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## New library and RTLB opened at Parakai School



• Prime Minister & Helensville MP John Key discusses reading with Parakai Head Girl Carissa Mansell-Sawyers and Head Boy Caleb Tawhai in the newly-opened library

Prime Minister John Key opened Parakai School's new library and resource building and new Kaipara Support Unit on Friday, August 26.

The opening of the two \$500,000 government-funded buildings brings to a close the major construction projects at the school.

The new Kaipara Support Unit houses the Resource Teachers of Learning and Behaviour (RTLB) who service six schools in our area, and replaces an older building which had become overcrowded. The new unit features separate office space for each teacher along with a separate reception area.

The new library and RTLB buildings aren't the end of work at the school, however. The original library - which was actually just a modified classroom - is to be converted into a custom-built room where students with special needs can work with their teacher aides. A special needs facility including toilet and a changing area will be added to the end of Room 8.

Work on the special needs facilities is expected to cost around \$140,000, which will come from a special government fund to provide amenities for children with high special needs.

## Treaty settlement for Ngati Whatua o Kaipara

By the time you read this, local Maori should have voted to accept a Treaty of Waitangi settlement worth just over \$22 million.

Under the settlement, Ngati Whatua o Kaipara, which represents the Rewiti, Haranui, Araparera, Kakanui and Puatahi marae, will have ownership of the 12,500ha Woodhill Forest - worth almost \$15 million - transferred to it, along with the land under Kaipara College and Kaukapakapa, Parakai, Woodhill and Waimauku primary schools.

The school land will be leased back to the Government for around \$240,000 per year.

Ngati Whatua o Kaipara will also receive a cash settlement from the Crown of \$750,000 and transfer of several other properties.

The other major thrust of the settlement is the renaming of a number of local place names. Shelly Beach will become Aotea/Shelly Beach, Lake Ototoa at South Head changes to Lake Tototoa and Maori Bay, just south of Muriwai Beach, will become Maukatia Bay.

The settlement also includes an apology from the Government on an agreed historical account and grievances.

Ngati Whatua o Kaipara lodged its original Treaty claims in 1992, and a signing ceremony is planned at Shelly Beach Reserve at 11am on Friday, September 9, with dignitaries expected to arrive by boat.

Full details of the settlement are available at the Treaty Settlement Office website, [www.ots.govt.nz](http://www.ots.govt.nz).

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## editorial

Okay, hands up everyone who participates in one of our area's many community organisations, groups or clubs.

Is your hand up? If so, congratulations - you are one of the many people who help give Helensville and surrounds its great sense of community.

There are a multitude of ways locals can get involved. There are the obvious 'heavy hitters' when it comes to community organisations - the Lions Club, A&P Association, Historical Society, Business Association, ratepayers groups and more. Schools are always on the lookout for members for their Boards of Trustees (and no, you don't have to be a parent, just someone interested in helping develop education in our area).

The Helensville website - [www.helensville.co.nz](http://www.helensville.co.nz) - currently lists around 75 community groups and organisations in our area, plus roughly 30 sports clubs and another 30-odd special interest clubs and groups.

It's a fairly safe bet there is something there for you - and if there isn't, start one up!

Getting involved isn't usually onerous, and is commonly good fun. I've been a steward at the A&P Show for (I think) 26 years; I spent nine years on the Parakai School BOT, and I'm currently on the Helensville Rugby World Cup Committee and a member of the Helensville Photography Club.

Locals getting together for a common cause, whether to actively bring about change or to help out in our area, or simply to share an interest with others, is what helps forge the sense of community spirit that's often lacking in larger cities - but which is strong in our town.

- Dave Addison, Editor

## letters

Congratulations to the new management on an excellent August edition of Helensville News. There is a very good balance of school, sports, community, business, historical and general news - and a good range of quality pictures as well.

It is pleasing to see the newspaper continuing, even extending, its good reputation and returning to a 16 page size.

For those with computer access to the website ([www.helensvillenews.co.nz](http://www.helensvillenews.co.nz)), there is the added bonus of seeing the pictures in colour!

- Wynne HaySmith

## Two-day quilt exhibition

The Helensville Patchwork Group will hold a two-day Quilt Exhibition at the Helensville War Memorial Hall on the weekend of October 1-2.

Around 80 quilts are expected to be on display - many of them for sale.

The group only has about a dozen members, and this will be only the second exhibition they have held. The first, three years ago, was extremely well attended says group member Joy Constable.

There will be a queen-sized quilt raffle (right), a trading table selling craft items made by group members, and stalls by local merchants.

The exhibition will be open from 10am to 4pm. Entry costs \$3 with children under 12 free if accompanied by an adult.



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# Local athlete at Special Olympics

Kaukapakapa athlete Anna-Marie Stevens has returned home after successfully competing in the Special Olympics World Summer Games in Athens Greece.

Anna-Marie (20) represented New Zealand in Ten Pin Bowls at the games, coming seventh in the singles, fourth in the doubles and scoring a silver medal in the team event. She says she found the experience life changing.

"It was beyond anything I imagined and I am so grateful for the opportunity to not only represent my country, but to have had the opportunity to see and learn about another part of my world," she says.

"I am proud to be part of the NZ team of 35 who amongst us managed to bring home 34 medals and many more fourth places. I would also like to thank all those who supported me and made this possible."

Anna-Marie, who works for Iris, helping elderly people in their own homes, began her adventure with 27 hours of travel via Sydney and Dubai before arriving in Athens.

The 35-member New Zealand team then spent four days in Loutraki, a resort town 100km west of Athens, where they acclimatised to the heat and time difference, began training and met some of the locals.

They then travelled by boat to the island of Rhodes, where the team were greeted by a guard of honour made up from local Scouts and Guides. They spent four days on the



• Anna-Marie

island alongside fellow competitors from Ireland, the US and Japan as part of the Games' Host Town Programme before returning to Athens for the opening of the Games, which finished on July 4.

More than 7500 Special Olympics athletes from 185 countries competed in 22 Olympic-type sports at the Special Olympics World Summer Games, making it the year's largest international multi-sport event. In total, the New Zealand team took away 34 medals.

## Supporting local businesses leads to win

Jill Morrison won \$500 worth of local vouchers last month in the Support Local Business campaign.

Five prizes of family passes to Parakai Springs went to Janet Cridland, Jan Scott, Ghiscaine McCracken, Olive Rudolph and Marcus Teurnier.

The campaign encouraged locals to spend with four local businesses to go in the draw for the prizes. This month local shoppers only need stamps from three of the participating businesses to go in the draw. Participating companies are: Oikoumene BuildLink, Kaipara Meats, Kaipara Coast Plant Centre, Helensville Vets, Riverside Crafts, Computer Solutions, Corridor Bar, Black Pete's, Art Stop Café, Parakai Liquor, Helensville Harcourts, Parakai Springs, Allsorts, Take Note Helensville, and Helensville Fitness.



• Jill receives her prize from Jeremy Thornton

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## Alternative education programme underway for local youth



• Alternative education tutor Roimata Ruhe-Hodge

Five local students are undertaking a new 'alternative education' programme at Te Awaroa Youth Club in Helensville.

The programme is designed to meet the needs of at-risk students aged 13 to 16 years who are unable to learn and thrive in the conventional education system.

It offers a flexible school programme in a safe and nurturing environment with a small student base and high expectations of student potential.

As a community provider for the programme, Te Awaroa Youth Club works in collaboration with Kaipara College and other community organisations such as the Helensville Men & Family Centre, The Helensville Womens Centre, Te Ha o Te Oranga, Tu Tangi Ora, Waitemata District Health Board and Helensville police.

The club is contracted on a yearly basis to the Ministry of Education for five students, but has two more already wanting to take part.

Students are registered yearly as well, and while the goal of the programme is to transition them back into mainstream education, tertiary education, work skills

training or employment, it is possible for a 13-year-old to stay in the programme for up to three years.

The programme doesn't just focus on educational curriculum areas such as literacy and numeracy; it also offers a broad spectrum of training and experiences to improve social skills, fitness and health and cultural awareness.

The first intake of five students started on June 30, and the students have already visited Auckland Museum, Tree Adventures at Woodhill Forest, and the local gym for supervised fitness and training, as well as on-site cooking lessons with a trained chef.


Plans are in place for future activities like kayaking, team sports, kickboxing, a trip to Rainbows End and marae visits.

They are tutored by long-time local Roimata Ruhe-Hodge from Ngapuhi. She has a diverse background in education from Kohanga Reo, Play Centre and home schooling to tertiary education. She has a passion for learning in the broadest sense and feels the best way to help these students is to strengthen the relationship between the Whanau and the school.

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### Raffle result

Jo Ogilvy of the Book Stop in Helensville won the gift basket 'Wandatrack' raffle, drawn at the Kaukapakapa market on August 21. Second and third prizes went to Helensville residents as well. The raffle raised almost \$400 for the police Search and Rescue Wandatrack scheme.

**Pony Club enrolments**

Enrolments are now open with Helensville Pony Club for the coming pony club season. Contact Michelle Gillard on 420 8344 or email [arabian99@xtra.co.nz](mailto:arabian99@xtra.co.nz). The club meets on Wednesday evenings at the Helensville Showgrounds.

# Parakai School Fishing Academy

Parakai School's Fishing Academy went on its first charter boat fishing trip recently aboard the 'Serene', with pupils catching mainly kahawai and gurnard – and excited at almost snaring a shark.

Led by teacher Cameron Tamatahi-Davies, the academy has been running for two terms with the students meeting once a week to learn about knots, bait, knife safety, and sustainable fishing.

The idea for the Fishing Academy came about because "I love teaching, but I would love to teach fishing even more," says Cameron. So he set up the academy to bring together his two passions.

Cameron deck-hands on the Serene each Saturday, and is eager to instill his interest into the students.

"My goal is to excite, educate and promote the next generation of thinking, caring tacticians of fishing," he says.

"By giving children positive and meaningful learning experiences [they] develop self-confidence, logical thinking skills, resilience, an appreciation for the

conservation of the environment and, most of all, a life-long recreational interest in fishing."

Ten year six to eight students take part, and upcoming academy lessons will include how to cook and how to smoke fish. Cameron has also received an offer from someone keen to show the children how to pour lead sinkers.

"I have been inundated with some good support," says Cameron.

The children boarded the Serene at the Springs Road wharf in Parakai and spent the day on the Kaipara Harbour during the recent school holiday. Barbecued sausages and hot chocolate were enjoyed in the late afternoon as they watched the sun go down over Pouto and North Kaipara Head.

Skipper John Freestone enjoyed the children's enthusiasm and ability to fish all day and into the evening without a complaint. He has invited the Parakai Fishing Academy out on the Serene again to repeat the experience.



• Parakai School student Elliot Sutton (12) with his Kahawai

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## Helensville home to NZ's first woman vet

*Annette (Ann) Frances Mildred Leighton B VSc (Syd) (nee Rogers)*  
1919 - 2011

Ann Leighton made her name in Helensville as a highly regarded veterinarian, but few people know she was the first woman veterinarian registered in New Zealand.

Ann Rogers was born in Wellington in 1919, an only child. As a young girl she loved animals, and had her own horse - named Black Beauty. Ann went to Iona College in Havelock North as a boarder, apart from a period when she boarded with her grandmother in Wellington. She travelled overseas with her family.

With her love of animals her dream was to become a vet, but that was not considered a suitable career for young women in the 1930s - quite apart from the fact that vet training for New Zealanders was based in Australia (as was the case until the mid-1960s).

Not to be daunted, Ann applied in December 1936 and was accepted to start training at Sydney University in March 1937. She graduated in 1942, and was registered on June 17, 1943 - the first New Zealand woman to attain the qualification.

Ann's first job was at Ruakura, in the Waikato. At weekends she would visit friends in Huntly, travelling on horseback. She married fellow vet Jack Johnston and they had a practice in South Auckland. Her preference was for larger farm animals - cows, sheep, horses and later, deer.

Ann's first introduction to Helensville came when she accepted a four-month locum with the then Kaipara Vet service, which was attached to the Kaipara Dairy Company. She moved on to work in Taranaki, but came back to Helensville in 1959, to a permanent appointment at the Vet Clinic in McLeod Street.

One of Ann's particular concerns was TB testing, and she played a senior role in this work in the 1970s. TB testing was of vital concern to local farmers as the highly specialised export of frozen cream from the Kaipara Dairy Company depended on the supply herds being TB-free.

Ann soon became a familiar figure travelling between local farms in her Volkswagen, often accompanied by her dog - for some years a daschund called Minnie, and at one stage a papillon. In later years she owned much larger dogs such as Irish Water Spaniels, with their red curly coats, who, when caught by the shearers, had their coats trimmed!

In 1962 Ann married South Head farmer Eric Leighton, and so became a farmer as well as a veterinarian. As well as their sheep and beef farm in Tupare Road, Eric and Ann had a run-off block on Wilson Road where they farmed deer.

Ann and Eric shared an interest in racehorses and attending race meetings.

Ann was a modest person, and made little of her achievements. She was very highly regarded professionally and appreciated by colleagues and customers. She retired from the vet service about 1990, prior to the practice moving to its current location in Commercial Road.

Eric died in September 2001, and about three years later Ann retired to Taupo; when Ann was growing up her mother had a house at Taupo, and Ann had always loved the area. Although a quiet, retiring person Ann was a good and loyal friend, and will be sadly missed. She died at Rotorua on June 22, 2011, aged 92 years.

- Wynne HaySmith  
(helped by Ann's friends & colleagues)



• Ann Leighton

- photo: Kam Burke



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# 100 years - and all of them local

She was born at Helensville Hospital on August 20, 1911 - and a few days ago Jean Robinson celebrated her 100th birthday at the Helensville War Memorial Hall, just a few doors down the road.

The hall was packed with family and well-wishers celebrating Jean's century with an afternoon tea. Jean is pictured at right enjoying her big day.

A fourth generation descendant of Helensville settler John McLeod, Jean has lived in the district her entire life, growing up on a South Head farm in Evans Road.

Jean, who has lived on her own since her husband Bob passed away in 1962, has four children, eight grandchildren, six great-grandchildren and two infant great-great-grandchildren.



## 'Wearable Trash' to feature at heritage, community and World Cup celebration day

A 'wearable trash' parade and competition will be a highlight of this year's Heritage and Community Day on Saturday, October 8.

Locals are being encouraged to create 'wearable art'-type costumes from rubbish and recyclable material and enter one of four categories - 'Rugby', 'World', 'Cup', and 'Combination' of the three.

Entry is \$15, of which \$10 may be spent on items for the costume from the Helensville transfer station in Mill Road. Entry forms are available from the Art

Centre, Council service centre, Copy and Print and the transfer station.

We'll bring you all the details of the Heritage Day in the October issue of *Helensville News*, but in the meantime here is a brief run-down of our town's big day to help celebrate the Rugby World Cup.

The daytime events will follow a similar theme to previous Heritage Days. There will be market stalls, live music at the town's cafes and in Commercial Rd, and a display of vintage vehicles at the railway station.

The station's memorabilia room will be open, with a model railway on display.

Heritage building Malolo House will be open to the public, and there will be guided tours at the Grand Hotel and the museum.

Bouncy castles, pony and donkey rides, heritage and craft demonstrations, face painting and an alpaca display will feature at the museum.

The wearable trash parade at 11.30am will be followed by Scottish dancers and pipers and a Haggis address.

The heritage and community events finish around 3pm when the evening's event gets underway with live music behind the Helensville Hall prior to live screenings of two World Cup quarter final matches.

## '3 for All' at Art Centre

Artistic locals should be getting ready for October's '3 for All' exhibition at The Art Centre. For just \$3 locals can exhibit anything they have made.

"We'd love lots of three-dimensional work in this one, but have an open mind and welcome film, jewellery, poetry, stories," says Art Centre coordinator Pauline Mee.

"Stick yourself to the wall and sing for a month if you like!" she quips.

Just started, and running until Monday, September 12, is an exhibition by senior Kaipara College students.

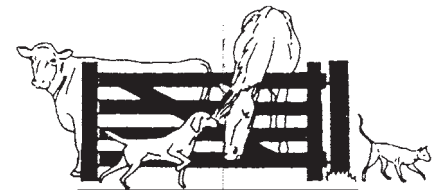
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# Information and photographs sought for fire brigade history

With his volunteer fireman hat on, local vet Mark Anderson is writing a book on the history of the Helensville Volunteer Fire Brigade as part of the brigade's centenary celebrations in 2014.

Mark - a station officer in Helensville and volunteer firefighter for 25 years, 23 of those locally - has been pouring over microfiche of Helensville's original newspaper, the Kaipara & Waitemata Echo for background on the brigade.

He has also been looking through other reference sources and talking to people involved with the brigade over the years.

Helensville's brigade was founded in 1914 when the borough put on a water supply - by comparison, Kumeu's brigade is only around 40 years old.

The book will cover major fires such as the Parakai boarding house blazes in the 1950s and the Helensville arsonist who lit several fires and tried to sabotage the town's water supply to prevent the fires being put out.

"But it's not necessarily the big fires I'm interested in," explains Mark, citing the case of a woman who tipped fireplace ash into the wall cavities of her house in an attempt to get rid of rats - not realising the ashes were still live.

The brigade had been all set to celebrate

its 100 year anniversary this year following the discovery of a medal from 1911 - however, investigation revealed the medal came from Hastings, not Helensville, and then Mark's delving uncovered the local brigade's correct founding date.

Mark is keen to hear from anyone with historical information about the brigade, and in particular any old photographs. People can either phone the local station on 420 8099 and leave a message, or email Mark at [andmma@gmail.com](mailto:andmma@gmail.com).

## Helensville on priority list for ultra-fast broadband

Helensville is one of the areas targeted as a priority by the Auckland Council to receive ultra-fast broadband (UFB).

A report to the council's economic development forum recommended priority be given to Helensville, downtown Auckland, Newmarket, Grafton, Penrose, Takapuna, Devonport, Whangaparaoa, Snells Beach, Warkworth, Wellsford, Pukekohe and Waiuku.

## Same business, new name

Kaipara Liquor is now SuperLiquor Helensville, following owner Hitesh Patel successfully gaining the franchise for our local area.

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# Rodney Coast Challenge on again



• Competitors on the startline at Muriwai Beach in 2010

- Photo courtesy Canoe & Kayak Rodney Coast Challenge

The annual Canoe & Kayak Rodney Coast Challenge multi-sport event will be held on Sunday, October 2.

The fundraiser for Kaukapakapa Scout Group attracts more than 400 participants on average each year from Auckland and around New Zealand.

The event has been held for more than 20 years, and was taken over by the Kaukapakapa Scout Group in 1998.

Race Director Graeme Hounsell says the race usually raises around \$5000 to \$6000 for Kaukapakapa Scout Group, with another \$2000 to \$3000 going to other organisations that help out on the day.

The money raised each year is used to support activities for local youth, subsidise Scout camps, training, and other activities or events.

Kaukapakapa Scout Group also runs family activities where the Group picks up part of the cost, enabling all families to be able to afford the experience. Those range from family camps (on alternate years) to day activities like the Zoo Experience, Rain Forest Experience, and trips to Rangitoto or Tiri Tiri Matangi.

The Canoe & Kayak Rodney Coast Challenge starts at 8.45am with a 250m run up Muriwai Beach sand dunes followed by a 10km forest run to Rimmer Road. Competitors then swap legs for wheels and a 30km road cycle race from Rimmer Road onto SH16 through Helensville and Kaukapakapa.

Then comes a 25km mountain bike stage on gravel roads which heads up the

Makarau Valley then via Upper Waiwera to Puhoi Park.

There, competitors leap into their kayaks for an 8km paddle down the Puhoi River finishing at Wenderholm Regional Park, where they jump from their kayaks and sprint 150m to the finish.

Graeme says competitors are a mix of individuals and teams of two to four members, who share the different legs of the challenge.

The fastest competitors complete the course in around two hours, with others taking up to five hours to finish the 73km total race length.

Kaukapakapa Scout group consists of two Kea Scout groups, two Cub Scout groups, and a Scout group.

## FREE METAL COLLECTION

A major fundraiser for the Tamaki Sports Academy is the free metal collection service it offers.

We will pick up any old metal - whiteware such as fridges, stoves, dishwashers, washing machines; roofing iron; metal piping; venetian blinds; computers; batteries; car panels; cars; metal shelving; filing cabinets; machinery; lawn mowers; engines; and so on.

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.

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# Feet, bikes & kayaks bring students home

Ten Kaipara College students have just hiked, biked and kayaked all the way from Waitangi to Helensville.

The pupils, chosen through the school's student support network, finished the 12-day adventure with a rousing welcome by parents and college students and staff at the Creek Lane wharf on August 19.

Run by the Adventure Specialties Trust and funded through the Ministry of Social Development, 'The Journey' as it was dubbed began with an overnight stay in cabins in the Bay of Islands.

On the second day the mostly year 10 students cycled from Waitangi to Omapere. That was followed by three days of tramping, first to Kawerua, then Waikara and finally to Kai Iwi Lakes.

They then cycled for two days, first to Glinks Gully and then on to Pouto Point, where a ferry took them on to Mosquito Bay.

From there it was back onto bikes to cycle first to Lake Kuwakatai and then to Shelly Beach, staying overnight at Highams Farm. The final day of the adventure saw the group kayak from Shelly Beach back to Helensville.

Accommodation was mostly camping, with a couple of nights in cabins, and the students had to get used to basic facilities such as long-drop toilets.

The aim of The Journey is to be a catalyst for positive changes in the participants' lifestyles. The supportive environment of the team and the challenges presented are designed to increase motivation, confidence and each individual's awareness of their potential to shape their own future.

The expedition route provides a physical environment that creates many emotional and mental challenges. Working and living as a team, perseverance, coping with fatigue and positively contributing to the group's welfare, are some of the challenges experienced.



• The 10 students are welcomed back at Creek Lane wharf

Comments afterwards from the students included:

- "Probably the hardest thing I've ever done in my life."
- "I learned there is more to life than a couch and TV."
- "I thought it would be fun and games but it was physical, emotional and spiritual."
- "I learned friendship is one of the most important things to have."

## More College music successes

Kaipara College students Johnny Stewart, Joy Young and Natasha Clayton were among the highly commended entrants in Auckland Council's 'Launch Your Lyrics' competition. And in the 'Play it Strange' competition, Liam Emtage reached the top 40 and a place on the annual Play it Strange CD.

Part of Play it Strange is a peace song writing challenge. Students Samantha Cox, Sam Sinnott, Courtney Pirie, Natalie Hess and Hannah Horsfield took five of the six Highly Commended awards with their entries.

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Rest assured your local Health Trust has not been idle over these winter months! We have some new and exciting projects now well underway. Firstly, the ambulance ramp project. The Trust

has approved the design and plans for the construction of a ramp exit for patients going via St John Ambulance from the Kaipara Medical Centre. A tender process was managed for the building contract. Barry Wilson has been advised he has been successful in winning the contract.

We are particularly excited that **Jeff Thomson**, our very own local and famous artist will be designing two special screens that will be the major feature of this new ramp and indeed our health site. We very much appreciate Jeff's support and work on this project. Jeff has proposed plans to work with our local community and encourages contributions that he will capture in these unique art works. Under his guidance, the community will be encouraged to participate in this project which may incorporate a raft of local ideas, thoughts, and local geography into these special screens. For example, hand written contributions can be cut into the steel plate. Watch out for more information on when and how you can participate in this project.

The Trust will commence fund raising for this essential facility shortly, so if your organisation is looking for a project to sponsor this year please contact me or Charm Torrance our General Manager.



How the new ramp will look on completion.

## But wait – there's more!

The Peacemakers Trust and The Helensville District Health Trust have jointly signed a Memorandum of Understanding this month to mark the start of a proposed community organic gardening development. Over the last 12 months we have been actively exploring initiatives that might help our rural community create and lead activities that contribute to the well-being of individuals, families and our community at large.

In November 2011 we plan to run a seminar and workshop series which will

be lead by Chris Ennis. Chris is a New Zealander who has successfully developed and now manages CERES Organic Farm and Fair Food in Melbourne ([www.ceres.org.au](http://www.ceres.org.au)). It is a commercially viable and very diverse social enterprise. We have an opportunity to consider and develop our own unique model of community organic gardens in the South Kaipara region. If you are interested please let Charm Torrance or me know. More information will be available next month along with invitations to join us for the seminars later this year.

Dianne Kidd



Kerri Powell introduces the Birthing Centre team to Harakeke (flax weaving).

## At the Birthing Centre

We have been very busy during the winter months. One memorable weekend saw us with five mums and six babies (one set of twins!). One family had to stay in the delivery room until a bed became available!

The staff enjoyed a well earned break and a very interesting learning session lead by **Richard Nahi**. Richard spent the morning reminding us of the significance of the Treaty of Waitangi and giving us insight into Maori history and current Treaty claims.

In the afternoon **Kerri Powell** introduced us to Harakeke (flax weaving). Following Kerri's instruction the team attempted some basic weaving – the result of which was a lovely selection of flax flowers now proudly displayed in our entrance hall.

We are hoping to purchase some locally made Whara kura (flax baskets) for baby cribs to be presented to Maori mothers as part of our strategy to encourage safe bed sharing.

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## Singing workshop for 'non-singers'

Helensville singing teacher Scot Hall will run a free, three-hour public workshop at the Helensville War Memorial Hall on Sunday, September 11 from 11am to 2pm - especially for people who think they are non-singers.

Adults of any age are welcome and no solo singing is required. Workshop participants will become comfortable with elements of singing including pitch, rhythm, breath and even harmony singing.

The emphasis will be on having fun. It is ideally suited to people who want to sing, but are not confident in their ability to do so; people who want to build confidence to join a choir or to sing solo; and people who missed the opportunity to sing in their youth.

"It's ridiculous so many people were told to stand at the back of the choir and mouth the words when they were little," says Scot. "The words tone-deaf were thrown around like confetti, and I can tell you right now, you are almost certainly not tone deaf."

According to Scot, anybody can learn to sing clearly, healthily and beautifully.

"I can't make you sound like anybody else, but I can help make your own sound ring out, which is what makes your voice special and interesting."

A gold coin donation would be welcomed to help cover the cost of the venue.

Locals can pre-register by emailing scot.a.hall@gmail.com, or phone Scot on 09 420 6159.

## Strong season finish for girls football teams

The Kaipara College girls Second XI football team has won the North Harbour Senior B (U19) Division Shield competition for 2011, while the First XI team finished fourth in the Senior A (U19) championships after an almost unbeaten season up to the final round robin.



• The victorious 2nd XI team (above) and the 1st XI (below)



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# Community Church officially opened

"A string of miracles" is the best way of describing the move from the tiny Saint Andrews Church in Garfield Road to Helensville Community Church's spacious new premises beside the Hospice Shop at 40 Mill Road, according to pastor Warren Howes.

The official opening on Sunday, August 12 saw the new building packed as friends and visitors crammed in to hear the story of some of those 'miracles', from selling the properties in Garfield Road to securing the new building for well below the original asking price.

The service began with a dance of dedication with flying poi, before Pastors Warren and Loma Howes told of the roller coaster ride from despair to victory and the faith and vision over the years of waiting.

That was followed by a variety of praise and worship items, highlighting the depth of talent and cultural diversity within the church.

The new building is already well utilised with prayer meetings on Mondays, music practice on Tuesdays, and 'Wiggles and Giggles' dancing on Wednesdays for mentally disabled people. There are Youth Group meetings on Thursday evenings together with 'Alpha' classes which look at

the hard questions of life and the meaning of the Christian faith.

Phone Pastor Warren on 420 7372 with any questions or come along at 10.30am on Sundays. A 'Kidz Church' for three- to 12-year-olds is provided as well as a small private room for nursing mothers.



• The Helensville Community Church in Mill Road

## Blind artist's works auctioned

Two paintings by blind Helensville artist Francis Ritchie have been auctioned at the Helensville Art Centre to help raise funds for Christchurch.

Two thirds of the money raised will go to Christchurch through the Red Cross and the Blind Foundation to help quake victims. The auction was due to close just after *Helensville News* went to press, so the total raised was unavailable.

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Oikoumene manager Chris Smith explains the new service is great for the local economy. It means entire building projects can now be sourced locally.

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"Local trades people can provide good service as well as a good back-up service."

Another advantage is in design flexibility. Using BuildLink Buildings means changes in design or new designs can be made very quickly, with concept 3D drawings produced in short time so you can see what your new building will look like.

As timber suppliers, Oikoumene recommend weather board houses with timber floors which will not suffer from 'leaky home syndrome' and will be more flexible in case of an earthquake.

"However for those that prefer the brick and tile look that can be supplied as well."

## Deadline looms for environment & heritage funds

The deadline for the second round of applications for \$500,000 worth of heritage and environmental funding is Friday, September 30.

The three funds which locals can apply for are the Rodney Heritage Item Assistance Fund, the Rodney Natural Heritage Fund, and the Rodney Environmental Education Fund.

To download an application form or for more information on application criteria visit the funding page on the council's website, [www.aucklandcouncil.govt.nz/funding](http://www.aucklandcouncil.govt.nz/funding).

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## The national roast

Most New Zealanders are comfortable with cooking a roast dinner. Food writer Lorraine Jacobs recently noted that August 7 was 'New Zealand National Roast' day, so although that day has passed for this year I thought we could visit this cooking style.

Many of the settlers arrived here came from the squalid cities of Britain or had escaped their indentured service in the countryside. Meat for most people was some thing enjoyed sparingly, but in New Zealand lambs fairly bounded past the gate. In fact meat could be consumed three times per day if so desired, and often was.

When it came to seasonal celebrations the ties to the old country were such that events were calendar celebrated rather than in step with the season. When it came to celebrating the British harvest, the same took place in NZ, however Goose the traditional British celebration roast was unavailable here. We turned to sheep and found a fatty forequarter stuffed with bread, sage and onion was an adequate substitute. For many years this "Colonial Goose" was listed as New Zealand's national dish.

### ■ Two of my favourite stuffings:

**Base** - Half a loaf of fresh bread (white, whole grain, gluten free etc), crust removed, torn into a bowl. Add ½ cup of milk and 2 eggs. Mix by squishing through fingers and leave to stand for 30 minutes.

**Stuffing #1** - 2 onions diced, 6 garlic crushed, ¼ cup fresh rosemary leaves, ¼ cup parsley chopped, olive oil and 12 black olives. Saute onions and olives in 2 table spoons of olive oil, add garlic and herbs stir and remove from heat, add salt and pepper and mix into bread.

**Stuffing #2** - 2 onions sliced, 1 cup cashew pieces, ½ cup diced bacon, 200g of rough chopped chicken livers and a teaspoon of sage. Melt the butter in a pan and sauté the bacon for a minute then add the onions and livers, stir and cook until the onions are translucent, about 2 minutes, remove from heat, stir in the sage and mix into the bread.

If stuffing a chicken always wash out the cavity first and don't over fill as this space will shrink when the bird cooks. The first stuffing is fantastic in lamb. Ask the butcher to bone out a leg or shoulder and fill the cavity before securing with a trussing needle or skewers. There should be plenty of stuffing left over.

Lay out a sheet of foil and lay a sheet of baking paper on top. Take the rest of the stuffing and mould a sausage shape. Roll this in the paper and twist the ends, then roll this in the foil and twist the ends. A salami sized roll takes about 45-55 minutes to cook alongside the roast.

### ■ General guide for red meat roasting times @190° Celsius (180° fan bake):

- Rare - 15 mins per 500grams plus 15 minutes more, then rest for 15 mins before carving.
- Med Rare - 20 mins per 500grams plus 15 minutes more, then 15 mins resting.
- Medium - 25 mins per 500g plus 20 minutes more, then 15 mins resting.



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## ■ KAUKAPAKAPA MARKET

The next Kaukapakapa Market is on Sunday, September 18 from 9am to 1pm. Contact Sarah on 420 9175 or phone Kim on 420 5776.

## ■ HANDCRAFTS GROUP

Locals interested in handcrafts meet at 10am on the third Monday of each month at the River Valley Baptist Church at 1 Fordyce Rd, Parakai to enjoy a couple of hours working on their handcraft and enjoying each others' company. Anyone interested in joining the group should phone Glenyssa on 420 8513 or Gaille on 09 412 5143.

## ■ SOUTH HEAD FIELD DAY

A field day will be held at 95 Monk Road, South Head (approx 3.5km past South Head Golf Course) on Sunday, September 25 from 10am to 3pm. Featuring local agricultural and general businesses, children's entertainment, BBQ. Contact Anthony,

phone 420 2848 or Gillian phone 420 2080. Email: alltrades@paradise.net.nz.

## ■ WAITOKI MARKET

The next Waitoki Market morning is on Saturday, October 1st from 8.30am to noon. Contact Shirley, phone 420 5111.

## ■ ARTHRITIS SUPPORT GROUP

Helensville's Arthritis Support Group won't hold its regular meeting this month - instead, members are taking a bus trip to Motat on Thursday, September 15. All members, former members, visitors and friends are invited. BYO lunch or buy it there, and bring Gold Cards for reduced admission. Book with Merle, phone 420 8774 or Judy, phone 420 6058.

## ■ QUIZ NIGHTS

The Grand Hotel is holding 'Believe it or Not' quiz nights at 7.30 pm on Tuesday, September 13 and Tuesday, September 27.

## New home for 11th Spring Fling

South Head's annual Spring Fling has a new home for it's 11th festival, being held on Sunday, October 2 from 9.30am to 4pm.

This year the festival, which showcases local arts and crafts, will be held in the garden of Murray and Marie Narbey's Pine Tree Retreat at 74 Higham Road, South Head. Previous festivals have mostly been held at the Shelly Beach properties of friends Diane Ferguson and Chrissy Jones, who started Spring Fling in 2001.

This year's festival, billed as 'a fun day out in the country', will follow the successful format of earlier events with live music and good food combining with stalls featuring a wide range of arts and crafts, clothing, toys, crystals and jewellery, books, gifts and plants.

It will be a chance for visitors to see Marie's unique New Age garden, which has a Spiritual Labyrinth featuring four magnificent Archangels, a Crystal Chakra Garden, orchard, and Buddha, Medicine Wheel and Zodiac areas.

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