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Mike King teams with college to fight depression

Comedian Mike King has teamed up with Kaipara College music students to create a CD to help in his goal to prevent suicide in New Zealand.

Fronting his Key to Life Charitable Trust, Mike travels around the country speaking in schools to students about his own battle with depression.

Visiting Kaipara College, Mike chatted to music students about the work he does and they volunteered to write songs of hope for a CD. Copies of the CD will be given by Mike to students facing depression issues as he visits other schools.

Mike gave the Kaipara students free rein in writing their songs. Late last month he listened to a selection of them with his friend Tai Tupou.

"We were both blown away," he says. "The stories that came through were amazing."

Mike founded The Nutters Club Charitable Trust in 2009 before renaming it Key to Life. The trust's patron is former All Black, Auckland Blues coach and depression spokesman Sir John Kirwan.

The trust works with mental health professionals, service providers, business leaders and communities to reverse the trends of depression and suicide by effecting a positive social change. Its long term goal is



• Mike King (centre rear) and friend Tai Tupou (foreground) with the Kaipara College music team

a zero suicide rate in New Zealand.

Mike's work with the trust is unfunded: "It helps me in my own recovery of depression."

He speaks to school students during the day, and also holds community talks in the evenings.

"I talk about my life growing up. By telling them the story of my life, trying to fit in and the choices I made, [it] allows them to see their own story and themselves."

"For most kids it's the first time they've heard anyone talk about their life like that," says Mike.

He says the trust's work on mental health awareness and suicide prevention is aimed at "empowering youth to make good choices in their lives."

He has had a personal interest in suicide prevention for a long time, and has

"interviewed hundreds of people" who have lost others to suicide.

"They all say the same thing - we need to talk about it. It would be great to be able to talk."

One of the Key to Life Trust's mantras is peer support, and Mike is full of praise for the systems in place at Kaipara College.

"They have an amazing peer support programme at Kaipara. The first line of defense should be students - I'm a huge fan of peer support."

"Kaipara College is living proof this system does work. As adults, we have to trust more."

Mike says eventually copies of the college CD may be made available for purchase on the trust's website, keytolife.org.nz.

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At the risk of being a bore after last issue's editorial - this month is your last chance to have a say on Auckland Council's draft Unitary Plan. This plan is going to affect virtually every property owner, renter and resident in our area for the next 30 or more years.

Some of the proposed changes for rural land are highly restrictive, while Helensville's urban areas have been left stuck in a time warp with no plans for any development at all.

May 31 is the deadline for your feedback, so please - make your opinions known. You can read more about the plan and how it may affect you on page 4.

I recently got the chance to look around Kaipara College to see the fabulous new buildings and amenities there, and also learn about the school's continuing academic and behavioural improvements. As a parent of former students at the college it was very heartening to see these developments at what is a great asset for our town. The college is holding an open day on Saturday, May 18, and I urge you to take a look. You can read more about that on page 11.

Talking of assets for the town, I also recently got a look inside the new rail museum (article page 3). Once it's finished it's going to be another great feather in Helensville's cap, and one which ties in nicely with our heritage.

Elsewhere you can read about the Lions Club's annual book fair (page 5) which is always a popular local event; how Helensville Montessori has been taking part in a performing arts research project (page 13), and see the winning vehicle in the Kaipara Classic Car Club's inaugural car show (page 12).

- Dave Addison, Editor

Karate master visits Helensville

83-year-old Japanese karate master Kiichi Nakamoto visited Helensville recently, meeting with members of local karate dojo (club) Matsubayashi Ryu.

Nakamoto Sensei, Hanshi 10th Dan, is a karate legend in Okinawa, Japan and was visiting New Zealand with his grandson Takuma Sensei, conducting training seminars with Goju Ryu 8th Dan Dennis May and his organisation.

Sensei Kevin Plaisted, senior New Zealand instructor and president of Matsubayashi Ryu NZ, says it was a wonderful opportunity for dojos directly affiliated to Okinawa to come together.

The event in the Helensville War Memorial Hall featured demonstrations of kata (forms) and kobudo (weapon arts) by many of those attending which were warmly received by Master Nakamoto and his grandson, says local karate instructor Tim



• Nakamoto Sensei (seated centre) with members of both the Goju Ryu and Matsubayashi Ryu clubs at the Helensville event

Herlihy.

"As only a few clubs in New Zealand are directly affiliated to Okinawa karate [it was] an ideal opportunity to strengthen and consolidate our friendship, good-will and appreciation of these unique martial arts, its people and their culture," says Tim.

"The speech he gave at the conclusion of the displays was inspiring, and reinforced to many that karate can be practised for life."

Local club members have now been invited to visit and train at Nakamoto Sensei's dojo in Okinawa, and a trip is planned for October this year.

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Temporary opening for rail museum on Cannonball day

Helensville's new railway museum is set to officially open in late October - but locals will have the chance to look inside in a few days' time.

Helensville Railway Station Trust members will open the doors to their new 'baby' on Sunday, May 12 to coincide with the arrival of the Kaipara Cannonball steam train.



• Trust chairman Alan Hargreaves, treasurer Scott Osmond and vice-chairman David Bott with the model of Helensville station

The train arrives at 11.40am and will leave again at 1.10pm.

Visitors will be let into a roped-off section of the museum where they will be able to see the massive 10m long model railway depicting Helensville Station as it appeared in 1940.

The highly-detailed 1/64-scale model was built by former Helensville resident, the late Ross Hughes, who donated it to the trust on his death. After being cut into two pieces it

was moved on site recently using a 5-tonne truck, and now trust members Scott Osmond and Fons Joosten are busy reassembling and modifying it to suit its new surroundings.

When finished the fully lined, insulated and carpeted museum will feature half a dozen display bays filled with rail memorabilia. The largest bay will be a replica station master's office, while another will depict a typical railway tearooms.

Trust chairman Alan Hargreaves expects the mezzanine floor will also eventually be needed to display the trust's wealth of memorabilia.

The museum building also includes a small meeting room which will eventually be made available to local groups for meetings.

As well as the museum opening, a market day will be held at the station in conjunction with the Cannonball's arrival.

It will feature craft stalls, Mother's Day gift ideas, collectables, plants, and books plus live music, the Lions sausage sizzle, ice cream, waffles and candy floss, and Graeme's fish game for the children.

Anyone interested in riding on the train should phone Mainline Steam on 09 810 9567. People interested in holding a stall at the market should contact Sarah, phone 0274 831 542 or 0800 831542, or email sarah1@maxnet.co.nz.

Waitoki hockey girls meet heroes

A group of girls from Waitoki School got to meet some netball legends at a Netball North Harbour tournament in April 14.

The Waitoki Silver Kiwis team of Audrey Livingstone, Jaime Bell, Chantelle Barr, Melodie Sylvester, Jasmine Peters, Sarah Timbers, Julia Wood and Monique Hodgkinson, coached by Katie Sylvester, used the tournament as preparation for the Kaipara Netball season starting in Term 2.


After the games the girls got to meet the Northern Mystics players and some of their Silver Fern heroes, Maria Tutaia, Cathrine Latu and Bailey Mes.



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Unitary Plan feedback closes end of May

Locals have until the end of this month to submit their views on the Auckland Council's Draft Unitary Plan - the document that will shape the way Auckland - and the Helensville area - develops over the next 30 years.

Changes proposed in the plan will affect almost every land owner and resident in the South Kaipara, whether urban or rural.

Two meetings, organised by groups of concerned locals, have been held here in the past week, one in Helensville on April 30 and the other, more focused on the rural aspects of the draft plan, at South Head on May 2.

At the Helensville meeting, members of a group of concerned locals lead by Dianne Kidd spoke about some of the issues. Auckland Council was represented by Deputy Mayor Penny Hulse, Rodney Councillor Penny Webster, senior council planner Penny Pirrit, local board members and planning staff.

Feedback forms were available so those attending could let their thoughts be known on the spot.

Dianne Kidd organised the meeting after "a very disappointing opportunity to provide local feedback" at an earlier event in Helensville which she labelled "a disgrace" in a letter to Mayor Len Brown.

"[The] planners had virtually no information on our township because it has been ignored in the planning process. We simply do not feature in your thinking or planning," her letter said.

Unlike a normal planning process, there is to be no formal submission and hearing process for the Unitary Plan. Instead, Auckland Council is asking people to submit feedback on the proposed changes by the May 31 deadline, with the aim of notifying the plan by September this year.

Concern has already been raised that the tight timeframe to sign off the plan is illegal, with Councillor George Wood saying it will take two months to collate and analyse the feedback and then there should be 60 working days before the plan is notified.

"It just can't happen and if it does it's just going to be ramming it through, when I think it's got to be done in a very timely way.

"There's such a diverse amount of concern about the draft plan that I think it

needs more work in order to engage with the community further."

Mayor Len Brown says the council is pursuing a "fairly pacy and fast process" because many of the existing 14 plans guiding development across Auckland are old and "irrelevant". He says the draft unitary plan is still in its early stages.

For Helensville, mentioned only a handful of times in the 1771-page plan, mainly in relation to the town's heritage status, there are two major areas of concern.

Firstly, in the urban areas there is no provision for any future development.

While neighbouring areas such as Kumeu and Huapai are slated for massive development to cater for the 35,000 new dwellings and 24,000 jobs needed in the north and north-west over the next 30 years, no development is provided for in Helensville. The two main areas - one in Helensville and one in Parakai - which were zoned 'future urban' by the former Rodney District Council remain unchanged and are unlikely to be allowed to be developed in the next decade.

On the rural front, the draft plan proposes changes which will make it both very difficult and very expensive for owners of land zoned rural production to subdivide, with the introduction of a 'transferable site' system.

Of the proposed new system, Warkworth-based surveyors and planners Parallax say: "the rules for 'transferable site' are so onerous that it is likely to be uneconomical to subdivide."

The changes are aimed at preventing any further lifestyle block development in our area.

Also of major concern is the Draft Unitary Plan's proposed Rural Coastal Zone, which in our area would extend from Muriwai to South Head. The plan states that under this zone "further rural lifestyle subdivision is restricted".

With no formal submission and hearing process before the plan is approved, the only way for locals to make their views known is to provide feedback to the council. The most direct way is through the online feedback form at www.shapeauckland.co.nz, where the plan can be viewed, along with maps showing individual properties and how they will be affected.

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• Chris Clark in his book-filled shearing shed

With his farm's shearing shed almost bursting at the seams with around 12,000 books, Helensville Lion Chris Clark is ready - almost - for the Lions Club's annual book sale later this month.

Chris has spent the past year sorting, categorising and packing books into 300 boxes ready for the sale, being held at the Helensville War Memorial Hall on Saturday, May 25 from 9am to 4pm, and Sunday, May 26 from 10am to 2pm.

But his work isn't finished just yet - as *Helensville News* was talking to him, another van and trailer load of books - around 1000 - arrived to keep him busy.

As well as the usual variety of books there will be a selection of videos, CDs, DVDs, computer games and even jigsaw puzzles; bundles of magazines on a multitude of interests will also be available.

Books are sorted by Chris before the fair to make it easier for customers looking for a particular subject.

Fiction is separated from the non-fiction books, which are split into a range of categories including: animals and birds; cooking; crafts and hobbies; children's;

gardening; health and wellbeing; humour; military history; sports and pastimes; IT; religion and travel - with others added if needed.

The fiction books are sorted alphabetically, with special boxes set aside for very popular authors.

Chris says the standard of the books on offer at the annual Lions sale is generally very good.

"We weed out a lot of the rubbish," says Chris. "We try to make it one of the best organised book fairs."

Most of the hardbacks will sell for \$2, while paperbacks will be either \$1 or 50c. All children's books will be 50c. Videos and CDs will be \$1, and magazine bundles 50c.

There will probably be price reductions on the Sunday, but as usual the books are expected to be pretty well picked over on the preceding day.

All funds raised will go to the Lions Club of Helensville's Charitable Trust Account to support local charities, organisations and individuals.

Any enquiries should be directed to Chris Clark on 420 8527.

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Moto-X riders raise cash for Wainui

370 motocross riders roared around a Fordyce Road, Parakai farm recently, raising around \$4500 for Wainui School.

They were taking part in the Deer Rustler Trailride, a fundraiser held for the second year on Sunday, April 7 for the decile 10 school. The money raised will go toward laptop and iPad leases.

Last year's event raised \$4000 which also went to technology leases.

"We have a goal of being future-focussed in our learning opportunities at Wainui, which means we must have mobile digital learning tools," says principal Gillian Bray.

Riders followed a roughly 20km-long track around the farm, riding over massive ridges with spectacular Tasman Sea views, through valleys with native bush and across working farmland.

The non-competitive trail ride - the first allowed in the region following the summer fire ban - catered for riders of all ages, with a number of under-10s and families taking part. 'Expert' deviations from the main track catered for those riders keen for more challenging terrain.

The event was organised by Wayne Bolger in association with the Waitemata Motorcycle Club, Kiwirider Motorcycle Magazine and Te Heke Farms.

Entrants pay an entry fee which lets them ride the track all day if they want, with the profits going to the school.

"Everyone had a good day," says Wayne. "It ran how we expected it to [and] everyone was very happy."

He said it was too early to say if a similar event would be held next year.

"We are always looking for properties to



• Motocross action on Te Heke Farm in Fordyce Road

run competitions and events on, and fundraisers for schools."

Gillian says she is full of thanks to Wayne and his wife Noeline.

"Even though they are an ex-family now with their daughters both at college they continue to help Wainui School raise funds with our PTA. We are a decile 10 school which means the operational grant is stretched very tightly to meet the demands we have."

Rural Women NZ garden party

Rural Women NZ held its annual garden party at the historic Mataia Homestead near Glorit on Wednesday, April 24, raising funds for Parent Aid Kaipara.

The event featured stalls, raffles and guest speaker Leanne McKay of the Integrated Kaipara Harbour Management Group.

Visitors were able to look through the 1891 homestead, which is on a working sheep and beef farm and private nature reserve and surrounded by 2ha of gardens.

The property features roses and perennials; a large vegetable garden; a formal herb garden; and a large orchard featuring heritage fruit and citrus trees.



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Treat for staff suffering Novapay woes

Kaipara College staff were treated to morning tea put on by the Post Primary Teachers' Association as a thankyou for their patience and support to the school following the Novopay debacle.

College PPTA chairperson Claire Couch estimates about 20 percent of college staff, both teachers and support staff, have been caught up in the "not paid, overpaid or underpaid" problems with the Novapay payroll system.

"The long winded saga continues," she says, "and we can only hope there is a solution sometime soon."



• College staff (from left) Israil Foreman, Emma Bjorklund, Dara Higham and Bronwyn Neville

medical centre notes

By the time you read this, we will have sadly said goodbye to Dr Anne Mathieson. Anne stayed on with us after completing her registrar training last year. She lives in the city and has decided to take up post nearer home. We will miss her, and I know her patients will too.

On Saturday, April 13 almost all the members of the practice staff met in the Alison McKenzie house for a brainstorming and strategic planning meeting. Facilitated by the Helensville District Health Trust, strategic broker Arohanui Grace, it was an excellent get-together. It is apparent there is a real sense of purpose and a desire by everyone to do the best that we can for our patients. The outcome will be a plan for the direction of the practice and its greater support of our community. This will go to the Health Trust board and will form the basis of their plans for the future.

We are delighted to report an excellent uptake of the flu vaccines this year. It is still not too late to have your shot. It is free to all over 65's, and other younger patients with various health problems. Don't forget that **anyone** can have the vaccine, and many people have paid the \$32 as insurance against spending a miserable week (at least) off work. Give us a call and book in at one of our clinics; they will continue to be available until at least the end of June.

The other vaccination which we are really pleased is being taken up in increasing numbers locally is for whooping cough. This nasty infection can be life threatening in babies and young children but is not restricted to them. Older children and adults who have not been immunised can catch it and then pass it on to babies. The vaccination is effective but the immunity fades with time, therefore booster doses are recommended. If you are likely to come into contact with a baby or toddler, ask for a check to see if, or when, you have been previously immunised. Our staff can then recommend if you need one, or a booster.

Encourage your family and friends to have the vaccines and together we can help stop the spread of flu and whooping cough in Helensville and the South Kaipara.

This brings me back to the mission statement of the Helensville District Health Trust, the owners of the Kaipara Medical Centre: To be the healthiest rural population in New Zealand. We are delighted to be able to contribute to this aim.

- John Issott, Practice Manager



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Book on suicidal depression draws from local author's personal experience

Helensville author and artist Sinda Ruzio-Saban has published a book on her personal experiences with suicidal depression.

Titled 'birth | THE BIT IN BETWEEN | death', the book was launched at a special function at the Helensville Art Centre last week, along with an accompanying art exhibition by Sinda and Susannah Connolly of Parakai.

Copies of the self-published book can be purchased at the Art Centre this month, or online as a paperback or Kindle e-book through Amazon.

While it is Sinda's first book her family has a history of writers, including Croatian Ivana Brlić-Mažuranić who was nominated four times for the Nobel Prize in literature between 1931 and 1938 - and who, in keeping with the theme of Sinda's book, committed suicide in 1938.

Sinda, 62, was born in Austria although her Croatian parents lived in Switzerland at the time. A nomadic life followed that eventually saw Sinda, her mother and brother move to New Zealand in the mid-1950s.

She spent many of her adult years living in different countries, but returned "home" to New Zealand in 1992 and has lived in Helensville for the past 15 years.

Sinda decided to write the book after having lived with depression and thoughts of suicide for most of her life.

"While I am aware that talking

about suicide is considered dangerous, I do not agree," she says.

"In fact this book was spawned out of my experience and belief that we need to talk about suicide more. Bring it into the open and help ameliorate the isolation, guilt and shame. Talking about suicide makes it less of a guilty secret."

While she has no professional background on the subject, Sinda says her knowledge comes from the personal experience of years of living and coping with suicidal depression.

The book addresses living with depression and the isolation it can bring. In it she tells how she sought therapy, managed to work through issues and finally took responsibility for her life and depression.

"I seek to share this hard-earned knowledge in

the hope of offering a practical self-help guide for those struggling with similar issues," she says.

Sinda mixes poetry "to give an extremely emotional insight" into the world of depression with prose which offers a more rational, as well as questioning, viewpoint.

Sinda says while the book looks at many possible issues that may help trigger depression, it also discusses ways to get through and live a good life.

"It highlights the work required to keep the 'black dog' at heel as best one can, and offers suggestions on how to achieve that," explains Sinda.

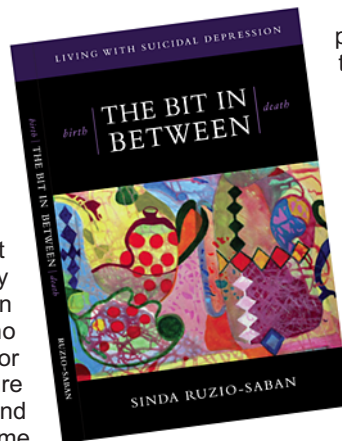
As well as giving sufferers the courage to continue, it also enables friends and family to gain insight about the issue.

In a review of the book on the www.forewordreviews.com website, Cheryl Hibbard says Sinda: "writes not only for those who already understand depression but also to reach those who do not."

"Absorbing her words is like listening to a friend who is trying to explain something difficult: wanting to understand, trying to

understand, not always getting it, but listening closely all the same. For some, it will be familiar and reassuring; for others, revelatory, uncomfortable, or even distasteful. Those who read it are certain to be affected by all Ruzio-Saban has to say."

Locals can meet Sinda at the Art Centre on Mondays from 10.30am to 1.30pm & Saturdays from 11.30am to 2.30pm during May.



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St John Op Shop opens in Commercial Rd

Helensville's new St John Op Shop is now open for business at 90 Commercial Rd.

The driving force behind the venture is area committee secretary Nancy Head, who has spent "countless hours" over the last two months to get the shop open.

She is in the shop daily, ensuring a wide range of items is available for sale at low prices. Goods for sale are coming in steadily and also going out equally quickly.

The shop received start-up donations of goods from the St John shop at Howick, and also from '2nd Chance' at Big Manly, as well

as local donations.

As well as Nancy, other volunteers locals may meet in the shop include: Jean, Nicole, Nina, Valerie, Jan, Ros, Janice, Madeline, Pat, Pauline, Thelma D, Thelma F, Rochelle, Shelley, Clara, Tania and Robyn.

Nancy is still looking for more volunteers, however, to help with either sorting items or serving in the shop. Anyone able to spend a few hours each week, or even less frequently, is invited to call into the store and talk with Nancy or the staff.

Special thanks goes

to Derek and Barbara Cobb for painting the outside of the shop. They worked for more than a week in blazing sun to get the job done.

Thanks also goes to those who helped the setup with contributions of time and/or materials, including Sally, Adrian, Gina, Bryan, Joe, Michele K,

Selina, John, Eve, Nick the electrician, and lastly Liz who set the ball rolling with donations.

The shop is open 10am to 4pm weekdays and 10am to 1pm on Saturdays.



• Nancy Head inside the new St John OpShop



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Local schools keen to take up free milk offer

Most local primary schools are ready to take up Fonterra's free milk in schools offer.

The dairy giant is offering free milk to the almost 350,000 year one to year six students at 2052 schools nationwide.

Unlike the previous government-run initiative which saw free milk provided to primary schools for 30 years up to 1967, students won't have to drink warm milk, as each school taking part will also receive a free refrigerator from Fisher and Paykel, along with a free recycling bin.

The milk being supplied is 'lite' rather than full fat, and is a UHT long life product.

Helensville School principal Eileen Brunton says her school will definitely be taking up the offer.

"We support this initiative due to its benefit to our children's health," she says. "We are a school which understands that education is about developing all aspects of a child's life and well-being."

Wainui School will be taking part in the scheme, with principal Gillian Bray saying: "I think it is a great offer to all children in New

Zealand. We were all brought up on this."

Parakai School already provides breakfast two days per week for children who want it, and principal Sean Valvoi sees the Fonterra offer as a good fit.

"We are certainly going to be taking part. It fits in well with [the school's aim] of keeping children nutritionally healthy."

Waitoki School has expressed interest in the programme, says principal Brenda Williams, but no decision has yet been made.

Neither Waioneke nor Woodhill Schools responded before we went to press.

While Fonterra says all primary schools have been invited to take part, a number - including Kaukapakapa School - haven't received their invitations.

"We have not had any formal indication of the free offer," says principal Tony Westrupp.

"When it comes I guess we would need parental permission to offer the milk."

Schools which haven't received a formal invitation can apply online at Fonterra's www.fonterramilkforschools.com website.



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Open day so community can see what Kaipara College is really like

Kaipara College will hold an open day on Saturday, May 18 as part of a drive to show our community just how good the school has become.

The open day will run from 10am to 2pm, with staff and students volunteering their time to show parents and grandparents, prospective students, local business people and former students around the revamped school.

The open day is part of a three-pronged approach designed to show the local community how the school has changed and developed in its culture, physical amenities and academic performance, and to debunk any misconceptions people may have about the school.

Years 6-8 pupils will also be invited to visit the college and learn what life at the school is really like, and the school will be pushing to publicise its performance statistics so people can see the levels of student achievement being reached.

The school's stand at the A&P Show in February was "fantastic" says teacher Nick Roberts. It featured large displays boasting the current student performance statistics.

"There are some departments with 20 to 25 percent increases in results over the last four years," says Nick.

At the open day visitors will be taken around the school property, which has been almost totally rebuilt over the past few years. All the new rooms are fully media capable, and the school has just switched to ultra-fast broadband.

"We're looking at the next steps in technology now," says Nick, describing Kaipara College as "forward thinking".

Nick says a new behavioural model introduced to the school over the past five years or so is really paying off now. All staff are trained in the new model, which provides a consistent approach to student behaviour throughout the school and means everyone, students and staff alike, know where everyone stands.

"One of the cool things about this school is the support services we have in place, right from the principal down to the student leaders," says Nick.

He lays some of the credit for the

Strengthening Families contract

The Helensville Women & Family Centre has secured the Strengthening Families contract for our community.

Strengthening Families is a family/whanau-centred early-intervention process. It provides help for people facing issues such as finding a warm, comfortable home for their family, worries about a child's health or behaviour, making ends meet, children not doing well at school, and coping with stress at home.

People taking part in the process work with the agencies they want to be involved to develop a plan to help achieve their goals.

Suzanne Graham has been contracted by the Helensville Women & Family Centre to co-ordinate and facilitate the Strengthening Families service and meetings.

For consent and referral forms or for further information phone the Helensville Women & Family Centre on 420 7992 or email Suzanne at suzanne@hwfc.co.nz.



• Nick Roberts and deputy head girl Hannah Horsfield

improved culture at the college on those student leaders.

"The school leaders are fabulous," he says. "All eight are very proactive and positive about the school."

Helensville News spoke with one of those leaders, deputy head girl Hannah Horsfield, who is full of praise for Kaipara College.

Hannah originally attended a much larger secondary school in Auckland, but decided to change to Kaipara.

"It's one of the best decisions I've ever made," she says. "There are

so many more opportunities here."

Nick agrees, saying: "[there's an] attitude change that's taken place. The kids are proud of their school."



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If you are interested, please contact me on the following details for further information.

Courtney Addison

cadd006@aucklanduni.ac.nz
021 049 4367

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Classic cars on show at museum



• Third from right is the People's Choice winning pickup truck

15 cars belonging to members of the Kaipara Classic Car Club took part in 'Shine in d'ville', viewed by around 200 people at the Helensville Museum late last month.

The vehicles on show ranged from huge American muscle cars and old pickup trucks through to a Rolls Royce, an old Citroen and a speedway TQ midget belonging to local racer Michael Gurnett.

There were also five invited cars from the Ford 8 & 10 Club on display.

Locals visiting the show were able to vote in four classes - best original, best 2-door, best 4-door and best pickup truck - as well as for a people's choice award.

The winner of the People's Choice award was Dave Swale's brown 1952 Ford F2 pickup truck, shown in the photo above.

Prizes and trophies for the event were

sponsored mostly by local businesses including Helensville Mitre 10, Helensville Firestone, Caltex Helensville and Parakai Liquor. Some of the prizes were CRC car care products.

The Kaipara Classic Car Club has about 50 members, a mix of active 'petrolheads' and social members. This was the club's first show, and was held in conjunction with the Helensville Museum. Visitors to the show paid a gold coin donation, and the \$110 raised went to the museum.

A sausage sizzle and refreshments were available at the club rooms across the road from the museum, at 103b Mill Road.

Club spokesman Mike Barton says it is hoped the show will become an annual event, with the next one planned for November this year.

Programme for child victims of violence and trauma

A seven-week programme for primary aged children who have experienced the effects of violence or trauma in their lives starts on Wednesday, May 15.

Funded and supported by the Helensville Women & Family Centre, it will be held from 1.30pm to 3pm each Wednesday at the St Matthews church meeting room in Garfield Road. It finished on June 26.

The programme is suitable for children who have experienced situations such as family separation, grief and loss, and explores feelings and behaviours that can manifest from those experiences. It is designed specifically for children and includes fun activities relevant to their age group. It also provides information and support to the parents and caregivers and may include on-going support if required.

For more information phone Helensville Women & Family Centre on 09 420 7992.



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Local Montessori taking part in performing arts project

For the past 15 months children and teachers at Helensville Montessori have been working on a research project with staff from Auckland University and the New Zealand Tertiary College.

The project, titled MAPS (Move, Act, Play and Sing) looks at effective teaching of performing arts and the benefits for children of taking part in such a programme. Community performers involved in music, drama and dance have regularly gone to the school to work with both children and teachers.

Helensville Montessori is based in three buildings at 58 Garfield Road, and children of all ages – as young as two – are taking part in the project.

MAPS was instituted by the Teaching and Learning Research Initiative, which seeks to enhance the links between educational research and teaching practices with the aim of improving outcomes for learners. The fund was established by the government in 2003.

Two principle researchers based at Auckland University and the NZ Tertiary College approached Helensville Montessori to take part in the project.

The project has consisted of professional artists in music, drama and dance coming in to the school (along with two others in Auckland) and working alongside teachers and children. The research began in February 2012 and will end in July or August this year. The aim is to research what an effective performing arts programme looks like and what the benefits are for pre-school children.

"The fact that the Centre is often asked to be involved in research is a credit to the quality of the teachers and their knowledge of the learning process," says Montessori centre leader Heather Durham.

"When the project ends we are left with better understandings, which translate into a richer experience for our children."

The 'grand finale' of the MAPS project will be a public event in the Helensville War Memorial Hall, planned for early August.

"But think 'participation', not 'performance'," says Heather. "We will show some of the techniques and ideas we have been taught. It's not going to be a pre-rehearsed 'show'".

Helensville Montessori opened in 1998 with six children and four teachers – three of whom are still at the school. It's now licensed for 76 children per day, and caters for 100 families and children.

'Destitute Gourmet' to hold demonstration in Helensville

The Helensville Christian Life Centre will host a cooking class with Sophie Gray (right), known as the 'Destitute Gourmet', on Thursday, May 23 at 7pm.

Sophie has published seven best selling books and has had numerous appearances on television, radio and magazines. She specialises in making food enjoyable, healthy and affordable.

Her demonstrations begin with a 25-30 minute talk about the destitute gourmet philosophy and practical information, anecdotes and tips on how to save money at the supermarket. She then demonstrates five or six recipes, with tricks, techniques and suggestions to make family food more interesting, healthy and cost effective.

Tickets cost \$25.00 and can be purchased from the church office, phone 420 8911.



• Acenshyn Rivers (3) of Parakai learns with Adrian Smith of the Touch Compass Dance Company

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with Kaipara chef, Peter Brennan

Parmigiana

Aubergine, egg plant, call them what you will. I know that after the rainbow warrior was bombed, I went for many years refusing to use the word 'aubergine' - my sad little stance against the French regime. I didn't stop buying French wine or cologne so it was a fairly understated protest!

We have tried to grow them in the garden but they have never flourished. This year we put in a plastic house and decided to try one more time. The constant summer sun and consequent high temperature in the plastic house caused the plants to far exceed any height attained by an outdoor plant. What's more they fruited, long fat purple fruit. When buying them always look for that 'I'm about to burst out of my skin' firmness. If they are soft and a bit squishy then don't bother. Older fruit will suck up the oil when you fry them and will have seeds which are not wanted.

My family have various eating issues, my wife is a celiac and my son a vegetarian, and I should stay away from cow cheeses. Bugger! Just as well I'm a chef or we would never eat the same meal. Parmigiana is a dish we all adore, eaten this time of the year with a fresh leaf salad of autumn planted lettuce and the last of the cucumbers.

■ Parmigiana

- 5 x 10 mm thick slices of Aubergine per person.
- Tomato sauce as per my February 2013 column, available online at www.helensvillanews.co.nz, or use your own preferred pre-bought brand or make a quick sauce using canned tomato.
- Fresh spinach leaves
- Fresh basil leaves, or pesto.
- Parmesan cheese for grating, or Pecorino Romano cheese (a sheep cheese with similar qualities)
- Salt and pepper.
- Oil for frying
- Bread crumbs, or rice crumbs for gluten free.
- Soft white buffalo mozzarella is a nice touch for the top layer.

Set a fry pan to heat, add a good splash of oil, wait until it is about to smoke then fry off the aubergine slices one at a time. Drain them on a brown paper bag or kitchen paper.

Heat the tomato sauce. Once simmering, add the herbs and spinach, allow to simmer for a few minutes, then take off the heat. Season with salt and pepper.

Heat the oven to 190° Celsius. Warm an oven dish.

Spoon enough of the tomato sauce into the dish to cover the bottom. Lay on slices of fried aubergine. Grate a layer of cheese all over the slices of aubergine.

Spoon on more sauce to just cover the aubergine, lay on more slices and more cheese.

On top of the last layer drop thumb sized pieces of mozzarella (optional) and dust liberally with crumbs.

Place into the hot oven and cook for about 25 mins, or until the sauce has been bubbling for at least 5 minutes and the cheese and crumbs have started to brown. If need be turn up the oven to 200° for the last 10 minutes or cook on fan bake.



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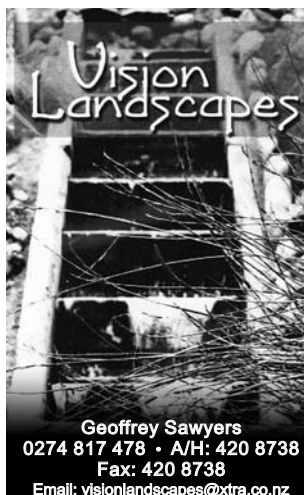
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WOMEN'S INDOOR NETBALL

Women's indoor netball starts its new nine-week round in the Helensville Primary School hall with the first competition starting on Monday, May 13 and the second on Tuesday, May 14. Fees are \$320 for the term which includes the umpire and bibs. Confirm teams by email: rachcook@vodafone.co.nz.

KKK MARKET

The next Kaukapakapa market is on Sunday, May 19 with the later winter start time of 9am and finishing at 1pm as usual. There will be more than 40 stalls, sausage sizzle, raffles, coffee and food, plus live music from Avon Hansen and her Ukulele Group. For more information or to book a stall phone Sarah on 0274 831 542 or 0800 831 542, or email sarah1@maxnet.co.nz.

LAS VEGAS EVENING

Kaukapakapa Scout Group will hold a Las Vegas evening on Saturday, May 18,

7pm in the Kaukapakapa Hall. Entry is \$20 per person, which includes \$1 million in casino chips and supper. There will be a fully licensed bar on the night and Eftpos facilities. The dress theme is 'Glitz and Glamour' and there are prizes to be won on the night. Money raised at the evening will help Kaukapakapa Scout Group members to attend the Scouts Jamboree in Fielding. For more information email Josie Cameron at: josie@gjconstruction.co.nz.

HELENSVILLE AGLOW

The next meeting of Helensville Aglow is on Friday, May 17, 7.30pm at the Helensville War Memorial Hall meeting room. The speaker will be Pastor Prue Forlong, who will speak about 'how God changed her life through a national tragedy'. Prue has helped pastor a local church for 35 years and is well known in Helensville and Kaukapakapa. For more information phone Marilyn Gray on 09 420 4346.

REACHING GOALS

A six-week course titled 'Think a Little, Change a Lot' for locals to learn quick, practical techniques on how to reach aims and goals starts on Wednesday, May 22. Organised by the Women & Family Centre, the course costs \$20 and runs each Wednesday from 10.30am to 12.30pm until June 26 at Heartlands in Commercial Road.

CHURCHES APPEAL TO PM

Ministers and leaders from Presbyterian, Baptist, Anglican/Methodist, Catholic and Pentecostal churches in Helensville, Kaukapakapa, Kumeu, Waimauku, Parakai, River Valley, Albany and Westgate wrote to Prime Minister John Key to urge him to support the traditional interpretation of marriage. They believed legislation to legalise same-sex marriages, approved by Parliament on April 17, was rushed through without proper consideration. John Key voted for the legislation.

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