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## From Formula One to the Grand Hotel

Helensville and the glamorous, high octane world of Formula One motor racing wouldn't seem to have much in common.

But there is a surprising link - it's the new manager of the Grand Hotel, Didier Debae, who spent 30 years involved at the top level of international motorsport.

Belgian-born Didier and his partner, South African Terry van der Merwe, took over running the Grand Hotel in January this year.

The building, owned by Italian Riccardo Polacco, who lives in Venice where he owns three hotels, was extremely run down. Since then, the historic building has undergone a major three month renovation, concentrating initially on the kitchen and restaurant.

The restaurant, called Rosso after its stunning red-painted walls, has been beautifully appointed and is now open seven days for buffet lunches and fine dining in the evenings, along with breakfast on Fridays, Saturdays and Sundays.

By the time you read this, 10 rooms in the hotel will be open for guests to stay, with a further two rooms with ensuites due to join those in the near future.

To say Didier's entry into the world of hospitality has been interesting is something of an understatement.

He grew up in Brussels and has spent much of his life travelling the world, mostly in the 'circus' that is international motor racing.

Didier, who speaks six languages,

managed four Formula One teams - Williams, Arrows, Jordan and Minardi - as well as acting as Sporting Director for the Opel team in the German Touring Car Championship.

A large part of those management responsibilities involved hospitality. In a sport where the sponsor's dollar is paramount, teams virtually compete to out-entertain each other.

They have huge mobile kitchens, employ professional chefs and serve the finest food and wine to guests and sponsors in luxury, air conditioned marquees that can seat 350.

Thirty years of daily exposure to that high-level entertaining and dining turned Didier into a connoisseur of wine and food.

Before motorsport took over his life, Didier was a top water skier, and it was through that sport he first met Terry.

That was in 1974, when at age 16 he was representing Belgium at the Junior European Water-ski Championships in Amsterdam. There, he met 13-year-old Terry, who hailed from Cape Town and who was representing South Africa at the competition.

A young romance blossomed which saw the couple spend two years writing to each other before finally losing contact.

Over the next seven years Terry went on to become a South African and international



• Didier and Terry in the refurbished Rosso restaurant at the Grand Hotel

champion and record holder; she still holds some of those records.

We hope to bring you a more detailed look at Terry's story in a future issue of *Helensville News*.

Meanwhile, Didier had moved to New Zealand to begin a new chapter in his life.

Using his extensive international knowledge of food and wine, he purchased a business in Albany in 2008 called Vinotica, renaming it FWC and supplying fine foods and wine.

It was during this time that Didier searched for, and found on the internet, his long-lost teen sweetheart Terry. They agreed to meet, and soon found their love rekindled.

Unfortunately, the economic downturn over the last two years made running a business tough, and Didier decided to close up shop late last year.

He was introduced to the Grand's owner by friend Jason, who runs the Pukeko Bakery in Mairangi Bay. And now here he is in Helensville.

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# editorial

In a number of her editorials over the years, former *Helensville News* editor Cynthia Thrush promoted the idea of shopping locally and supporting the local businesses and economy. This month, on page 6, we bring you information about a scheme aimed at encouraging locals to do just that - one which stands to benefit those shoppers in a very tangible way.

Our lead story (page 1) on the new manager of the Grand Hotel is a great example of the diverse range of interesting people who make up our local community. We walk past people in the street every day without knowing who they are or what their backgrounds may have been. Our little town is full of such interesting folk, and if you know of anyone you think might have an interesting story to tell, let me know!

The rest of this issue covers the gamut of local activities and endeavours, from history (pages 7 and 10) to sport (page 8), education (page 4) to art (page 3). Enjoy!

- Dave Addison

# letters

Your May editorial asked the question: 'Where was God in the Christchurch earthquake?' My answer: saving lives.

An aerial photo of the devastated city shows buildings untouched, others completely demolished; stories tell of people crawling out from beneath collapsed buildings and falling three floors and surviving. I ask the question, could this be the hand of God?

The earthquake was at 12.40pm, in the middle of the day. Psalm 91 says 'God will protect those who trust in him from the destruction that wasteth at noon day.' Can we afford not to trust in Him? No-one can predict earthquakes and wherever we live something can happen to take our life.

I agree there is difficulty understanding God. I'm in the same boat, but we can still trust Him because he keeps the promises in his word (the Bible). One thing we can understand is Jesus Christ, his son. Maybe we cannot understand all that He said but we can understand his acts of compassion, which tells us God loves us.

- Arthur Hardcastle, Helensville

On behalf of the Executive of the Helensville Pioneer Museum I would like to thank all those who made it possible to move the old 1939 Waitoki School to its new site on the museum grounds. First a big thank you to Hans Van Duyn, Dianne and their crew from Eurovision House Movers for helping organise and transport the building from Waitoki to Helensville free of charge.

Because of the building's height and width, pilots had to be involved and Leo and Angela Lemmen from Waitoki offered their services free of charge. The insurance for transporting the building was underwritten by Chas Holst. Thanks to both. Many power and phone lines had to be raised or cut to allow the building's passage and then replaced or reconnected; I would like to acknowledge lines companies Vector and Chorus for their help and involvement.

Finally thank you to those who prepared the building for transport - Shane Inglis, Daniel Keefe, Tom Grace and Malcolm Pickering. Because of the height of the building part of the roof had to come off. Thank you to all for making this possible.

- John Smith, President

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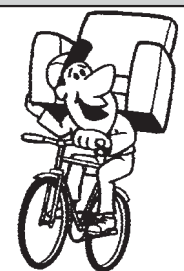
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# Books, books and more books



Helensville Lions member Chris Clark (above) is surrounded by books for the club's recent annual book sale.

At the time of going to print, around 6000 books - collected since the beginning of the year and many sorted either alphabetically or by author - were stacked in Chris's shearing shed, and he expected a total of around 10,000 books to be on hand for the sale, held in the last weekend of May.

Normally around three quarters of the books sell, with the left-overs resorted and stored for the next year's sale. Many of the books are donated, although a lot come from deceased estates and elderly residents moving into smaller retirement homes.

The sorting is a big job, says Chris.

"I only do it because I love books. It's like working in a lolly shop."

Last year's Lions book sale raised \$4900. All the money raised goes to the local community.

## 'Moments' photography exhibition

The Art Centre in Helensville is hosting an exhibition this month as part of the 8th annual Auckland Festival of Photography, along with 46 other venues around Auckland.

Each venue's exhibition is individually themed, with the Art Centre choosing the theme: 'Moments'. Moments are precious things, held in our hearts, memories and photographs.

The Art Centre is on Karaka Street and is open 7 days - Saturday to Monday 10am-3pm, Tuesday to Thursday 11am-4.30pm, and Friday 11am-3pm. Entry is either via Karaka Street or through the 'Book Stop' within the Art Stop Café.

For more information phone Pauline

on mobile 021 158 6859 or email [admins.artcentre@gmail.com](mailto:admins.artcentre@gmail.com).

## 'Save the Children' cards

The Helensville Library and Helensville Information Centre both have stocks of Save the Children occasional cards available for half price.

There will be no annual collection for Save the Children because of the pressure put on fundraising by the Christchurch appeal. The cards are an easy and practical alternative way to support the Save the Children cause.

Gay Hildreth, phone 420 7022, has extra supplies if required.

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## Steiner education group mooted

Helensville mother Helen Bates is looking to establish a local parent and child group based around the Rudolph Steiner education philosophy.

She learned about Steiner schools at a series of workshops entitled 'Restoring Childhood – Supporting Parents' at the York Steiner School in Yorkshire, England.

"At that time I knew nothing about



• Helen Bates and daughter Rose

Steiner Schools, but the philosophy, as described to me by a friend, seemed to fit in with who I was becoming as a person and I was intrigued to find out more," she says.

"Every now and then we stumble across something that touches our soul, a warm peaceful feeling that's hard to describe in words. That's the way I felt when I entered a Steiner/Waldorf school for the first time."

The school didn't resemble a 'school' as Helen knew it. The classrooms were painted in soothing warm colours, the toys were made of natural materials and there was lots of space.

Since then, the Rudolf Steiner/Waldorf workshops she attended have influenced her practice as a community worker and early childhood teacher.

Helen hopes to work with other locals to create a peaceful and beautiful parent and child group in Helensville. She is holding an informal information evening on Tuesday, July 5 from 7-9pm in the Helensville War Memorial Hall meeting room.

Anyone who would like to attend the meeting, or know more, should phone Helen on 021 0246 8613, email her at [Steinerhelensville@yahoo.co.nz](mailto:Steinerhelensville@yahoo.co.nz) or visit [www.helensvillesteiner.wordpress.com](http://www.helensvillesteiner.wordpress.com).

## Big donations from former Helensville Racing Club

The now-defunct Helensville District Racing Club has made generous donations to two local organisations from funds left over when it was wound up.

The Helensville A&P Association was given \$5500 for an endowment fund, interest from which will be used for a prize in the equestrian section at the annual Helensville A&P Show.

The prize will be named in honour of the racing club, and while the event to receive it has yet to be chosen, the prize is expected to be around \$200.

And the Historical Society has received \$10,000, which will go towards the redevelopment of the Waitoki School 'Sunshine' block, recently moved onto

the museum site (see article page 7).



• Former racing club president Richard Kidd (centre) presents Historical Society president John Smith (right) and A&P Association president Chris Clark (left) with the cheques



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

## Photography club visits sculpture 'farm'



Members of the Helensville Photography Club are dwarfed by the gigantic 85m long sculpture 'Dismemberment, Site 1' at the Gibbs Farm on the Kaipara Harbour, north of Kaukapakapa.

About 30 club members, family and friends spent an afternoon recently wandering around and photographing the 400ha art park. The property features more than 20 sculptures by New Zealand and international artists, most of them on a huge scale. Even the internal fencing on the property - 3.2km of it - is an artwork by Daniel Buren with carefully painted posts. The Gibbs Farm, owned by the Gibbs Foundation, is also home to a wide array of exotic animals, including giraffe, zebra, yaks and water buffalo.

Helensville Photography Club meets at 7pm on the third Monday of each month at the Seniornet rooms, 1 Rata Street. Enquiries to Roy Brooks, ph 420 8624.

## From Formula One to the Grand Hotel

• From page 1

For someone who has lived out of hotel rooms most of his life, it seems fitting Didier has taken up permanent residence in a hotel in Helensville.

Didier is excited about the prospects for the Grand Hotel and the couple's plans for it.

"The building has huge potential. It's built properly, like the buildings in Europe, of concrete and brick," he says.

Helensville he describes as a "fantastic community" where "everybody knows everybody" and locals have given him lots of help.

Didier is employing eight people - all locals - at the Grand, including chef Vineet (Vinny) Arora, who worked in the United States before establishing

himself here.

The restaurant clientele is growing, although an objection from a neighbour meant a liquor licence was only approved in mid-May, making it difficult to bring the full fine dining experience together.

Rosso Restaurant currently has 10 tables but is set to grow to 14, and can host functions for up to 70 people.

Along with the remaining hotel rooms, the bar is set to reopen in the next couple of months. Styled like an English pub, it will serving lunches and dinners and host live musicians on the weekends.

Rounding out the redevelopment, the Grand Hotel will also have a family-friendly garden courtyard, and a carpark which will host Saturday markets.

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## Big prizes offered in shop local scheme

Helensville's Rose McKenzie was the lucky first winner of a new scheme to encourage people to shop locally, taking away local shopping vouchers worth \$100. The winner of the current campaign, which runs until the end of next month, will pocket an even bigger prize worth \$500.

Run by Jeremy Thornton of Innovative Business Systems, the aim of the scheme is to keep local money in the local economy.

Shoppers pick up a loyalty voucher from any of the participating

businesses. They then need to shop at four of those businesses during the period of the campaign, getting the voucher stamped each time. Once they have four stamps, they go in the draw for the prize vouchers.

"Helensville businesses have found it is very easy for their customers to shop in other locations such as Kumeu, Westgate and Albany, and so have tried to raise awareness of the need to support local businesses," says Jeremy.

"The simple economics of the situation is money spent at a store in Helensville gets paid to wages or suppliers in the area, which then gets spent in the area."

At the time of writing the following businesses were taking part in the loyalty scheme, although Jeremy was expecting more to sign on in the near future: River Valley Hair, Kaipara Meats, Oikoumene Buildlink, Kaipara Coast Plant Centre, Helensville Vet Services, Riverside Crafts, Helensville Auto Electrical, Computer Solutions, Black Pete's Restaurant, Art Stop Café, Helensville Harcourts, Parakai Springs, Allsorts and Take Note Helensville.



• Rose receives her \$100 prize from Jeremy

## Transfer station hours and shop size expand

Rubbish, it seems, is a booming business.

The Helensville transfer station, which this month celebrates four years in operation, is increasing its opening hours, and the on-site shop has doubled in size.

From this month, as well as its usual Saturday mornings from 8am to midday, the station is open on Fridays from 10am to 2pm for a three month trial to see if the extra hours allow more people to dispose of their rubbish, and to boost business at the second hand shop on site.

The shop occupied about a half of the new building when it opened in October last year, but since then has grown to fill the whole building as more and more quality items are either rescued from being trashed, or are donated as part of someone's effort at recycling.

As well as complete items the shop carries spares for a range of items such as microwave glass turntables, inserts for crockpots and saucepan lids. More furniture is now available, as well as doors, windows, roofing iron, books, and toys. There is normally plenty of usable wood available for free.

The bad news is that as a result of a waste management levy, and last year's GST rise, charges at the transfer station are going up. From July 1 the charge for a trailer load of rubbish will rise to \$50, and bags will rise to \$4 each. Charges for dumping steel and green waste will not change as they get recycled.

The Helensville transfer station is a local community trust run service and can be found at the bottom of the driveway beside Mitre 10 in Mill Road.



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## 'Sunshine' building arrives at Museum



• The Waitoki 'Sunshine' block at its new home at the Helensville Museum

The old Waitoki School 'Sunshine' classroom block has finally reached its new home at the Helensville Museum in Mill Rd.

The building is an excellent example of the iconic style of classroom design which was built around New Zealand in the late 1930s and early 1940s.

Most that still exist have had their original architecture modified. The Waitoki building is possibly unique in that it still has the folding doors which opened out on to a covered and sheltered verandah.

Helensville School's two-room block was built in 1938; Waitoki's opened in 1939 and Waipu's in 1940. These buildings originally faced north to allow maximum sun and light into the

## Waimauku School 90th

Waimauku School will hold a 90th Jubilee Reunion on Saturday, July 2 at the school. It's planned as a time to catch up with past students, staff and supporters. Full details are on the school website, [www.waimauku.school.nz](http://www.waimauku.school.nz). Contact: Rocky Roberts, email: [jubilee@waimauku.school.nz](mailto:jubilee@waimauku.school.nz).

## Railway Trust AGM

The Helensville Railway Trust's Annual General Meeting is on Saturday June 18, 9am at the Kaipara RSA, Commercial Rd, Helensville.

Anyone with an interest in the preserving the Helensville rail station, the railway or just interested in trains in general is invited.

classrooms. However, the siting of the building at the Museum reserve had to be the other way round, with the verandah facing south toward the other museum buildings.

I personally have affection for these classrooms as all but one year of my primary education, and my first year of teaching were spent in 'Sunshine' blocks. I was a pupil in the Waitoki building for three and a half years before my family moved to Waipu, where the school had a four-room 'Sunshine' block housing Primers to Standard Six. When I returned to Waipu as a PA, I taught Standards 1 and 2 in a room of their 'Sunshine' block.

The interior of the Waitoki building has been adapted over the years and the teacher's and pupils blackboards and the raised teaching platform have gone. But the high ceilings, generous windows, folding doors and verandah area remain to help create the atmosphere of these iconic school buildings.

The Historical Society is looking forward to making good use of its latest addition. Several suggestions for its use have been made, including a classroom set up, a display area for exhibitions and a meeting room.

Getting the room ready for use will put some strain on museum finances and members' time, and more fundraising and grant applications will be needed to build on the generous support the society has already received from the community.

- Wynne HaySmith

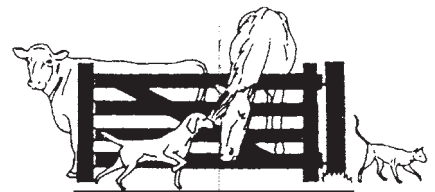
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# Olympic Games in their sights

Former Helensville brothers Sam and Jack Wilson are representing New Zealand in kayaking at international level.

Older brother Sam (20) has been racing at the Canoe Kayak Sprint World Cup in Racice in the Czech Republic and Duisburg in Germany, where he and a team of four competed in the K4 1000m race, as well as the K1 1000m.

Although they are officially an under-23 team, they were put in the open-age group as they are considered potential Olympic material.

Meanwhile Jack, a 17-year-old Orewa College student, will compete at the Junior World Kayak Championships at Brandenburg in Germany next month as part of a team of five boys and six girls.

He has previously raced in Australia, but this is his first major international regatta.

The Wilson family moved from Helensville to Orewa several years ago so Sam and Jack could be closer to training facilities and the Orewa Surf Life Saving Club, where they are volunteer lifeguards. They still compete nationally at surf lifesaving.

The pair got into kayaking through their association with their coach at the club, who suggested they got into kayaks for fitness.



• Jack Wilson in action (above) and Sam (below)



They train twice a day, six days a week - a mixture of gym, running and paddling on Lake Pupuke. Sometimes they paddle across to Rangitoto, run up the mountain, then paddle home.

Sam, who is studying for a diploma in Sport and Recreation part time at AUT, has his sights set firmly on the 2016 Olympic Games - but first he will need to be selected for the world championships later this year.

The brothers are holding a trivial pursuits evening at the Orewa Arts and Events Centre at 7pm this Friday to help fund their campaign. Tickets are \$20 per person and are available on the night or email smilson@ihug.co.nz.

## Kaukapakapa business has tile alternative

Kaukapakapa's Mike O'Grady has an option to stop discoloured tile grout in kitchens and bathrooms. His company, Glass Inspirations, supplies glass splashbacks, which as well as eliminating grout issues are a modern way to introduce some colour to kitchens and bathrooms.

Mike has many years of building experience. He has been self employed for the last 20 years, and felt it was time to develop his passion into a business for which he has found a strong demand. As well as supplying and installing glass splashbacks, Glass Inspirations is also a one-stop shop for mirrors.

Mike can arrange free quotes from supplied measurements or he can come to you to measure and quote and discuss colours with you. Contact Mike on 420 5933 or mobile 027 420 5056, or email him at donnaog@clear.net.nz. Mike's website is www.glassinspirations.co.nz.

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## From the Chairman



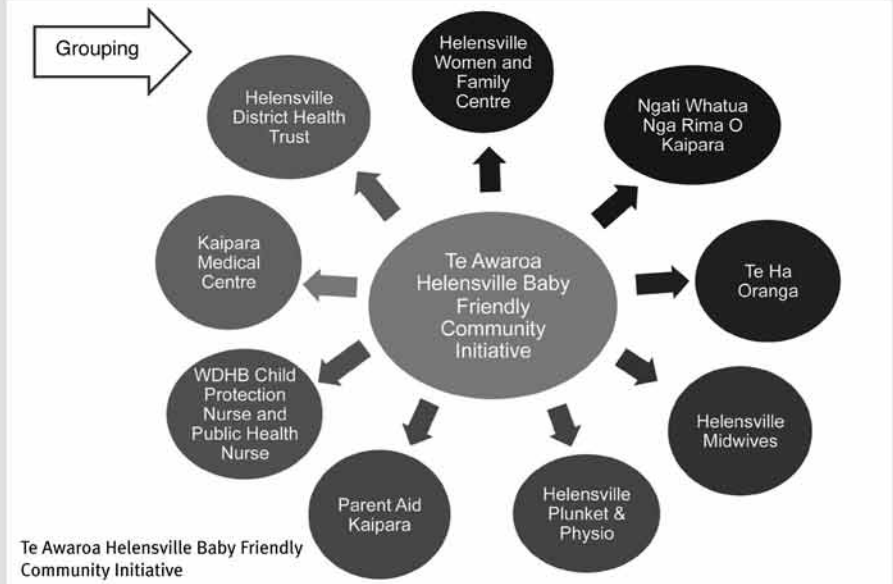
In my last newsletter I reported that our application to be a participant in the Baby Friendly Community Initiative had been accepted by Waitemata Health.

This is excellent news.

The vision of the Baby Friendly Community Initiative for Aotearoa New Zealand is 'the restoration of breast feeding as a cultural norm'. Our high success rate in helping young mothers to confidently leave the Birthing Centre exclusively breast feeding is one of the primary reasons we have been chosen to participate. This is testament to the outstanding specialist expertise our midwives have now developed.

This initiative will bring together a number of local health professionals and community groups who will attend workshops and in service sessions to increase their knowledge on breast feeding. This includes information about how to assist mothers to maintain breast feeding once they have left the hospital or Birthing Centre. As you can see in the graphic on the right, we have an impressive number of Helensville's Health team who have agreed to participate.

It is well documented that increasing the number of mothers in a community who breast feed for six months or more can have a positive effect on the health



of the breast fed children. These include: improved resistance against illness such as asthma, diarrhoea, respiratory tract infections and urinary tract infections; lower mortality rates in the first year of life; improved mental development and lower rates of cardiovascular disease in later life

The Trust is working towards further integrating health services in the area to meet its vision of Helensville being 'the healthiest rural community in New Zealand'.

It is anticipated that this will be the first of future health initiatives which will encourage groups of health professionals in Helensville to work together towards common goals for community health.

## Do you know about the Community to Hospital Shuttle Service?

Waitemata runs a community to hospital shuttle service for Waitemata Health residents who are attending appointments at North Shore, Waitakere and Auckland Hospitals and the Greenlane Clinical Centre. There are charges made for this service, but children under five are free. Other passengers pay standard fares. For more information about fares and bookings phone 0800 809 342 OR 09 426 0918 Monday to Friday between 9.30am – 4pm. Bookings are essential and must be made two working days in advance.

Dianne Kidd



Barbara Ross

## 'Delicious and nutritious'

Barbara Ross delivers daily to the Birthing Centre so that patients can enjoy fresh healthy food for lunch. She also supplies us with a great variety of freshly prepared frozen meals for other times of the day. These include vegetarian and vegan meals to suit all tastes.

Here are some typical comments from our Birthing Centre patients about her meals: 'Delicious, nutritious', 'yummy amazing salads', 'nice home cooked meals', 'surprised at how much we got it was great', 'great selection and good quality, very healthy.'

Barbara also caters for our evening Trust board meeting so that Trustees who arrive straight after work and a busy day

can share a meal and a chat before we roll up our sleeves to address the agenda. We even get desserts!

Barbara caters for a myriad of functions at the health centre – for example she bakes fresh muffins for in-service training sessions for Birthing Centre staff. Our mother and baby support group meetings are also provided with yummy snacks. Hardly a day goes by when she is not dropping in some of her delicious food. Her sticky date pudding recipe should be added to the Trust's constitution!

We all know the importance of fresh and healthy food. Barbara makes a wonderful contribution to our health centre and community. Thank you Barb.



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**Lecture series gets off to good start**

Wayne Ryburn, author of 'Tall Spars, Steamers and Gum', will talk about how the wealth of resources on the Kaipara Harbour contributed to the establishment of the fledgling city of Auckland at the Historical Society's June lecture, on Sunday, June 19 at 1.30pm at the Father Sakey Centre in Helensville.

Also that afternoon a second steamer model will be presented to the society by Gordon Hendriksen of Wellsford. Last year Mr Hendriksen gave the museum a model of TSS The Minerva, and this year he is presenting a model of a well-known Kaipara Harbour Sellars-Allen boat, the Tuirangi.

The society is indebted to Mr Hendriksen for this generous offer, which brings to three the models of Kaipara steamers on display at the museum. The Ruawai model, presented to the society some years ago by the Sellars family, was created by Colin Child.

Last month's lecture, the first in this year's annual winter programme, attracted around 80 people who heard Alan Scott talk about his research into A. H. Brackebush's movie films of Helensville; some of those present were able to help Alan with his aim of naming people shown in the film.

- Wynne HaySmith

**Free motivation seminars to raise funds for Chch**

Shelly Beach based Life Coach and Motivation Coach Kim McNamara is holding two free, fun motivational seminars as a fundraisers for Christchurch earthquake relief.

Participants "are guaranteed to walk out the door with new ideas" to help them keep their lives on track, and donations to Red Cross will be collected at the door to help in Christchurch.

Both seminars are on Saturday, June 18. The first, at a yet to be confirmed venue in Helensville, will be from 12.30pm to 2.30pm. The second seminar will be at Waioneke School,

South Head, from 3.30pm to 5.30pm.

For details of the Helensville venue or any other enquiries, phone Kim on 0274 249 956 or email her at kim.motv8ncoach@ihug.co.nz.

Kim and her two eldest daughters Katie and Sarah went to Christchurch recently to see if there was any way her family could help there.

Although only there for one day Kim made time to trauma coach two people, only to be interrupted by an aftershock. She plans to go back and help more people by teaching them simple techniques on how to overcome trauma.

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Tamaki Sports Academy offers mentoring, coaching and work experience to South Auckland youth who have dropped out of the mainstream school system but who show some sporting talent. Academy members are enrolled in the Correspondence School, and work towards unit standard credits and national qualifications.

**PH (09) 276 0328**



# kaipara kai

with Peter Brennan of Porcini Cafe

## Cooking slow

Braising, wet roasting or slow cooking are all terms to describe a most useful and cost effective method of cookery. The opposite to cooking cuts such as steak, braising is the best way to make the less tender and therefore less expensive cuts of meat both tasty and melt in the mouth.

Braising is effectively stewing or casseroles, however the cut of meat is either left on the bone, whole or cut into large pieces, and the cooking occurs, for the most part, in the oven. Slow cooking does require a bit more time than simply grilling a piece of meat and wolfing it down with a salad, but as you will be cooking a larger quantity at one time you will have leftovers for storing to be enjoyed at a future date. What's more, having something cooking away slowly for the afternoon fills the house with aroma, steams up the kitchen windows and allows anticipation of the coming meal to build.

Talk to your local butcher about suitable cuts. I usually go for shoulder or fore-quarter cuts as they tend to be the most flavoursome, have a good amount of fat and are made up of many muscles and connective tissues. As you cook, the fat will separate and float to the top and can be easily removed with a spoon or ladle. The connective tissue will soften and dissolve enriching the gravy. Don't try to braise a very lean cut, the end result will disappoint as the meat will be dry and fibrous.

### ■ Slow Cooked Pork Shoulder

- ½ cup dried haricot, pinto beans or chickpeas
- 2kg pork shoulder meat, cut into tennis ball sized pieces.
- 200g diced bacon pieces
- 2 onions, diced
- 2 teaspoons dried sage
- 2 cups apple juice
- 1 cup white wine
- 1 litre chicken stock
- Plus water to add as necessary



You will need an oven casserole dish big enough to take all the ingredients with some room to spare. Ideally it should have a lid. If not, use a reasonably thick layer (two to three sheets) of foil in place of a lid.

Soak the dried beans for 3 hours then bring them to the boil in a pot of water with no salt added, cook for 30 minutes, then strain and set aside (they should still be hard).

Preheat the oven to 160° Celsius.

Heat a fry pan, add a little oil and sear the pieces of pork on all sides, adding them to the casserole dish as you go.

Next add the bacon to the pan with the onions and sauté together for 3 minutes then add to the casserole, along with the beans, sage and finally the apple juice, wine and stock.

The liquid should cover the meats etc, if not add some water, cover the dish and place in the preheated oven. Allow to cook for 2 hours then test the meat by trying to pull apart a piece with two forks. If it collapses and tears easily it's ready, otherwise return to the oven until tender.

Add salt and pepper to taste and serve with mash, rice or polenta.



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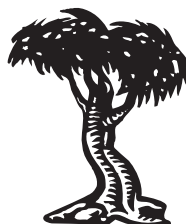
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# town talk

community titbits from town and around

## ■ PINK RIBBON BREAKFAST

A 'Pink Ribbon' breakfast is being held at MacNuts Cafe, 914 South Head Road from 7.30am on Friday, June 10 as a fundraiser for breast cancer awareness. Cost is \$5 to \$12. The cafe will donate half the proceeds to the cause. Bookings essential. Contact: Paula & Cherie, email: browns2856@gmail.com.

## ■ HISTORICAL SOCIETY AGM

The Helensville & District Historical Society's annual general meeting is on Wednesday, June 15 at 7.30pm, in the supper room at the Helensville War Memorial Hall. There will be a slide show of old Kaukapakapa photos presented by Colin Lunt. Everyone welcome.

## ■ ARTHRITIS SUPPORT

The Helensville Arthritis Support Group's next meeting is on Thursday, June 16 at the home of Ina Stoner, 2 Raabia Close, Parakai, at 10.30am. Guest speaker will be local Tai Chi instructor Brian Barton, who will demonstrate how Tai Chi can help arthritis sufferers. New members are always welcome, and a gold coin donation is appreciated. For further information, phone Merle Griffiths on 420 8774 or Ina Stoner on 420 7875.

## ■ KAUKAPAKAPA MARKET

The next Kaukapakapa village market is on Sunday, June 19, starting 9am. Contact Sarah, phone 420 9175 or Kim, phone 420 5776.

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**Letters to the Editor:** should be kept to around 250 words and may be edited as space dictates.

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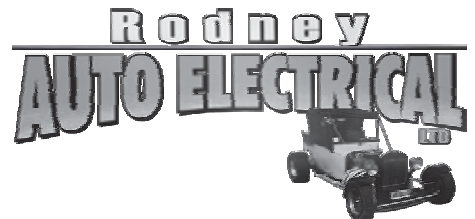
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