

## Major residential development on the way for Helensville

Helensville is to get 60 new houses as part of the latest round of Special Housing Areas (SHAs) announced by Housing Minister Dr Nick Smith and Auckland Mayor Len Brown.

The development, expected to be just the first of probably five stages totalling around 300 new homes, will be opposite Rautawhiri Park on Rautawhiri Road.

The site is owned by two separate parties, who jointly applied for a SHA, and once that was successful, the resource consent.

It is hoped earthworks will start on one part of the site in September or October once resource consent is received, with the first homes available in the first quarter of 2015.

Most of the sections will be sold as bare land, but a number will have brick and tile houses built on them, designed in what developer Geoff Leadley calls 'Helensville Style'.

As many of the details are still to be finalised, *Helensville News* will have more in-depth coverage in our July issue.

## Firewood truck spills load in Mill Rd rollover



This firewood truck spilled much of its load in Mill Road after it was involved in a collision with a logging truck on Thursday, May 22. No-one was injured in the accident.

Wood fanned out around the truck, blocking the footpath and spreading onto the side of the road in the late morning incident. A spokesman for Helensville Police said the firewood truck was clipped by a passing logging truck, whose driver was found to have been distracted. The accident happened as the firewood truck was turning into its Mill Road yard. A large digger on-site was used to clear up the mess and right the overturned truck.

## Top school art from around NZ going on display at Kaipara College

Locals have the chance this month to view the best of secondary school art, with works from around the country going on show at Kaipara College.

The school is hosting 'Top Art', an annual touring exhibition which features a selection of the NCEA Level 3 art portfolios that achieved Excellence in Visual Art in last year's NZQA results.

The art boards cover design, painting, photography, printmaking and sculpture.

Top Art is an opportunity for secondary students and teachers to gain an understanding of what is required to achieve

Excellence at Level 3. It also lets members of the public see the high quality art being created in schools.

The boards will be on display in the Careers Centre at Kaipara College, accessed by the bus bay on Rautawhiri Rd, just past the main school entrance gates, from Monday, June 16 to Friday, June 20. The exhibition will be open daily from 10am to 2pm, except for the Friday when it will close at midday. Ample parking is available.

For more information phone Claire Couch on 09 420 8640 extn 835 or Art Department head Leah Wilson on extn 823.

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## editorial

Once again, *Helensville News* is bringing you stories from the extremes of the local population, from preschool children (this page) to our oldest citizen (page 5) - and plenty of others in-between.

We see so much in the media these days about people not being active enough, especially children, so it was great to see students from our local primary schools huffing and puffing their way through the interschool triathlon a few days ago (see page 11).

Hopefully some of those kids - along with the older members of their families - will take the chance to compete in the Tough Guy & Gal Challenge (page 9) later this month. I've been to a couple of those and the competitors' smiles are usually as wide as the mud pools they have to crawl through (between the gasping that is!) This year there is a special day just for primary and intermediate children too, which is great.

We have articles on two recent arrivals to our town - two men with vastly different backgrounds. New Parakai School principal Nick Neubert (page 3) is Auckland born and bred, while LogCo manager Pieter Olivier (page 4) has come here all the way from South Africa. It seems wherever you are from, the Helensville area is the place to end up!

I met a really interesting bloke out South Head the other day, who has used local talent to build a beautiful little rowing boat for him. Unfortunately I didn't have room for that article this issue, but you'll be able to read about it in next month's paper.

Also next month you'll get all the details on the new subdivision soon to go in opposite Rautawhiri Park. We've got brief coverage of that on the front page, but there'll be a lot more about it next issue.

- Dave Addison, Editor

## In-home educarers sought

The call is out for locals who would like to become in-home 'educarers' for preschoolers.

Home from Home Childcare's Andrea Borrie says: "We look for people who are motivated and genuinely love working with and caring for young children."

Educarers are allowed to care for up to four children under five years of age in their own homes. All homes are safety checked annually.

They receive full training, and must hold a first aid certificate which along with police checks are upgraded every two years says Andrea.

"Educarers receive plenty of support from their visiting teacher, who sees [them] and the children in the home monthly, and at playgroups on a weekly basis.

"We like knowing we are creating opportunities for people to work from home and still be there for their own children," she says.

Home from Home holds a playgroup at Helensville Playcentre each Friday, facilitated by a registered early childhood education teacher. Andrea says the

playgroups provide an opportunity for children to play, learn and socialise in larger groups.



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# New Parakai School principal

Having spent his teaching career working with intermediate-aged pupils, new Parakai School principal Nick Neubert is relishing working with younger children - especially new entrants.

Nick has come to Parakai after 10 years as deputy principal at Birkdale Intermediate on the North Shore, and he believes staying at a school a decent time is very important.

"In terms of putting initiatives into place, [in] anything less than five years you won't see any benefit," he says.

"I believe if you really want to know and connect with the community, you have to stay and be part of that community. I feel very strongly about that."

Nick grew up in Otahuhu - "I was educated there too and am very proud of it" - and was inspired to move into teaching by the teachers he had that made a great difference.

He says growing up in multi-cultural South Auckland means he feels "hugely comfortable" working with different nationalities and ethnic groups.

Nick is a first generation New Zealander. His family is German, and he grew up only speaking German until he went to kindergarten.

Having been to Europe as a child to visit family, when Nick decided to go travelling before moving into teaching he wanted to see something different. So he spent five years travelling through the Middle East and Asia, spending time in countries such as Egypt, Israel, Turkey and Pakistan - "working on and off, getting lots of life experience."

"There's a lot more out there than what we usually see, and I apply that philosophy to education," says Nick.

"There's not just one narrow path [but]

lots to every aspect of education."

Parakai School's semi-rural character appeals to Nick, and he has been thrilled by the friendly welcome he has received.

"What an incredibly warm and receptive group of students. They have no inhibitions to come up and say hello."

Nick's initial aim in his new post is to gain a deep knowledge of the school and its community.

One of his goals is to have a 'real world' curriculum, with the children's learning put



• New principal Nick Neubert with some of his new charges

into a global context. He says curriculum design is one of his biggest strengths, and something into which he has put a lot of research.

"The curriculum has to be innovative, but make sure you still have the basics," he says.

"It's important to keep your finger on the pulse. There is no reason for us not to have a cutting edge curriculum. I want the teachers and the children to be excited about it."

He stresses the need to lift thinking skills, and says he would love Parakai School to be the centre of the community.

Nick lives on a 1.6ha lifestyle block at Stillwater with chickens, a horse, and two goats. He has a blended family, with two children of his own and two of his partner's, all college age.

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# Solving small block logging

A local firm is out to solve a perennial problem for small land block owners - what to do when a small block of trees needs harvesting.

Large forestry companies usually aren't interested in cutting small tree blocks - and that was what prompted Glorit's Ian Stewart to found Logco last year says Operations and Business Development Manager Pieter Olivier.

Pieter, who lives in Parakai, says Logco specialises in forestry blocks of 0.4ha (1 acre) to 8ha (20 acres), although is happy to look at larger jobs too.

"It's a niche market, one the bigger companies are not interested in," he says.

The company services coast-to-coast

trees, they are processed and sold overseas. The forestry block owner is paid the balance of the proceeds after all costs have been deducted. In rare cases, such as very small blocks of trees or those with difficult access, the economics may mean the owner has to pay a small amount for the trees to be removed.

"We try to give back to the land owner as much as possible," says Pieter.

He adds Logco staff are careful to return the land to as good a condition as possible after logging. All leftovers are bundled into heaps, burned and then mulched.

Running a logging company is a major change in lifestyle for Pieter, who moved to New Zealand with his family from South Africa five years ago.

"I'm a managerial type person," he says. "It doesn't matter what your background is, you can manage anything."

After 12 years in the tiling industry, Pieter then worked for the University of Pretoria as both a lecturer and manager of its computer training centre.

He then became a computer consultant for a media house

specialising in radio and television advertisements, rising to become the company's general manager. While there he managed what he says is the biggest audio project ever undertaken, a two-year audio recording of the Afrikaans bible onto 76 CDs.

With the family wanting to move to "greener pastures" they emigrated to Auckland. Pieter worked first for a publishing company there, then moved to Whangarei to work with Midas Tiles, before shifting back to Auckland with the same company.

He met the owner of Logco through his business dealings, and joined the company last October.



• Pieter with recently harvested trees on a Kaukapakapa block

from Auckland to the Brynderwyns, although at this stage is concentrating on the Helensville and Kaukapakapa areas.

It employs 11 people, all fully industry qualified and mostly from around the wider local area. While the business is less than a year old, the staff have 120 years of forestry experience between them.

Pieter says they understand the principals of conservation and environmental care, and often have to plan logging jobs so they don't affect stands of native trees, for instance.

The company has contracts with export markets, and once it has harvested the



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## 104th birthday celebrated in style



More than 80 relatives and friends gathered to celebrate Jean Narbey's 104th birthday at the Helensville home of her grand daughter Gaylene Ashton on Sunday, May 18. The family present spanned four generations, with one niece travelled from Sydney to join the celebrations. Other family members came from as far away as New Plymouth and Whatuwhiwhi in the far north.

Jean, who still lives on her own in Helensville, has four children, 11 grand children and 21 great grand children.

## History lecture to focus on Hunter family

The Helensville Historical Society's second Winter Lecture for 2014 will be an illustrated talk by Noelene Lawson (nee Strong) on the Hunter family of Helensville and their varied business, community and family interests. Other families linked with the Hunters include the Reylands, Blundells and Le Grices.

The lecture will start at 2pm on Sunday, June 15 at the Catholic Church's Father Sakey Centre in Kowhai Street.

Stories of the early settlers and the settlement of Wade (Silverdale) was the subject of the Society's first Winter Lecture in May, by historian, researcher and author Robin Grover of the Silverdale Historical Society. Robin recently published a book 'Makers of the Wade' and used stories and photographs from that in her talk to around 25 people.

Although the European settlement of Wade (Weiti) was about 10 years ahead of

the McLeod's arrival in Te Awaroa, there were some similarities: both settlements relied initially on timber felling, milling and sales of logs; and the clearing of land for farming. The Wade had much easier access to Auckland by sea, for trade, transport and communication.

Families involved in the early settlement included the Fairs, Lloyds, Bonds, the 'Kelly Gang', and Robin's own family, the Stoneys.

Afternoon tea and the usual interesting conversations and questions rounded off the afternoon.

On Sunday, July 20 the Society's final lecture for the year will feature Kaipara author Wayne Ryburn of Taupaki speaking on 'Timber Mills of the Kaipara'.

Wayne's book 'Tall Spars, Steamers and Gum' is well known among local historians, and provides a comprehensive illustrated record on activities of the early Kaipara settlement.

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# Farewell to last 'rehab' farmer

Alexander Bruce Cochrane, a South Head resident for 64 years, died at his home on April 22, aged 94. Bruce and his wife Rene were the first settlers on the Te Kawau block as part of the returned soldiers 'rehab' scheme at South Head, and at the time of his death he was the last surviving farmer still living on his land.

When Bruce and Rene arrived at their balloted farm on July 3, 1950 it was somewhat of a disaster. Cows were calving, but there were limited facilities for dealing with them, and no living accommodation. Bruce wrote in his memoirs that there was "no power, no water, no toilet, no nothing!"

The farm implement shed was the Cochrane's home for 14 months.

Rene and Bruce worked as team to get their farm and home established, and also took an active part in the local community.

The Te Kawau block - the northernmost part of the South Head rehab settlement - was isolated from Helensville by distance and poor roads, so local residents built up their own community facilities, based around the hall and Waioneke School.

Rene and Bruce were involved with Christmas concerts, play groups, the library and other activities. Bruce was an elder in the Presbyterian Church and the Cochranes organised monthly church services for many years, until the roads improved and it was easier for people to get to Helensville.

Although Rene and Bruce did not have children of their own they were always very involved in children's activities. Through the Presbyterian Church, Rene, with Bruce's support, ran the Busy Bees group and taught numbers of local girls sewing, handcrafts and other living skills. These girls remained their friends and supporters over the years.

Bruce had served as a driver with the

field artillery in the Pacific during World War II, and stories were told at his funeral of how he passed on his driving skills (particularly the art of backing articulated vehicles and trailers) to those who helped him on the farm.

When Rene died in 1996 Bruce was determined to stay at their farm, 'Windy Pines', and with the help of a dedicated group of friends and caregivers was able to achieve his wish. Friends who gathered for



• Bruce Cochran

his funeral at Helensville warmly farewelled Bruce - a loyal friend, a quiet, unassuming man with a warm smile, a sense of humour and an important part of the South Head community.

- Wynne HaySmith

# A&P Association AGM

The Helensville A&P Association will hold its annual general meeting on Wednesday, July 9 at 7.30 pm in the main showground building.

Elections for positions for officers and Executive Committee members will be held at the meeting. Nominations for those positions must be made on the correct form by financial members and received by 9 am, Wednesday, July 2.

For more information phone 420 7572 or email the association at: [info@helensvilleshowgrounds.co.nz](mailto:info@helensvilleshowgrounds.co.nz).



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# Doctor urges locals to take part in free cancer screening programme

June is Bowel Cancer Awareness month and Helensville GP Phillip Barter wants to remind locals to take part in the free bowel screening programme.

Dr Barter says well over half of the 1290 eligible participants from his Kaipara Medical Centre surgery have taken part.

"It's great so many people have taken up the opportunity to take the bowel screening test, but I would like to encourage others who may still have the test sitting at home to also use this opportunity," he says.

Dr Barter says the bowel screening test helps find cancer early, often before it has the chance to spread.

"When bowel cancer is caught early, it can usually be successfully treated. Bowel cancer can be present with few or even no warning signs, so it's great that people in this area have the chance to take part in this free testing," he says.

The four-year screening programme is in

its third year, and results will be used to determine if bowel screening should be rolled out nationally.

Ministry of Health results for the first 21 months of the programme, from January 2012, show bowel cancer was found in 129 people who completed a test kit.

Bowel cancer symptoms may include blood in your bowel motion or changes in the normal pattern of going to the toilet that continue for several weeks - for example diarrhoea, constipation or a feeling the bowel doesn't empty completely. Anyone with those symptoms is urged to see their doctor.

Everyone aged between 50 and 74 years living in the Waitemata DHB area should have been invited to take part in the free bowel screening programme. Anyone who hasn't received an invitation, or who has moved, should phone 0800 924 432 or email [info@bowelscreeningwaitemata.co.nz](mailto:info@bowelscreeningwaitemata.co.nz).

## medical centre notes

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There is a constant turnover of patients at the practice, with people leaving the district and new families moving in. There is a lot of work to get the details on our computer system, then request your medical record from your previous doctor. Our three new doctors are all taking on new patients, so if you have recently moved into the area but haven't yet registered with us, please come and see us as soon as possible. This means we will have your records here when you make an appointment; we can then provide a better service.

The government funding we get for each registered patient is twofold: a basic amount and an extra sum because we operate under the 'Very Low Cost Access' scheme. In return for this extra money, we are limited by the Ministry of Health to the fee we can charge you for a standard 15 minute day time appointment. Currently this is \$17.50 for adults, \$11.50 for under-18s and free for under-6s. This compares very favourably with the \$40 or more charged elsewhere. You may have heard the government is to extend free consultations and prescriptions to under 13's. Please note this is not due to start until July 1, 2015.

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- John Issott, Practice Manager



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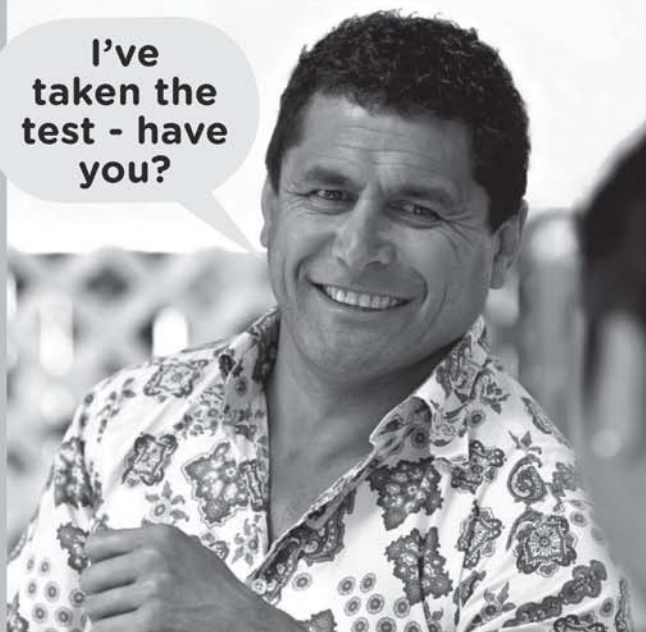
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## Local fire fighters knock off Sky Tower climb

A seven-strong team of Helensville volunteer fire fighters completed the Firefighter Sky Tower Stair Challenge on Saturday, May 17.

Team captain Richard Limmer set the team's fastest time, taking 13m 44s to climb the 51 flights of stairs inside the Sky Tower in downtown Auckland. The team finished a provisional 36th out of 85 teams in their category.

Team members were: Richard Limmer, Daniel Kelly, Chris Macdonald, Damian Cunneiffe, Phil Cox, Liam Haven and Samuel Higgins. They were part of 700 fire fighters - both paid and volunteers - from around New Zealand, Australia and the USA competing in the race up New Zealand's tallest building.

They ran in full fire fighting kit with helmet and breathing gear, weighing up to 25kg. They started at the underground levels of the Sky Tower in downtown Auckland and climbed 1,103 individual steps before reaching the top.

The fastest runner overall was Josh Harrison of Otara Station with a time of 8m 36s.

The brigade members had trained twice a week for the climb with road runs and running up the stairs at Muriwai Beach to gain muscle condition and cardiac fitness.

At time of writing, the Helensville team had raised more than \$2500 for Leukaemia & Blood Cancer New Zealand, a national charity supporting patients and their families living with blood cancers such as leukaemia and related blood conditions.

Two days before the team ran, the Helensville station hosted 12 fire fighters who walked more than 280km from Waitangi to take part in the Sky Tower climb. The guests bunked down in the fire station before heading off the next morning to Kumeu, on the final leg of their walk to Auckland.



• The 'Waitangi walkers' in Mill Road as they leave Helensville

## Waitoki School marks 90 years

Waitoki School will mark its 90th birthday with a celebration at the school on Saturday, July 26.

The school was established in 1924 with a one-room building, which soon became the centre of the district's schooling, social and sporting activities. Ten years later, as the district's population grew, a second building - a new 'Sunshine Block' - was added. That building is now located at the Helensville Museum in Mill Road.

Facilities at Waitoki School have been considerably extended and upgraded over the years, and the birthday function will be held in the new school hall.

The day will begin at 11am with shared memories and photo displays. People are asked to bring food for a shared lunch at 12.30 pm. In the afternoon a variety concert featuring local artists of all ages will be held in the school hall, and a celebration cake will be cut.

A writing competition recording memories of Waitoki is part of the celebration with sponsored prizes to be awarded at three levels - primary school students, secondary/tertiary students, and adults. Entries can be poetry, fiction or non-fiction.

For more information phone Daphne Stevens on 09 426 6383, Wynne HaySmith on 09 427 8199, or contact the Historical Society, phone 420 7881 or email [helensvillmuseum@xtra.co.nz](mailto:helensvillmuseum@xtra.co.nz).



# Shocking time in store for Tough Guys and Gals

Locals taking part in the annual Tough Guy & Gal Challenge, on again this month at Woodhill Sands, are in for a shocking time - literally.

An new obstacle on offer will be 'Jett's Jaw Dropper', a 2m high by 4m wide terror with electrical wires hanging from the top which competitors can run or walk through. Not all of the wires will be 'live', but some will give off a low voltage zap similar to that from a farm fence.

There will be a 'Chicken Chute' for those who don't want to go through the electric maze (or can't for medical reasons) though that will add to their time.

This year the Tough Guy & Gal Challenge is being held over two weekends to cater for growing entry numbers.

Both Helensville Volunteer Fire Brigade and the Helensville Fitness Centre are entering teams again this year, and they will be joined by a number of other locals who had already entered at the time of going to print.

The brigade expects to enter at least five competitors and the gym as many as 12. Fitness Centre team leader Yvette Amadia says her team members are training each Sunday on a 4-5km course around Rautawhiri Park, under a net, across a creek

and across farmland.

"The training is very specific, fun and challenging," she says.

Now in its 12th year, the Tough Guy & Gal Challenge will be held over the weekends of June 21 and 22, and June 28 and 29.

For the first time this year there will be a separate Junior Tough Guy & Gal contest held on Friday, June 20, aimed at primary and intermediate-aged children. Those aged 7 to 8 years will compete on a 1.5km course, while the 9 to 12-year-olds will cover twice that distance.

Returning after a successful debut last year is the Secondary Schools Tough Guy & Gal challenge, which will be held on June 26 and 27.

In the main event, adults compete over either a 6km or 12km obstacle-strewn course. Adults enter in either the 'Open Men and Women' class for 13-39 year-olds or the 'Older Brutes and Beauties' category for those aged 40 and over.

Jett's Jaw Dropper won't be the only new obstacle. It will be joined by the 'Hauraki Hell' Tunnels - big, dark portable 9m long tunnels that competitors will need to crawl through. There will of course be all the usual water and mud trails, swamp crossings and barbed wire obstacles to master.

## Volcanic fun

This is Year 6 student Jalayne Te Paa (11, right) with the model volcano she has made as part of an investigation into volcanoes and rocks by the Years 5 and 6 Upper Middle team at Helensville School.

Jalayne and her classmates spent some of the second term building on their prior knowledge to become experts in the topic.

Four classes have been involved. Room 10 started off with a homework project which saw the students use a random assortment of objects to create a volcanic masterpiece. Rooms 11 and 17 sketched and drew volcanoes from a birds-eye point of view, and then turned their images into three dimensional works of art.



Capping the project off in style, Room 16 created an exploding volcano from bottles, cardboard and other objects found around the classroom.



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## School camp fun

Ninety Year 7 and 8 students from Helensville Primary School - along with 18 adults - took part in a senior school camp at Carey Park in Henderson last month.

The students took part in a range of exciting activities that provided them with fun opportunities to challenge themselves. They included river kayaking, scaling a climbing wall, plunging into an extremely cold waterhole, working their way through a confidence course and testing their nerves on a flying fox zip line.



• Helensville School senior students at the camp

## School lunch ordering go online

Local school children are now able to order school lunches online from the Helensville Pita Pit store in Commercial Road.

Two options are available.

The first is ordering through the [www.ezlunch.co.nz](http://www.ezlunch.co.nz) website - an option currently only taken up in our area by Helensville Primary School, though it is hoped other local schools will eventually join that scheme.

Parents place orders by 9am on Mondays, Tuesdays and Thursdays and the lunches are delivered to the school by the start of lunchtime the same day. Favourite combos can be saved and re-ordered in future by text message.

Helensville Pita Pit owner Alistair Watts says it's a great way for local school children to get a fresh, healthy lunch option with

minimal fuss.

The second option is to order directly through the Pita Pit website. Presently only available for Friday lunches, orders must be placed by 8pm the day before, and the lunches can then be collected from the store from 8am on the Friday morning. Orders can be paid for either by credit card when the order is placed online, or when the meal is collected the next morning.

An online calorie calculator helps parents decide what options to add when 'building' their child's meal.

Online ordering isn't restricted to school children, however - it's a seven day a week option for locals who just need to choose Helensville from the store selection menu on the Pita Pit website, select their ingredients, and specify what time they want to collect their meal.

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# Schools triathlon draws big entries

The annual Kaipara Schools Triathlon was held at Parakai School late last month, with more than 160 children taking part either as individuals or as part of a team.

The Years 5 to 8 pupils represented Helensville, Parakai, Waioneke, Waimauku, Woodhill, Kaukapakapa, Waitoki, and Tau Te Arohanoa Akoranga schools.

The event began with swimming at the Parakai Springs hot pools. Year 5 individual students swam two 33m lengths, Year 6 individuals and Year 5 teams swam three lengths, Years 7 and 8 individuals and Year 6 teams swam four lengths, and the Year 7 and 8 teams five lengths.

That was followed by a 6km bike ride along Parkhurst Road and up Fordyce Road to the end of the tarseal, then back to Parakai School. There, the pupils swapped pedal power for foot power to run a loop around the local roads, finishing at the school. Year five and six students ran 1.5km, while the older pupils and all teams ran 2km.

Parakai School sports co-ordinator Janine Fiebig says the event has been running for more than 18 years.



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## Helensville computer company evolves into home-based business

Locals who noticed the removal of signage and then closing of the PC Zone office in Commercial Road needn't worry - the long-standing computer repair business hasn't closed.

After 11 years at his main road location, business owner Richard Downer started running PC Zone from his Fordyce Road home on June 1.

The move was in response to the changing nature of the computer repair work he does, which over the past few years has become mainly on-site work for larger business clients.

For the general public needing computer repairs, the only change is they will no longer be able to drop their PCs off in town. Instead, Richard will visit and fix them at the owner's premises, or take them back to his home workshop if more major repairs are needed. Eventually he may look at setting up a drop-off location in town if the demand is there.

"It's the same people, the same phone number - just no physical drop-off," says Richard, who explains he had been doing quite a lot of work from home already.

Richard, who started PC Zone from scratch, says the computer industry has changed greatly in the past decade.

Originally much of his work was helping locals with Windows issues or printers not working. Those areas have become much

more reliable as computer hardware and operating systems have evolved, and his focus is now more on server-type work.



• The sign on the door says "Open", but by the time you read this Richard Downer (above) will be running his business from home

Once constant, however, has been virus removal.

Richard says he also used to do a lot of broadband installations, but those are now mainly handled by the internet service providers. He has also scaled back the selling of computer systems, now only really building machines for business clients - though the hands-on aspect of putting a machine together is something he says he still loves doing.

## Avoiding having your power cut off

With colder weather on the way, Helensville Citizens Advice Bureau is advising locals to tell their power company if they are having difficulties paying their electricity bill.

"Don't just wait for the disconnection notice to arrive - tell your power company or get in touch with us," says Joy Florence.

"We can help you to know your rights and entitlements, for example as a vulnerable consumer or someone eligible for financial assistance from WINZ.

"We can also help if you have a problem with the way your power company is treating you and you want to make a complaint," she

says.

Joy says it is important to tell your electricity provider if you are a vulnerable or a medically dependent consumer, as power companies have guidelines to follow before taking the final step of disconnection.

Locals could qualify as medically dependent if someone in their household needs mains electricity to power critical medical equipment. They could be classed as a 'vulnerable' consumer if they have genuine difficulty paying their electricity bills due to financial hardship, or if disconnection would threaten the health or well-being of someone in the household.

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## KKK boy off to Philippines

Kaukakakapa boy Shiloh Fruean (11, right) is off to the Philippines later this month to play in the Little League Asia Pacific Middle-East baseball tournament.

The youngster will represent New Zealand in the Under-13 division, and hopes his team wins its qualifier so they can go to the Little League World Series in the United States in August.

Shiloh has played baseball for three years, and is also a keen rugby and rugby league player, having played both those sports since the age of four.

His team is currently training three times per week in Avondale and One Tree Hill, and is fundraising the \$4,000 needed per player to get to the competition in Clark, 80km north of Manila in the Philippines.

Locals wanting to support Shiloh and his teammates can make a donation online at [Givealittle.co.nz](http://Givealittle.co.nz) (search for NZ U13 Little League Baseball Team).

Businesses can sponsor Shiloh's team from \$100, which gets their company name on the team travelling banner and also puts them in the draw to have their logo/name on the team uniform. Email: [nzu13littleleague@gmail.com](mailto:nzu13littleleague@gmail.com).



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## Public bench carving project under way

The Helensville community woodcarving project is under way, with 14 novices wood carvers having tried their hand so far.

There's a regular team of six who carve on different days, and a further five who started just before the school holidays then had to take a break until their children settled back into school. The project will carry on as long as people are able to continue, and new carvers are always welcome says project leader, Denise Marshall.

"We are about to move into a more sheltered area at Peacemakers for working, which gives us permanent cover from rain and prevailing winds," she says.

The team of carvers is working on three benches, one to be sited by the Springs Road boat ramp at Parakai, one for the Riverside Reserve next to the Pioneer Museum, and one for the reserve by the Awaroa Creek bridge. Each bench will show a story woven together by those who carve it.

"It is always amazing to watch carvers' confidence grow," says Denise. "They attempt [things] they previously thought too difficult, and also start to bring forward their own ideas about what to incorporate, and how to tackle something."

Denise would still like non-carvers to come and bring suggestions and feedback. Anyone interested can contact Denise on 021 205 7172 or email madwoodcarver@gmail.com.



• A dog is starting to appear from the depths of this large log

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with Kaipara chef, Peter Brennan

## Winter warmers

If there is one appealing aspect to the winter apart from having time in front of the wood fire, it is the eating of comfort foods, like casseroles and slow cooked dishes.

During the 1970s the terracotta or glazed pottery casserole dish came into its own. The style of cookware seemed to lead the food fashion of the time. No doubt our young people are moving into flats now and part of their parting gift from home is the old casserole dish that has not been used since mum bought a bench top slow cooker.

Either way, slow cooking food is a great option if you are wanting to use the cheaper cuts of meat, or you want to have the meal prepared in advance. Stews and casseroles are easy to reheat, so making a batch at the weekend to eat during the working week is a great way to save time.

When slow cooking beef I prefer to use chuck steak or gravy beef; when using lamb or pork I go for shoulder meat, scotch or neck pieces. These cuts all contain a certain amount of fat and respond very well to cooking for longer periods at a low heat.

### ■ Slow Cooked Pork or Lamb

- 2 kg pork or lamb shoulder meat
- ½ litre apple cider (or clear apple juice)
- 2 red eating apples, Pacific Rose, Jazz, Envy or Gala
- 2 onions, sliced
- ½ cup fresh sage leaves
- ¼ cup fresh thyme
- 5 garlic cloves, chopped
- ½ litre beef stock
- ½ cup flour, plain or gluten free
- oil for frying
- salt and pepper

Dice the meat into 2-3cm cubes and place in a bowl or plastic bag with the flour. Mix together to ensure the meat is evenly coated.

Heat a fry pan and add the oil. Fry the meat in batches and brown evenly, then add to a casserole or slow cooker. When all the meat has been processed through the pan, tip off the excess oil and add the onions and garlic. Stir them and gently cook them for a couple of minutes without browning. Add the stock to the pan, bring to a simmer, then remove from the heat. Stir with a wooden spoon to collect all the bits stuck to the pan, and tip it all into the casserole.

Cut the apples into quarters and leave the skin on but remove the cores. Cut each quarter in half length ways and add to the casserole with the herbs, salt and pepper. Finally add the cider or apple juice.

Preheat the oven to 160° celsius, and place the casserole with lid on in the middle of the oven. Allow to cook for at least two hours, then check for tenderness and season with more salt if required. If there is too much liquid remove the lid and allow to continue cooking in the oven to evaporate the excess.



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## community titbits from town and around

### ■ CAREERS EXPO

The biannual Kaipara Community Career Expo will be held on Wednesday, June 11 from 2pm to 6pm in the Kaipara College school hall.

There will be around 45 exhibitors representing industry training groups, universities and technical institutes. The Expo is an opportunity for locals to see what options are available for their children or themselves. For more information phone the college Career Advisor, Claire Couch on 420 8640 extn 835.

A hangi will be available from 5pm in conjunction with the Expo. It will come with pork, chicken, kumara, potato, pumpkin, cabbage, fried bread and stuffing. To order phone Wiki Ratima on 420 8640 extn 845, or email: wratima@kaiparacollege.school.nz.

### ■ HELENSVILLE AGLOW

The next meeting of Helensville Aglow will feature evangelists and healers Bill and Kaylene Subritzky as guest speakers. The meeting is on Friday, June 13 at the Helensville War Memorial Hall, starting

7.30pm. All ages welcome. For more information phone Marilyn Gray, 420 4346.

### ■ KKK MARKET

The next Kaukapakapa Village Market is on Sunday, June 15 from 9am to 1pm. Wide selection of stalls plus live music from Foster Watkinson on the tenor sax from 10am to noon. For more information or to book a stall contact Sarah1@maxnet.co.nz or phone 0274 831542

### ■ 'FIFTH SUNDAY' CONCERT

Each month that has five Sundays, the Friends of St Cuthbert's hold a 'Fifth Sunday of the Month Concert', with all proceeds going to the maintenance, restoration and improvements of Saint Cuthbert's Presbyterian Church at North Crescent, Kaukapakapa. The next Concert is on Sunday, June 29 at 2.30pm and will feature the Mahurangi Youth Choir. Tickets are \$10 adult, Friends of St Cuthbert's members \$5, and children under 15 free.

For more information phone Daphne Stevens, 09 426 6383 or 027 434 4941.

### ■ BIG & BOLD 1980s BALL

A 1980s-themed ball will be held on Saturday, August 16 to celebrate the Helensville District Health Trust's 25th anniversary - giving locals the chance to dig out their shoulder pads, bring back big hair, and be in with a chance to be crowned Helensville's 1980s King or Queen.

The ball will run from 7pm till late at the Helensville War Memorial Hall, and tickets are \$50, or \$500 for a table of 10. Email kuragw@xtra.co.nz to purchase tickets. There will be door prizes, a silent auction and a dress competition. Funds raised will help the Health Trust deliver services through the Helensville Birth Centre, Kaipara Medical Centre and the new Te Whare Oranga o Parakai community centre.

Rugby fans will be able to pop next door to the Kaipara RSA to watch the All Blacks vs Wallabies Bledisloe Cup match.

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## Helensville News - Publication Information

### ■ July 2014 deadline: Friday, 13th June 2014

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