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KKK snowboarder aiming for Winter Olympics

Kaukapakapa snowboarder Christy Prior has her sights set on the 2014 Winter Olympics in Sochi, Russia after returning from a successful season competing in the United States and Canada.

That was the 23-year-old's first taste of top-level international competition, and she came away with some impressive results.

She gained first place in the Burton US Open Rail Jam in Vermont; first in the Slopestyle and Rail Jam sections and winning best overall trick at the Billabong

Flaunt It in Canada; and a first at the Breckenridge Spring Fever Slopestyle in Colorado.

Christy received several other placings in top events, and took out the Nixon Best Overall Style award at the Billabong Flaunt It finals in California.

With six years of snowboarding behind her, Christy was predominantly a 'rail rider' but has trained hard to move into slopestyle, which combines rails with jumps.

Before heading overseas she had notched up some top results here, including winning the Auckland Big Air invitational women's division and coming best overall out of the men's and women's divisions - at the time her career best.

Now she's back home in Kaukapakapa briefly, able to spend some time pursuing other interests such as yoga, skating, surfing, horse riding and tennis, before heading down to Wanaka in the South Island at the end of this month to train over our winter season.

She'll return home mid-October, before heading back to the United States for the Northern Hemisphere winter.

"I will be based in Colorado but will be traveling all over the States, Canada and Europe to competitions as it's Olympic qualifying year.



• In action in the Flaunt It finals, California

"You have to be doing back to back winters if you want to keep up with the rest of the competition, especially when the New Zealand season is [only about] three months when the States seasons can be as long as eight or nine months, plus then they have glacier riding to train on through the summer also."

Christy is currently without a world ranking, but that will come as she competes on the Olympics qualifying circuit.

For now her goal is "to get experience at the 2014 Olympics and peak at the 2018 Olympics [in Pyeongchang, South Korea]."

"To qualify for this, first the NZ team had to

• To page 5



• Christy with a winner's cheque in Canada

Read more online

We were swamped with articles this month - so much so we couldn't fit everything in. But you don't have to miss out - the extra articles are all online.

Just point your web browser to: www.helensvilleneews.co.nz/news and enjoy!

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editorial

Is Helensville dying?

A wander along Mill Road and Commercial Road might have you wondering that, with the large number of vacant commercial premises.

As we went to press, at a rough count there were nine empty business premises in our main shopping street. Some of those have been empty for a long time, while others - like the recently vacated Computer Solutions store - are prime spots that really stand out.

In Mill Road, it's not so much businesses that have closed down leaving empty buildings behind, but rather new buildings which have been unable to find tenants. There were at least 10 empty commercial spaces there, which must be hurting their developers.

I spoke to one long-standing local business person, who described Helensville's future with a term I can't repeat here - I'll substitute the word "shot" for the one he used. He reckons Helensville is now little more than a place for people to sleep.

He had anticipated the north-western motorway extension would bump up business here as people bypassed Westgate, but says if anything the opposite has happened. And he was full of woe for Helensville's future once the new Westgate town centre opens.

He also felt many people moving into our area aren't really concerned with becoming part of our community - they are happy to live here because property is relatively cheap, but they still want to work and shop in the city. The figures do tend to bear that out too - at the last census (2006) Helensville had the highest proportion of workforce in New Zealand commuting outside its area - 39 percent.

All that said, I certainly don't think Helensville is dying. It's going through a bit of a slow patch, like much of the rest of the country. There are quite a few vacant commercial premises in Huapai and Kumeu too, and I suspect it's a theme you would find many smaller New Zealand towns.

However, our town is going to have to adapt. Everyone can do their bit by supporting local businesses as much as possible. Perhaps we need more choice - if you have suggestions for retail or commercial businesses the town needs, email me at dave@helensvillenews.co.nz.

- Dave Addison, Editor

Change of topic for second historical lecture

The second Historical Society winter lecture has had a change of topic.

It will now be a DVD presentation of the Albertlanders' story from 1862 to 2012 by Albertland Society president Peter Marsh, entitled 'Tell it to the Generation Following'.

The lecture will be held at the Catholic Church's Father Sakey Centre on Sunday, June 17 at 2pm.

The Albertland settlers' story is full of drama, and the DVD documentary follows their journey and the ordeals they faced as they left the Midlands of England to seek a better life in a far off land.

The settlers were passing through Te Awaroa on their way up the harbour in the same period as the McLeods were setting up their mill and settlement in 1862-1863.

The planned lecture theme about collectables in the Helensville Museum collection has been postponed.

About 50 people enjoyed the first of the

museum's winter lectures on Sunday, May 20, with Alan Scott presenting a slide show and movie using film from the 1940s to 1950s by A. H. Brackebush.

With help from many others Alan had identified many of the boats and people, but further names were added by the audience during the show. Much of the film was shot at the Pahi regattas, but races on the Kaipara River at Helensville also featured.

Woodhill School Trivial Pursuits evening

Woodhill School is holding a Trivial Pursuits evening on Friday, June 22 in the school hall. Doors open 6.30pm for a 7pm start. Teams of eight cost \$100, and there will be spot prizes, raffles, a coin toss and a prize for the best-themed table. BYO drinks and nibbles. Only 10 tables available; to book phone Nadeen on 420 6441.

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Local motocross riders at top of their game

Kaipara College motocross riders have distinguished themselves at the 2012 Schools MX Championships at Ardmore in South Auckland.

The school team of Michael Thompson, Josh Frogley, Louis Sluiters and Anna Lawton finished sixth overall out of 76 teams from around the North Island, and were only beaten out of the fifth spot – taken by Kings College - by a single point. They were also only four points behind the tied third and fourth placed schools.

Individually, each Kaipara team member came away with at least a top-five placing as well.

Anna was first girl overall and third in 13-16 years 85cc Novice class. Michael placed third in 12-14 years 125/250cc MX class, Josh fourth in the 250cc Novice class, and Louis Sluiters placed fifth in 250cc Novice class.

Michael and Anna also competed at the Hauraki Plains Invitational schools tournament at Huntly Motorcycle Club. Michael finished 8th overall out of 39 competitors. He had fourth and seventh place finishes in two races but only managing a 19th in another race where he had a crash. Anna was fourth girl and 25th overall in her class.

Michael, Anna, Louis are all year 10 students while Josh is year 9. Michael has been competing since he was 12, but Anna has only been competing for about six

Helensville community Facebook page set up

A new Facebook page has been set up for locals to share information about just about anything.

Called the Helensville Area Community: Info Sharing/Grapevine, as we went to press it already had more than 450 members.

Locals interested in joining should go to www.facebook.com/groups/helensville.



• Michael Thompson

months. Louis and Josh don't compete regularly at motocross; most of their riding is around their farms, so enter novice classes.

In April Michael (14) travelled to Timaru with another local rider, Phillip Lawton, to compete at the Backflips NZ Junior MX Nationals at the South Canterbury Motocross Club. It was a three-day national event, with some Australian riders competing as well. Michael had bike problems there and his best race result was a 13th. He finished 19th overall in 12-14 years 125cc class.

Phillip, who went to Kaipara College last year but now works at Bikesport in Helensville, is 16 and finished 16th overall in the 15-16 years 125cc class.

Michael competes at motocross most weekends. He rides at Rodney Motocross Club and travels to other clubs as well. He is currently second in the junior club points behind Phillip. He hopes to compete again at Junior Nationals next year, which will be held in the North Island.

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Rail museum open in 12 months

The Helensville Railway Station Trust plans to have its new museum open within 12 months at the latest.

The exterior of the building in Railway Street is finished, and now the trust needs to raise another \$45,000 to complete the interior fitout, parking area and landscaping. The total cost of the project is expected to be around \$120,000.



• The new Helensville Railway Trust building

The building will be fully insulated and carpeted, and around one third of it will eventually house Ross Hughes' model of the Helensville station as it was in the 1940s, as shown in last month's *Helensville News*.

There will be a meeting room, called the Roy Monk Room, which it is expected will be available for local groups to hire. The rest of the interior will be divided up into sections depicting various aspects of Helensville's rail history, such as the Stationmaster's office and the ticketing office.

Special lighting is being designed to show off the displays, and trust members may soon tour similar museums in the north

to get ideas for the exhibits. A mezzanine will initially be used for storage but eventually will become a model workshop.

Opening hours for the new museum have yet to be set, although they are expected to be similar to those of the current memorabilia room - Wednesday to Sunday from 10am to 3.30pm.

Results from the Helensville Railway Station Trust's museum building raffle are:

First: Brett Foley (ticket #4657); second: Karen Bennett (#3869); third: Christine Grace (#0036); fourth: Sherie (#4924); fifth: Cathie Timmins (#2002).

Can you identify this person ..?

The Helensville Museum has thousands of photographs in its archive - and quite a number of those feature people they can't identify.

Now they are calling on locals to try to put names to the faces, and *Helensville News* is going to do its bit to help.

Each issue, space permitting, we will print one of more photos for our readers to try to identify. The first photo is show at right. If you know the person in this photograph, simply phone the museum office on 420 7881 or email them at helensvillemuseum@xtra.co.nz.

Alternatively, you can contact us at the *Helensville News*: phone 420 7215 or email dave@helensvillenews.co.nz and we'll pass on the message.



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Hockey Reunion a 'big hit'



• Some of the 100-plus women who attended the reunion

- Photo: Colin Lunt

More than 100 women from as far afield at Christchurch, Wellington and Whangarei descended on the Waitoki School hall for the Kaipara Ladies Hockey 60th Reunion recently.

Hockey sticks were absent as the women swapped them for plates of food, but reunion organiser Judith Pitcaithly had to revert to her referee whistle on occasions to control the event, helped by her granddaughter Taura.

Although held a year late, the reunion was a huge success. Some of those attending had represented New Zealand during their playing careers.

Memorabilia including hockey uniforms, trophies and scores of photographs were on display. Several women gave accounts of their hockey day memories, and the oldest attendee, 97-year-old Mavis Cooper had the honour of cutting the reunion cake, which was decorated in green and white to represent a hockey field.

The reunion raised \$235 which was donated by Judith to Helensville Historical Society president John Smith, to be used on the restoration of the Waitoki School 'Sunshine' block.

A 65th reunion is now being planned, to be held in four years' time.

KKK snowboarder aims for winter Olympics

• From page 1

earn extra spots for our country - each country gets two and then the chance to earn a maximum of four for each discipline and gender by doing well at comps this last season, which the girls did.

"Now this coming season its up to each individual to make it into the top 30 on the world ranks to be able to use the spots NZ now has.

"This means a lot of traveling and hard work, but hopefully it will all pay off."

Christy is "for the most part" a professional snowboarder now, able to support herself through sponsorships - mainly from Mountain Dew, Underground Skate and Electric - and winnings.

"But in the past it was full-on, working three jobs in the off-seasons seven days a week, 10-14 hours a day to fund my travel."

When she has time off from snowboarding, Christy is studying by correspondence for a Bachelor of Business degree - "slowly ticking away at it".

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Helensville couple run local Tough Love programme

Helensville couple Jo and Don Mead have just started running a local ToughLove group - the first new group set up in Auckland in 15 years and one of only seven in the city.

ToughLove is a support network for families that are being torn apart by unacceptable behaviour.

A completely volunteer-based, non-profit organisation, it provides education and active support to families and helps empower parents and young people to accept responsibility for their actions and to stop destructive behaviours.

With its first meeting on May 7, the local group already has eight people attending. It meets every month at the Men & Family Centre in Gerald Stokes Ave, Helensville, from 7.30-9.45pm.

Jo and Don used to belong to the Massey ToughLove group, then the closest to Helensville, which they began attending in 2008. Jo has nine children by a previous marriage, and four of them were causing serious problems.

An adult son was on P, and regularly breaking into their home and stealing things. Two younger sons, then aged 11 and 12, had serious bullying, fighting and swearing issues, while a then 14-year-old daughter was regularly getting drunk, fighting and stealing and had been expelled from every school in their zone.

"We didn't know what to do or where to go. Then we heard about ToughLove."

Don explains that ToughLove changes the way people react to things.

"By 18 months our house had turned around to be a happy home," says Jo. "No-one wanted to be at home before; it was very tough, but it's all over now."

Don says the main reason ToughLove works is the support system, which is available 24 hours a day.

"We never tell people what to do - we just give them ideas so they can choose for themselves."

After two years in ToughLove, parents are given the chance to give something back to the group and community by becoming reps.

Both the Meads have now gone through rep training. Jo is currently a co-ordinator, while Don has just been elected to the Auckland region board - and is keen one day to be on the national board.



• Jo and Don Mead

One disappointment for Jo is the lack of representation by Māori in the groups. Māori herself, she would love to see more Māori taking advantage of the support systems on offer.

After the initial meeting, parents who want to continue attending pay a one-off fee of \$40, which Don says basically covers the cost of the manual. From then on, they can attend as many or as few meetings as they need until their family issues are resolved.

Some get all they need after only three or four weeks, while others may attend for months. Children are not permitted at the meetings, which are for parents or caregivers only.



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Kaipara Career Expo on this month

Kaipara College will hold a Kaipara Community Career Expo at the school on Thursday, June 28.

The event was skipped last year because of rebuilding work at the college.

More than 45 exhibitors will have stands in the college hall in an event that is open to everyone in the local community, not just members of the school fraternity.

It will run from midday to 7pm, and there will be food available including a hangi with presold tickets available by phoning 420 8640 extn 845 or Wiki on 021 130 6722.

Among the careers on show be the armed forces (air force, navy and army), police, nannying, Academy NZ, and jobs in fields as diverse as health and design.

In conjunction with the career expo there will be short talks held in a separate room by a number of exhibitors, providing a more detailed look at specific careers along with a question time. Times for the talks will be published on the college website, www.kaiparacollege.school.nz.

"This is a great opportunity to introduce your family to career pathways, says college

Career Advisor Claire Couch, "and if you are thinking of a career change, then there will be something for you also."

For more information phone Claire Couch on 420 8640 extn 835.

Regular Catholic Mass brought to South Head

Helensville's St Joseph's Catholic Church is now holding Holy Mass at 1.30pm on the first Sunday of each month at the South Head Hall in Donohue Road.

The new service began at Easter, and about 25 people are attending says Fr. Mathew.

"There are many Catholics spread out over there. We have identified about 20 families that could benefit from this monthly gathering," says Fr. Mathew.

"We feel it is too far for them to drive to Helensville and so thought it would be good to take the Mass to them. In this way we hope to build up a warm, caring and sharing community in South Head."

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medical centre notes

June is the final month for free flu shots. We have had a good uptake, but if you have been contacted by us and not made your mind up, please call and let us know if you want it or not. We also have flu injections for anyone who doesn't qualify for a free one but would still like to be immunised against the flu. The cost is just \$32 - cheaper than a week off work and in bed!

As men get older, the prostate often enlarges benignly (non cancerous). This can cause mechanical pressure on the urethra (exit tube for the bladder), which causes men to experience a hesitancy in starting to pee regularly, a deterioration in the flow of urine and dribbling and incomplete emptying of the bladder. At this stage options to improve the flow are - medication initially and then surgery to relieve the pressure from the prostate.

With regards to prostate cancer screening, you may have read in the media how there is no national consensus on a definite screening program.

At the Kaipara Medical Centre, we follow Australian Urology Society recommendations: a baseline PSA (prostate specific antigen) blood test in the early 40s, then an annual PSA test and physical examination of the prostate between the ages of 50 and 70. This is because PSA blood tests are not enough on their own and that the trend of the PSA tests is more indicative of disease than one-off levels. An important point is not all people with a raised PSA have prostate cancer and not all people with prostate cancer will have a raised PSA.

If men have family history of prostate cancer or suspicious symptoms they are tested more regularly. Those people with a high PSA for their age will have a repeat test within three months, and if the trend is increasing will then be referred to a specialist for a scan and/or prostate biopsy. If you would like more information please come and see us.

- Dr Phillip Barter, Clinical Director

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Photo courtesy Rotoma CAB

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\$1100 raised at breast cancer brekkie

Local woman Marama Morehu raised \$1100 for breast cancer research at a Pink Ribbon breakfast she held on May 20.

"It was initially planned as a small affair, with close family to bring a plate and offer a donation to the Breast Cancer Foundation. However there was great interest when I mentioned my idea during a marae function," says Marama.

"In little over a week my mother, cousin and myself managed to organise and cater this fundraiser at the Kaipara Cruising Club, with over 20 sponsors giving donations."

She sold 60 tickets to the breakfast for \$10, and there were raffles, silent auctions, mystery auctions and prizes - all donated by businesses and locals in the district.

Marama has a family history of breast cancer, with one aunt dying from the disease, another surviving and another

Business as usual

Kaukapakapa boarding kennel and cattery owner Lynda Macgregor wants to assure her customers it's business as usual at Macbark & Scratch. The property had been for sale but has now been taken off the market, and Lynda says she and husband David intend to keep running their business for probably another five years.



• Pink Ribbon breakfasters enjoy their fundraising effort

currently undergoing treatment.

"We lit a candle for absent friends, and had several brave women share their stories," she says.

The \$1100 raised has been donated to the Breast Cancer Foundation.

South Kaipara Forum

The South Kaipara Community Forum has been on the back burner for sometime, but it will hold a meeting on Wednesday, June 20 from 6-8pm at the Helensville War Memorial Hall.

The group will announce a launch date for the South Kaipara Community Fund, and share a number of ideas and suggestions for the South Kaipara area, including the initial stages of a community visioning project.

A light supper will be served at the start of the meeting; those planning to attend should rsvp to oursouthkaipara@gmail.com.

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Helensville rugby teams have winning start to season

The Helensville Rugby Club's senior and junior teams have been producing some great results so far this season.

The Helensville Under 20 rugby team, the PGG Wrightson Bulls playing in the President's grade, has had an outstanding start to their season, winning their first five games before suffering their first loss to Massey in late May. At the time of going to print they were top of their competition ladder.

The Century 21 Western Pioneers Premier team played its first championship round game against Northcote on May 19 at Helensville and won 42-10. The game was featured on Sky Sports' Grass Roots Rugby programme, with the Western Pioneer's exciting back play admired by the commentators.

Despite many injuries the team has performed well, only losing twice so far this year, to North Shore and Silverdale.

Five team members - captain Taione Ve'a, Michael Farmer, Josh Williams, Jimmy Tuivaiti and Fijian international Malakai Ravulo - have made the initial North Harbour ITM Cup squad. Their next big game is against fierce rivals Massey, at Riverhead on June 9.

The Junior boys teams have good numbers playing. The lower grades of boys and girls new to rugby have excellent numbers and many supportive parents.

The Helensville Rugby Club clubrooms will be re-roofed shortly. A \$35,000 ASB Charitable Trust Grant will enable the old red roof to be replaced with attractive steel grey coloured iron.

The next home game at Helensville is against Glenfield on 16 June, when all Helensville teams will be on display.

Ooo Arrr, it's the Charity Pirates



It was "Ooo Arrr"s all round when the Charity Pirates called into Helensville late last month to help raise funds for the Kids Krusade Charitable Trust. The pirates travel around New Zealand in modified fire engines, and challenge local brigades to water fights - something the Helensville Volunteer Fire Brigade was only too keen to participate in. The pirates took on our local fire fighters in the carpark at the Kaipara Tavern, which sponsored the event.

Digital cataloging at museum

Generous donations from Historical Society members have allowed Helensville Museum to buy a laptop computer and a copy of Past Perfect software, a database programme widely used by historical societies and museums to record and describe their collections.

Leigh Bosch and her team have now started scanning and cataloging the museum's collection of more than 12,000 photographs.

Past Perfect makes it easy to identify and find photographs by using key words. The program will also be used to catalogue everything else in the museum's collection - a project which is expected to take a couple of years to complete.

As a result of publicity three new volunteers have offered to help with opening the Helensville Museum for visitors. However more volunteers would be welcomed. For further information phone Mike on 420 6553 or the museum office on 420 7881

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Waimauku cleans up in interschool triathlon

Around 240 children from eight local schools took part in the annual Kaipara Schools Triathlon for years five to eight students last month.

The event has been held at Parakai School for about 10 years, with children competing either in teams or individually in the cycling, running and swimming races. Schools participating this year were:

Parakai, Tau Te Arohanoa, Helensville, Woodhill, Waimauku, Waitoki, Kaukapakapa and Waioneke.

The triathlon was something of a whitewash by Waimauku School, which won every class in the teams events with the exception of the Year 7 boys' class, which went to Helensville School.

Results for the individual competitors



• Competitors leave their bikes to take on the running leg of the triathlon.

also favoured Waimauku which took five of the eight age groups classes; Helensville won two and Kaukapakapa took out the Year 7 boys' title.

Parakai principal Sean Valvoi sends his thanks to St John Ambulance, the Helensville Police, Parakai Tavern for the use of their carpark and Aquatic Park for the swimming venue.

Sculpture 'Fun Days' for locals

A series of three 'sculpture fun days' will be held during the July school holidays at the Kaipara Coast Sculpture Gardens.

Sculptors Ekarasa Doblanovic, Jennifer Kipfers and Sally Lush will introduce participants to their art work with a tour around the sculpture trail, followed by a digital presentation on how they make their installations and then a demonstration of techniques.

Participants will then get to create their own artwork in collaboration with the sculptors - work which will be publicly displayed in the sculpture gardens as part of the Exhibition 2012.

The three days, on Friday, July 6, Saturday, July 7 and Sunday, July 8, are being held with support from Auckland Council, and aim to bring a wide range of people together to engage with art.

"The 'have a go with sculpture fun days' are an exciting new way to spend a creative day of hands-on sculpture making," says curator Sally Lush.

On the Friday, Ekarasa will run an 'Imagine the land' project. Participants will create a site-specific land-based sculpture using found materials, mud, leaves etc as part of a worldwide art project that creates a connection between people and the environment through art.

On the Saturday Jennifer, known for her 'graffiti knitting' or 'yarn bombing', will show participants how to create works utilising fabric, wool and plastic bags. Prior knitting experience isn't required.

The Sunday will feature Sally, who creates sculptures and installations by manipulating everyday utilitarian materials, which show participants new techniques and create a collaborative work.

The days run from 10am to 2.30pm with a break for lunch and are suitable for all ages. Children 13 and under must be accompanied by a caregiver. The cost is \$30 per person which includes a light lunch with tea and coffee and a visit around the sculpture gardens.

To book phone 420 4044 or email sculpture@kaiparacoast.co.nz.

Call for sculptors to submit proposals

Kaipara Coast Sculpture Gardens wants artists to submit proposals for exhibiting at the upcoming Exhibition 2013, which will open on Saturday, November 17.

It will be the fifth exhibition of contemporary New Zealand sculpture held since the gardens opened in 2008. This year the selection panel will be specifically looking for works that relate to, reflect and explore the natural beauty of this part of Auckland, the Kaipara Harbour, the flora and fauna, threats to the environment, the history of the land, colonisation and socio-political issues.

Proposals must be submitted by Friday, July 6, and those sculptures accepted will need to be installed between October 20.

For proposal forms email Sally at sculpture@plantsnz.co.nz.

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Helensville Sustainable Community Gardens

Promoting health and well-being in our South Kaipara Community

This is a joint communication from the Helensville District Health Trust and Peacemakers Trust who co-hosted Chris Ennis from CERES in Melbourne last November. The community presentation and weekend workshops were well attended and supported. Over the ensuing weeks until Christmas, interest continued to grow and we have been amazed at the diverse nature and level of activity that is already happening in our rural community.

So where to from here?

A steering group of community volunteers met in November and December 2011 to progress some of the inspiring ideas that were developed over the weekend. There were some quick wins identified. Wood cutting / selling for winter, planting of The Verge, orchard pruning / planting lessons. Activities centred around learning more about sustainable gardening. We would like to sincerely acknowledge and thank all those people who contributed to the wonderful vision and energy that was created. The challenge now is how to put this into practise.

You will be pleased to hear that Peacemakers Trust has made significant progress on the wood cutting / firewood enterprise. Just before Christmas there was a ceremonious cutting of a very large old (but dead) pine tree. The tree cutting, chopping and stacking has already actively engaged and employed some young men. The work and learning combines to be very productive. The objective is to be able to supply dry wood to some of our elderly folk for their winter fires. Delivered and stacked ready for use in the winters ahead. Dry / split wood is not as yet available for this winter as it has not been a good drying season to date.

Please let us know if you have accessible dry / dead trees for good burning firewood on your property that could be donated to be cut and split to help this excellent venture. Gum, pine, manuka and macrocapa all burn well.

Phone Andrew on (09) 420 7043

Hot Spots

It has been agreed that there are already a number of "hot spots" of green activity in our rural area and we do not want to compete or conflict with these people and such initiatives. In fact the good news is that there is far more going on already than we were aware which is great. It therefore seems appropriate that the best way forward is to recognise and network those activities that are already happening, rather than attempt to replicate some of these at another location.

The Health Trust can help facilitate these activities and would like to hear from other individuals and / or groups with social enterprises and healthy activities already underway. Especially organic / sustainable gardens and activities that are organised to help local people lead healthier lifestyles.

Phone Angie (09) 420 7878, or email or send us your weblink.

There is no doubt that Peacemakers Trust and their community of residents have been re-energised from the community workshops. More people know about the good work that is done by Peacemakers and the wonderful facilities they have to host and accommodate retreats and learning based functions. Peacemakers would like to hear from anyone who is keen to work with them at Fordyce Road. If you want somewhere to grow a wonderful vegetable garden, then call them.

Phone Andrew: (09) 420 7043

The way forward – 2012

Already we have built a database of names and contacts that we believe will provide the basis of our local network of sustainable gardening resources and expertise in healthy living activities.

If you would like to be involved in some way, help promote what you are doing or find someone who is already doing things that you believe you can contribute to, then please contact us with your details, email, website if you have one and a short piece about what you do or would like to do. Or, if you would like to help in a sustainable gardening venture (hands on of course!), then tell us. We may well be able to connect you with something already happening close to you. That's what it's all about.

The Helensville District Health Trust will manage this database on behalf of our community and will undertake to communicate and update people about healthy activities and ventures happening. If there is a need for this to be developed via a website then development of this can be considered.

This sustainable gardening venture is now working towards being a more connected and healthy rural community. We have met so many people who have such valuable skills and expertise and who are prepared to get their "hands dirty". Keep in touch. Get involved.

Dianne Kidd
Chairman, Helensville District Health Trust

Susannah Connolly
Chairman, Peacemakers Trust

Contact: Angie Wright, Secretary,
Helensville District Health Trust
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Caravans call Helensville home for rally

Motorhome owners from the Akarana Caravan Club spent a three-day activity-filled weekend camped at the Helensville Showgrounds last month.

Helensville's Lyn and Glenys Curran captained the rally, which attracted 48 members of the club who stayed at the grounds in 24 motorhomes and one trailer caravan.

The Curran's are the only local members of the Auckland-based club, to which they have belonged for 35 years.

As rally captains, they organised a full program, starting with a Friday evening dinner at the Helensville RSA.

A highlight of the rally was a Saturday visit to local artist Jeff Thompson's studio, where members were able to wander around the exhibits.

Club members took advantage of beautiful weather to take part in a number of outdoor activities, including the Helensville heritage trail, riverside walkway, and visited the Regent and the Helensville railway station.

At camp members enjoyed activities including quiz-type competitions and a scavenger hunt. The Saturday evening was rounded off with a happy hour and pot luck



• An aerial view of the campers, taken from a microlight

dinner followed by more fun and games.

The rally finished on the Sunday morning with a combined morning tea before everyone packed up and headed home.

The Akarana Caravan Club was formed in 1971 and has members from as far afield as Mount Maunganui, Waihi Beach and Hamilton.

Originally exclusively for trailered caravans, over the years membership demand has seen the rules changed to allow tents, pop-top type trailers and the now prevalent motorhomes. It holds more than a dozen rallies around the upper North Island each year.

"The Club hopes to use the Helensville venue again in the future as it proved ideal for this sort of event," adds Lyn.

Part-time pastor appointed for Baptist church

Former local Barry Pearman has been appointed as part-time pastor at the River Valley Baptist Church on the corner of Parkhurst and Fordyce Roads in Parakai.

Barry has previously lived and worked in the district and was on the Parakai School board of trustees; now he's back working 20 hours a week in his new role at the church.

However parishioners shouldn't expect to see his car in the church car park very often - being brought up on a farm and then later working in horticulture, Barry prefers not to spend his time in an office.

A 'people person', Barry sees his role as one of facilitation, particularly helping people not just in their spiritual lives but also in more practical ways. In recent years he has worked in mental health, encouraging and empowering people to recognise their gifts and to work within them. He is also available for weddings and funerals.

Barry can be contacted on 021 169 1253 or barry.pearman@rivervalleybaptist.org.



• Barry Pearman

NEW LOOK MITRE 10

Helensville Mitre 10 is undergoing a facelift with a new colour scheme of orange and black as part of Mitre 10's nationwide rebranding. There will be a new entrance, store layout and shelving.

Fred & Anne would like to apologise to customers for any inconvenience over the next few weeks.

There are many bargains to be had, and great value clearance table items.

Chance to show off artistic side

Artistically-minded locals have several options to express themselves this month and next at the Helensville Art Centre.

As part of the Auckland Festival of Photography Fringe Festival, the Art Centre in Karaka Street is holding a photography exhibition for locals from Saturday, June 2 to Monday June 25.

Anyone can display their work – which must be framed and ready to hang - for just \$3 per photo. There are four themes: Matariki, Helensville, Home and a catch-all Anything Goes.

Entry forms are available from the Art Centre, Helensville Copy and Print, and the council service centre at the Helensville Library.

Award winning film maker Hank Snell will

hold a one day short film making workshop at the Art Centre starting at 10am on Saturday, June 16. Locals will be guided through the process of conceiving and filming a movie. Hank will then edit the film overnight so it can be shown at the Art Centre the following evening. The course costs \$45 and spaces are limited, so bookings are required.

Finally, in July the Art Centre will hold its next '3 For All' exhibition, in which locals can show off pretty much anything they have created – paintings, jewellery, sculpture, drawings, or models. This year there is a fashion section as well. Items cost \$3 each to display.

For more information phone Pauline Mee on 021 158 6859 or email admins.artcentre@gmail.com.

Work starts this month on new college building

Work is expected to start this month on the new social sciences block at Kaipara College.

As *Helensville News* went to print, the school was awaiting final approval from the Ministry of Education on the tender, financing and project plans for the \$1.4 million construction project.

The initial stage of the project will see the demolition of the remaining three 1970s prefab classrooms in the centre of the school and the demolition of the old science block.

The new building will include five classrooms, a social science faculty office and a resource room. It will stand on the site of the old science block and will be similar in design to the new English classroom block opened by Prime Minister John Key in February this year.

Principal John Grant expects the new building to be completed in time for the start of the next school year.

It is the final stage in what has become an almost total rebuild of the school, featuring a new gymnasium, science block, drama suite, English department and rebuild hall.

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For many years I operated Cafes, open during the day to provide breakfast and lunch. It was very hard work but the hours were more conducive to raising a family than restaurant hours. A popular breakfast item was croissant, either served with coffee and jam or filled with bacon, avocado etc and served hot. The bakery that supplied us preferred to have a standing order and would deliver a set number every morning. Many days we would sell out but sometimes we would be left with a few unused croissants that by the next day would be stale and unsaleable.

Waste caused by loss of quality before being sold is a problem that requires lateral thinking. The unsold croissants were thrown into a bag in the freezer until we worked out a way to use them. In the end our solution created a need to actually order in even more croissants daily and we never threw another one out.

■ Croissant and Butter Pudding

- 6-8 stale croissants (often you can buy old ones at a discounted price)
- 1 cup dried apricots
- 1 cup sultanas
- 100g butter
- 1 litre milk/cream
- 6 eggs
- ½ cup sugar
- Few drops of vanilla essence
- Icing sugar to decorate

First, soak the dried apricots and sultanas in boiling water and set aside to swell up. This will take a couple of hours, or better still soak over night.

Cut the croissants into 10mm slices

Line a cake tin or pie dish with baking paper, put a layer of sliced croissant in the bottom and drop on a few knobs of butter, dot a few apricots about and a few sultanas. Add more croissant slices, butter and fruit and keep layering until you have reached the top of the tin.

Whisk together the eggs, milk/cream, vanilla, sugar and any liquid left from the soaked fruit.

Pour the egg mix onto the croissants until it almost reaches the top of the tin. Now most important, let it sit on the bench for 10 minutes while the oven heats to 170° C. The liquid will soak into the croissants so before putting it into the oven, use a fish slice to press the croissants down into the tin so that the liquid comes to the top again. If it is too dry add a little more milk/cream to moisten the top.

Bake for approx 60 minutes until you can see that the custard has set.

Either serve it hot straight from the tin or leave it to cool then refrigerate until the next day. Once cold, cut it into squares, dust with icing sugar and serve with a coffee.



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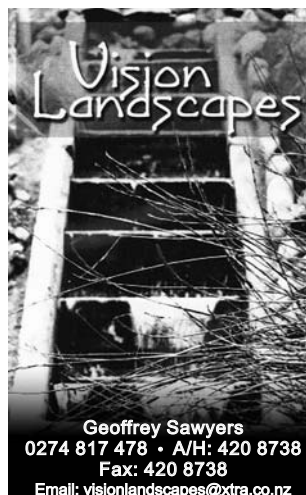
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■ ST JOHN AGM

The St John Helensville Area Committee holds its AGM on Thursday, June 7 at 6.30pm at rear of ambulance station, 7 Rata Street Helensville. New committee members are being sought. For more information phone secretary Nancy Head on 420 7200. Also watch out for the St John collectors during St John Week (June 18 to 24), the organisation's national fundraising effort.

■ KKK SCHOOL SUPPORT GROUP

The Kaukapakapa School Support Group wants more families to step forward at its AGM on Thursday, June 7 at 7pm. Over the last year the group has raised more than \$30,000, part of which has been used on new fencing at the front of the school and more will go on a covered walkway to the hall.

■ ARTHRITIS SUPPORT GROUP

The next meeting of Helensville Arthritis Support Group is on Thursday, June 21 at 10.30 am in the meeting room at the Helensville hall. Guest speaker will be Sue Baker of Arthritis NZ. Everyone is welcome and tea and coffee will be served. Gold coin donation appreciated. For more information phone Merle Griffiths on 420 8774 or Ina Stoner on 420 7875.

■ AGLOW MEETING

Helensville Aglow has its inaugural meeting on Friday, June 8, 7.30-9pm in the Helensville War Memorial Hall. A long-time friend of Aglow in the Auckland Region, Pastor Alex Larsen from Manurewa AOG will be the guest speaker. Aglow is an interdenominational women's organisation.

■ RAILWAY TRUST AGM

The Helensville Railway Station Trust will hold its annual general meeting on Saturday, June 16 at 9.30am at the RSA rooms in Commercial Road. New committee members would be welcomed.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa Village Market is on Sunday, June 17 from 9am to 1pm. By popular demand there will be a repeat of the knitting workshops on the hall stage at 9.30am and 10.30am. For enquiries phone Sarah on 027 4 831 542 or Kim on 420 5776.

■ MID-WINTER DINNER & DANCE

The Kaipara RSA is holding a Mid-Winter Dinner and Dance on Saturday, June 23 at its Commercial Road rooms. The cost is \$30 per person including dinner; for non-diners there is a \$10 cover charge. It's billed as an evening to "beat the winter blues" and will feature music and vocals from returning entertainer Wayne. Members and guests are welcome, and tickets are available in the clubrooms. Contact secretary-manager Brian Caltaux, phone 420 8888.

■ A&PASSN AGM

The Helensville A&P Association will hold its annual general meeting on Wednesday, July 11 at 7.30pm at the showgrounds. Anyone interested in standing for the committee should get a nomination form from Show secretary Marion Stutz, email info@helensvilleshowgrounds.co.nz or phone 420 7572.

■ CIRCLE OF FRIENDS GROUP

The Parakai/Helensville Circle of Friends group is planning trips in addition to its

regular Wednesday get-togethers at Black Pete's Restaurant in Parakai.

The group is aimed at men and women who are alone or lonely, so they can meet in a friendly group to have fun, play bingo and cards, do arts and crafts and share morning tea and lunch. It meets at Black Pete's on Wednesdays from 10am to 1pm. The cost is \$4 per person, which cover both lunch and a raffle.

For more information phone Joan Knight on 420 9202 or 021 0295 1753.

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