given for 2,000 houses with no infrastructure plan.

Traffic has been steadily increasing along the highway for many years, but at a manageable rate. Did it occur to anybody that, with such a large development, there would be insufficient jobs in the immediate area for the new residents so most would have to commute to jobs elsewhere. And did they not realise that even the building process would increase the traffic significantly, so maybe proper access was fundamental!

You would think that by now the planners would be able to get things in the right order i.e. **Entire** concept, permits, power supply, water reticulation, sewage, roading, parking, communication supply, shopping centre, *house building*, schools etc. But alas it is more usual for it to be **Partial** concept, permits, *house building*, power supply, shopping centre, schools, roading, water reticulation, parking, sewage, communication supply, or some equally random order, which causes chaos for both existing residents and businesses as well as newcomers.

Sadly nobody is ever held accountable for the planners' stupidity so the mess is repeated time and time again, and the rest of us suffer the consequences.

So where to now? Well that is where it gets complicated. Because the building came before the **Entire** concept the meeting notes indicate that now a number of compromises have to be found instead of a really good plan. For example:

Station Road Proposal

Auckland Transport (AT) developed options around what the intersection should look like. The business case for the Gyratory has received AT Board approval, which is now subject to NZTA approval. ... It is difficult to do a crossroads intersection here due to the railway line. It would have to accommodate for future proofing (three railway tracks and electrification). This would have huge implications for the design – the bridge over the railway would need to be widened and heightened. With the gyratory option it means they can retain the existing bridge (the two lanes will be for traffic coming in to Kumeu from Helensville) and build two new lanes for traffic heading towards Helensville. They spent two years looking at designs because of the complexity.

Then there is the question of the Brigham Creek Bridge widening (at least 2 years away), Riverhead Road joining the highway, and what about Access Road and then Taupaki Road, all with their own individual problems and various possible solutions to be discussed, rejected and finally a compromise reached. It could have been so much better if the **Entire** concept had been completed before the building had been started.

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The latest stupidity

This comes in the form of a proposal by AT to put a traffic light controlled pedestrian crossing between the old shops at the end of Matua Road and the new shops beside the Huapai Tavern.

Their plan includes road narrowing, adding cycleways, removing the on street car parks so customers can not stop outside the shops and low level planting, to make it all look pretty. As if there was not enough congestion on SH16 why not bring it to a complete halt every few minutes, a brilliant idea. Have these people never heard of a pedestrian overbridge?

The full notes of the meeting are available on our website at www.helensvillecommunitynews.co.nz or from Chris Penk's office Cheryl.Morovic@parliament.govt.nz.

Helensville Community News

Email: helensville@copyandprint.co.nz

www.helensvillecommunitynews.co.nz

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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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“A Week in the Life of Kaukapakapa” Photo Competition

The competition received a record number of entries this year and the under 12 prize was taken by Yenta Wiehahn for her photo of the Moses Road letterboxes. Photos had to be taken during the week 2 to 9 June, and were to be recognisable as Kaukapakapa, luckily this year there weren't so many shots of flooding! Alan Golder won the adult category with his black and white photo of Michael Yin in the Kaukapakapa Store. People's Choice winner, Amanda Bailey, sent in the photo of the beautiful Omeru Reserve. A great effort by everyone who took part and a fantastic record of Kaukapakapa 2019. Megan Paterson, threehorses@xtra.co.nz



Helensville Rugby

The Helensville Rugby Premier 2 team defeated near neighbours Kumeu 25-12 in their recent encounter at Riverhead. The Red, Gold and Blacks scored 4 tries to 2 with try scoring machine flanker Peter Vea having another outstanding game. Halfback Jarelle Hemahema scored the bonus point try right on full time to keep the Villain's in the hunt for a top 4 spot in the North Harbour competition.



The team is well led by inspirational Captain Hoods Harris and he has great support from hard running number 8 Waikato Maka.

The team has a strong local flavour with Xavier Smith, AJ Frost, and JJ Phillips all coming through the junior ranks to play senior rugby for the Ville. There is also a big connection with Kaipara College with Sam Wight, Aaron Hetariki, and John-Paul Nehemia having big seasons.

The Villain's have put together some outstanding performances so far this season including a 41-7 thrashing of last year's champions Northcote, and a 28-22 victory over heavyweight club Takapuna.

“The team is playing a physical, but attractive style of rugby” says team manager Paul Smith “and it's great to see a Villain's team back out on the field “

The team have 3 tough games remaining against North Shore, Massey, and Silverdale respectively before the playoffs in July.

The team would like to thank the valued support from sponsors Doug and Kerry King from Barfoot and Thompson Real Estate, Ted Phillpps Insurance, and Liberty Brewing.

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Helensville's Yee-haw Sunday has you covered for the winter weather: buy a mug and have it filled with complimentary soup. Enjoy a delicious winter warmer and add to that groovy mug collection at the same time.

We will be awarding the best yee-haw outfits in store on the day, so dress to impress.

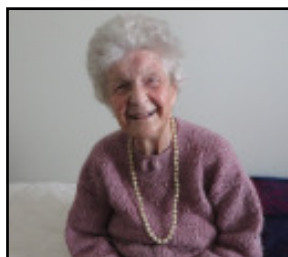
All six of Hospice West Auckland's second-hand stores help bring in vital funds which ensure end-of-life care remains free to patients and their loved ones.

So giddy-up to make sure you don't miss out on one heck of a hoedown! Come and see us at The Hospice Shop, 36a Mill Road, Helensville.

Please contact Helensville's store manager Michelle on 09 420 8950 for more information.

Grace Downer

17 June 1916 – 29 May 2019



Craigweil House resident Grace Downer passed away in May, just 19 days short of her 103rd birthday.

Grace was born in Rotorua in 1916, was a foundation pupil at Rotorua High School and then a pupil at Epsom Girls Grammar. After moving to Dargaville she

worked for the Northern Wairoa Dairy Company, relocating to Helensville with her Helensville-born husband Ron Downer and son Ken in 1945 when Ron returned to his pre-war employment in the Helensville post office. Sons Jim and Peter were born in Helensville.

Having learned to knit when she was five, Grace found friends when she was invited to join local knitting group, The Knitting Bee. Although the couple moved around a lot because of Ron's work, Grace has been back in Helensville for some years. Ron passed away in 1975.

When she turned 100 Grace was thrilled with her cards from the Queen and the many other dignitaries who sent their congratulations.

Her funeral was held in St Matthew's Church, Helensville, at the beginning of June. She is survived by her son Ken, six grandchildren and 10 great grandchildren.



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Pet Food	Te Pua Garden Place - Avon Aspdon	420-8383
Picture Framing	The Picture Framing Company	0800-372-633
Plant Centre	Kaipara Coast Plant Centre	420-5655
Plumbers	KPL Ltd	420-9108
Pumps	Mid West Pumps	420-7694
Real Estate	B&T - Doug & Kerry King	420-6090
Real Estate	B&T - Rene Vos	027-275-4321
Real Estate	B&T - Eveline Vos	021-353-009
Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Reiki Healers	The Healing Heart of Helensville	420-9098
Shower Installation		
	Guaranteed Shower Installations Ltd	0800-466-5327/420-8777
Storage	JS Storage Helensville	420-9991
Takeaways	Kaipara Fresh Fish & Takeaway	420-7190
Takeaways	Shark n Tatties	420-5062
Typesetting/Photocopying	Huapai Copy & Print	09-412-8882
Tyre Specialists	Bridgestone Helensville	420-7385
Unwanted Vehicle	Get Cash	0800-505-099/021-293-342
Venue Hire	Kaipara Memorial RSA	420-8888
Windscreen Repairs	Bullseye Windscreen Repairs	027-605-4630
Your Local Business Book		yourlocalbusinessbook@gmail.com

Back to the 80's Dance Party Fundraiser

On Saturday 3rd August North West Financial Hub presents **Back to the 80's**, a fundraiser for Hospice West Auckland.

After it's amazing success last year, The Boathouse at The Riverhead is taking you back in time once again to the era of big hair, fluro and spandex. This will be the ultimate 80's night with The Back Tracks playing the best 80's covers, guaranteed to keep you footloose on the dance floor.

So raid that wardrobe and bring along some friends for that 80's dance-off and support a worthy cause at the same time. Funds raised will support Hospice West Auckland to help ensure that end-of-life services remain free to patients and their families across the West.

Tickets are \$25 each and will go on sale on the 4th June. Purchase your tickets at iTicket by searching '**Back to the 80s**'. This event is strictly R18.

Bar snacks will be provided as part of the ticket cost or you can contact The Riverhead (09) 412 8902 for prior dinner bookings.

Get in quick as the first night sold out fast!



New community collective at the railway station

You can tell from the name that the new kid in town has attitude. The Shoppe, inhabiting the premises previously occupied by River Cottage Antiques and Collectables at the railway station, is now home to an invited collective of artists and crafters, most of whom are local. The enterprise is the brainchild of Heather Steadman, who weaves flax products such as flowers, kohakete and back packs, and who has worked as manager and exhibition curator at Helensville Art Centre since January this year. Other items on sale include jewellery, honey, paintings, decoupage, floral art, small upcycled furniture, preserves, ceramics, photography, copper work and crystals. Members of the collective will sell their work as well as taking turns to be on duty in The Shoppe.

"There's something to suit every budget so we invite the community to pop down for gift ideas or a treat from the selection of handcrafted goods," says Heather.

An OPENING celebration was held on Sunday 30th June. The Shoppe is open from Wednesday -Sunday, 10am -3pm. EFTPOS is available.

Heather Steadman can be contacted on 0220366985, weaverweb@xtra.co.nz