

Licensing Trust disbands, gives assets to Health Trust

The Parakai Licensing Trust has disbanded and is giving all its assets - property worth about \$1 million - to the Helensville District Health Trust.

Those properties, the former Parakai Tavern in Parakai Ave and two adjacent rented houses, will be formally taken over by the Health Trust on Wednesday, July 10.

"We would like to thank the trustees of the Parakai Licensing Trust for this extraordinarily generous gift to our community," says Health Trust chair Dianne Kidd, commending them for their "foresight in ensuring these assets are secured into community ownership for the foreseeable future."

"We [will] aim to ensure these assets will be put to productive and positive use to improve the overall health and well-being of Parakai and our South Kaipara residents," Dianne says.

Details of exactly what the properties will be used for have yet to be decided, but the Health Trust is working on a formal organisational structure to ensure the community can manage and actively utilise the main building.

The Health Trust's priority after the official handover will be to 'de-tavernise' the building, such as removing all signage.

An open day will be held, most likely in



• Health Trust chair Dianne Kidd and Licensing Trust president Trevor Holst outside the tavern building

late July or early August, so the community can look through the old tavern building "and take an active interest in its future," says Dianne.

"We are looking to support the development of sustainable enterprises that will create local employment and provide positive benefits for our community," she explains.

A steering group is being formed and representatives, along with members of the Health Trust, will be there to discuss with visitors its future and ideas for redevelopment.

Arohanui-Grace, who is currently in the role of Strategic Broker, a Ministry of Social Development project for South Kaipara, is working with the steering group, and Dianne says early discussions on potential uses and enterprises look promising.

The tavern building lends itself to a wide

range of health and community-based uses. It is all on a single level, with wheelchair access and accessible toilets, a large commercial kitchen, huge walk-in chiller, a variety of different-sized rooms and a large loading bay/storage area.

The Parakai Licensing Trust was formed in March, 1972 following a local referendum instigated by the then Waitemata County Council, and the tavern opened the same year.

It was one of 28 such trusts set up nationwide since 1944. Nine others have also since ceased to exist.

The trusts were tasked in four areas: a primary responsibility to enhance the well-being of their community; distributing profits back to their communities; providing 'model' facilities for the sale of alcohol; and

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editorial

What a wonderful month for the local community, with the Parakai Licensing Trust giving all its assets to the Helensville District Health Trust, securing them for the community's future use (page 1). This is going to be a fabulous asset for the community once it's all sorted, and it could provide a much-needed shot in the arm for Parakai. Watch out for the upcoming open day, where you'll be able to have your say about possible uses for this tremendous facility.

In a way I feel sorry for the Health Trust and its chair, Dianne Kidd. The trust members were probably thinking they could just about start to relax after a tremendously busy start to the year, which included the major purchase of the Kaipara Medical Centre in February and buying the building at 1 Porter Crescent only a few weeks later - and now they have another major project on their hands! I'm sure they will rise to the occasion, however.

Dianne says it's been a "very challenging year" for the Health Trust and acknowledges the hard work of Trust manager Charm Torrance and her team, along with the trustees "who have had to put in some hard yards".

"We have plenty to keep us busy in the years ahead."

Also keeping busy locally is chef Peter Brennan, whose new food venture has just opened (page 3), and the Walker family who have just taken on a local boarding kennel and cattery (page 9).

I had an interesting chat with Paparua man Pete Langford, who is riding the length of New Zealand on horseback to raise money for the country's emergency air services. He stayed in Helensville during his trek north, and we catch up with him on page 4.

I guess you need to be a bit tough to take on a task like that; you also need to be tough to tackle the Tough Guy & Gal Challenge, on again in a few days time (page 7). If you're more of a softie, maybe you can assist a worthy community initiative and help out the Peggy Purl knitting group - see page 12.

- Dave Addison, Editor

Auckland-wide award for local St John committee

The work done by the Helensville Area Committee in opening the St John Op Shop in Commercial Road and rebuilding the local ambulance station has been recognised with a St John 'Property Pride' award.

Each year St John makes a Property Pride award to each district and this year's award for the whole Auckland area has gone to Helensville.

Gary Salmon, General Manager for St John's Northern region, says in the citation letter that it recognises the efforts in getting the upgraded station open and the work the Area Committee does to support St John activities in the Helensville and Kumeu area.

The Op Shop is the major factor in local St John fund raising.

The shop fit out is now almost complete. Two light fittings and bulbs were given by John and Eve Issott, and Tony Cooper of Laser Electrical in Helensville then donated

his time to ensure the safe wiring and fixing of them into the windows. This has made the shop more noticeable and attractive to passers-by, especially during the dark winter evenings.

After an initial rush following the shop's opening, the flow of donations has dropped off but items for sale continue to arrive. Nancy Head and her team would welcome any cast-offs locals have. Goods donated should be delivered during opening hours and not left outside on the footpath.

One shopper recently commented the shop was more like a mini department store than an op shop, which was very pleasing for the volunteers to hear.

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

The shop still needs more volunteers, so anyone with a spare few hours each month is invited to call in to find out more.

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New food venture opens

Fresh fish and hot artisan bread daily, traditional and gourmet takeaways and longer opening hours are some of the benefits locals will see with the opening of local chef Pete Brennan's new food venture.

Kaipara Fresh Fish & Kitchen opened in Mill Road on Tuesday, June 25, three months after the closure of Pete's popular Porcini Restaurant.



• Pete in his new 'Kaipara Kitchen'

He had originally planned for the new business to be open two months ago, but problems with the power supply to the building and "waiting for officials to say 'yes'" caused the delays.

"But it's been a lovely break," he says with a smile.

Kaipara Fresh Fish & Kitchen is in the building owned by Bruce and Amber Scott of Scott's Traditional Butchers, and is accessed through the entry to the butchery.

The wall between the two has been removed, and while they will operate as separate businesses, from the customer's

point of view it will be like one big shop, with purchases from both being able to be made at either cash register. A new computer system will automatically divvy up and credit sales to the appropriate business.

Pete is employing eight staff - all locals - and the shop will be open until 7pm Mondays to Thursdays and 8pm on Fridays and Saturdays. Those later closing hours mean locals will also be able to purchase Scott's range of pre-packed meats later as well.

Fresh fish will be delivered daily by 10am, and smoked fish will be sold as well.

On the takeaway side there will be fish and chips, Porcini pizzas, and a changing blackboard selection of hot dishes such as seafood chowder, fresh pastas, beef casseroles, fresh salads and dessert items.

Pre-packed, chilled Porcini meals like pork belly or ribs will also be available from a 'chef's fridge', where the selection will change all the time.

"The [Porcini] food that was so popular will be available in chilled, take home form," explains Pete.

Espresso coffee will also be on the menu, while the bread on sale will be from artisan baker 'Wild Wheat' in Mt Eden.

While everything on the shop wasn't one hundred percent finished by opening day, Pete says it was necessary to set a date and stick to it.

"Over the next few months it will continue to improve, but I felt we had to get started."

Kaipara Battle of the Bands postponed

The planned Kaipara Battle of the Bands music competition we reported on in the last issue of *Helensville News* has been postponed until autumn 2014.

Event manager Eben Trollip had originally hoped to have the event later this month, but organisational pressures, the search for sponsors and organising prizes has seen the event delayed.

A website has been set up for people to keep track of the event at www.kbob.org.nz, and there is also a Facebook page.

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NZ charity horse trekker stays night in Helensville

The Helensville showgrounds provided a home overnight late last month to a man riding the length of the country on horseback to raise money for New Zealand's emergency air services.

Pete Langford's 2500km journey from Bluff to Cape Reinga was made possible by his becoming a "casualty of the recession." His Paparoa-based renovation business went under last year, and he was also forced to sell his house.

Rather than "wallowing in self pity" he gained perspective and inspiration from a friend who said he was "quite fortunate" - in that no longer having a job or mortgage, he had a great deal of freedom to do whatever he wanted.

He grasped the chance to follow his dream of riding the length of New Zealand, and at the same time do something worthwhile for charity.

Pete set off from Bluff on November 11 last year with his two horses - TwoShoes, which he rides, and Cloud, which carries

around 60kg of equipment and feed in two custom-made packs.

Born in Doncaster in Yorkshire, England, Pete fell in love with horses at five years of age when he went on a week-long holiday in a horse-drawn gypsy caravan.

Some years later, living on a Welsh farm, his mother showed him how to put a saddle and bridle on a horse, told him how to go, stop and turn and then left him and the horse to it.

"I distinctly remember the feeling of freedom as I rode, and feeling that sense of connection that you get with a horse," Pete says.

That sowed the seed for his love of horses, but a move to a city, combined with the high cost of equestrian activities in the UK, meant a 20-plus year break from riding.

Pete moved to New Zealand in 2003 aged 34 and at the time married to a Kiwi, and says: "glory be, what a country to have horses in!"

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• Pete Langford with Cloud (left) and trusty mount TwoShoes

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Pyjama day at to raise Cure Kids cash

No, they didn't sleep in late - children at Parakai Primary turned up at school one day late last month in their pyjamas to raise money for the Cure Kids charity, which find cures for life-threatening illnesses affecting Kiwi children.

The idea for the day came from two senior students, Olivia Grayson and head girl Zoe Mansell-Sawyers, and those children - and staff - taking part gave a gold coin donation for the privilege of swapping their school uniform for their pyjamas.

Says Room 1 pupil Joshua Dobbin: "It was funny seeing all the different pyjamas. Everyone looked cool."



• Room 1 pupils in their sleepwear

Horse trekker calls in (cont)

• From page 4

He's been riding here for the last nine years, building up to his big trek which he is using as a qualifying ride to gain membership of The Long Riders' Guild - an invitation-only, international association of equestrian 'explorers' open only to those who have ridden more than 1000 continuous miles (1600km) on a single equestrian journey. It has members in 45 countries.

"I don't discount [doing] another long-distance ride," says Pete, "but when this one's done I'm looking forward to have a bit of a breather and getting back into mainstream life."

He sees a book on his adventure - or maybe several - in his immediate future.

During the ride Pete has aimed to cover up to 35km per day, usually riding for around seven hours. He stops every hour to let the horses graze for 10 minutes, and rests for two days for every five days' riding.

And he has ridden - or walked and led - the entire route, with the exceptions of the Cook Straight ferry and trucking the horses through Auckland, from Tuakau to Helensville.

Accommodation has been a mix of camping, wool sheds, musterers' huts and staying with people in their homes - meeting people has been the highlight of the trip for Pete. He quips that running hot water is mankind's greatest invention.

He is completely self-sufficient, carrying

every thing he needs and re-supplying along the route as required. It takes him about an hour to carefully pack up each morning - but says he has left a trail of lost items the length of the country, including socks, a good knife and a horse brush.

The horses graze on pasture as available and get a ration of hard feed twice a day, though he says the lack of feed because of the summer's drought was an issue.

His main concern at the start was keeping condition on his horses, but they were still doing very well by the time he reached Helensville, with only about five weeks' riding to go.

Pete has a GPS locator that reports his position in almost real time via a web site, and in the event of an immediate threat to life can use it to send a distress signal to the emergency services.

Cloud, the pack horse, carries a video camera mounted on the pack frame and a giant flag of The Long Riders' Guild to help warn motorists.

Pete is hoping the ride will raise up to \$10,000 for each of the charities he is supporting - Life Flight, the Philips Search and Rescue Trust, the Northland Emergency Services Trust, the Auckland Rescue Helicopter Trust and the Nelson Marlborough Rescue Helicopter Trust.

Donations go directly to each charity, and links to those can be found on Pete's website, www.freewitheveryhorse.com.

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\$7300 raised at book fair

The Lions Club of Helensville's annual book fair raised \$7300 last month - well up on the \$5800 raised the previous year.

Those funds have gone into the Lions Club's Charitable Trust Account and will be used for local organisations or members of the community who are in need of help.

The books left over from the sale will be re-sorted. Damaged or unsaleable books will go to the Helensville Recycle Centre; those in less than prime condition will be taken to the Helensville Transfer Station for sale in their shop; and the remainder will be stored for next year's book fair.

The Helensville Lions Club will accept books throughout the year. Club members will collect large lots, and smaller

quantities can be left at the Helensville Information Centre in the Art Stop Cafe building.

For further information phone Chris Clark on 420 8527 or Yvonne Hilton (Hilty) on 420 8122, or contact any other Lions member.



Health Trust given assets (cont)

• From page 1

accountability back to their communities.

The Parakai Licensing Trust's members were elected by the public during local body elections. The area covered by the trust was large, spanning from the Makarau bridge in the north to Wainui in the east, Woodhill in the south and South Head in the west. But because Helensville was at the time under the auspices of the Helensville Borough Council, people living in Helensville itself couldn't stand or vote for the Trust. That changed when Rodney District Council came into being in 1989.

The Parakai Licensing Trust initially ran the tavern itself, employing managers, and Trust president Trevor Holst says it was very popular in the mid-1970s, with the tavern building being extended twice.

The introduction of gaming machines - commonly referred to as 'pokies' - saw some good profits for a period, with tens of thousands of dollars given out to local organisations.

Among those benefitting over the years were the Health Trust, The Helensville &

District Historical Society, the Helensville Railway Trust, and the Shelly Beach Voluntary Rural Fire Service. All local schools were recipients, with a major donation of an annual \$5000 Parakai Trust Award for senior Kaipara College students.

However, the increase of gaming machines at other locations in the area, competition from other alcohol outlets and changing drinking habits saw that profit gradually fade away.

The Trust made the decision to stop operating the tavern itself, instead leasing it to a series of operators over the ensuing years. The last of those walked out on the business five months ago, unable to meet expenses, and the Trust voted to disband.

Giving the assets to the Health Trust - the tavern building and two rented-out houses - has not been without its difficulties. It required an 'Order in Council' by the government to dissolve the Licensing Trust and bestow its assets to a newly established Parakai Community Trust.

That new trust was then in turn able to transfer its newly acquired assets to the Health Trust.



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Tough Guy Challenge

The annual Tough Guy & Gal Challenge is on again this coming weekend, July 6 and 7, at Woodhill Sands Equestrian Centre on State Highway 16.

And for the first time this year there is a special secondary schools event on this Friday, July 5, which is NZQA-approved for physical education students, who will be fighting for the Toughest School Trophy.

Competitors in the Tough Guy & Gal Challenge enter either a 6km social or 12km competitive race, in either the 'Open Men and Women' class for 13-39 year-olds or the 'Older Brutes and Beauties' category for those aged 40 and over.

They will battle their way through a varied selection of obstacles, including wading or crawling through water trails and swamp crossings; crawling under barb wire obstacles; leaping equestrian jumps; crawling through sand; bush, paddock and hill running; clambering over an A-frame and climbing walls; and traversing a wire-rope bridge.

Spectators are welcome at the event.



• Helensville's Richard Limmer (bottom right) and fellow competitors tackle the A-Frame at last year's event

medical centre notes

As we move further into winter, the work level for our staff is increasing. Although there has been a very good uptake of the flu vaccine, there has been the usual increase in coughs, colds and chest infections. Over the last month or so we have had fewer appointments than normal, due to our doctors and nurses also becoming ill. Sadly, we are not always immune!

For patients with urgent problems or accidents however, we will *always* see you, through our duty clinics. We will also make room to see children who are ill. Our clinics do get busy and there may be a delay because there are more patients than we have immediate appointments or staff. We ask for your understanding and patience, and will try to keep you informed of waiting times through our whiteboard in the reception area.

The good news is that the free flu vaccine campaign has been extended this year to the end of July; so there is still time to have your shot. If you are over 65 or otherwise eligible, then get in touch and we will arrange it. Flu can lay you low for a week or more, so it is well worth it.

You can also help us to help you. If you want a routine appointment - for a medical certificate, drivers licence or similar - then please make it as far ahead as possible. You can then get a date and time that is convenient. If you have given us your mobile number, we will also send you a text the day before, as a reminder.

Kaipara Medical Centre was assessed some years ago for 'Cornerstone', run by the Royal NZ College of General Practitioners. To retain the accreditation, we are then re-assessed periodically. We are due to be visited by an external assessor, from the College, on 31st July for our next assessment.

Cornerstone is a combined quality improvement and quality assurance process, which allows a practice to measure themselves against a defined set of standards, titled 'Aiming for Excellence', recognised nationally for New Zealand general practices. Achieving this is part of the Practice and Trust's aim for Helensville, Parakai and South Kaipara to become the healthiest rural population in New Zealand.

- Dr Phillip Barter, Clinical Director



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Local women in big bike ride for cancer charity

Four Helensville women are undertaking a two-day, 200km cycle ride to raise money for cancer research.

Riding for a team they call the Kaipara Koasters, Selina Halewood, Louise Clunie, Tasman Goodhue and Dr Aimee England are hoping to raise \$10,000 by taking part in the Ride to Conquer Cancer organised by Cancer Society Auckland.

All four have had either close family or friends who have been affected by cancer.

"It is a huge challenge for us as we are not your typical bike riders," says Selena, the team's captain. "Our training regime is going to impact on our busy families, work lives and social commitments, but we are committed."

Selena, Tasman and Aimee entered the 40km Lake Taupo Cycle Challenge last year with another friend, but Selena says prior to that the last time most of the Kaipara Koasters rode was as children.

"This is going to be a very big challenge for us all. If we can do it anyone can do it!"

For training the Koasters try to ride at least once a week, currently doing a loop up to Kaukapakapa and back via the Kaipara Coast Highway.

"We will be also riding individually to ensure we hit our training targets. The Cancer Society gives us a great booklet that helps us to set training targets."

With three of the team members working at the Kaipara Medical Centre – Selena is a nurse, Tasman the practice nurse assistant and Aimee a doctor – cancer is something they have to deal with on a regular basis.

"As a nurse I am privileged to work alongside individuals and their families who are undergoing treatments for cancer. It always amazes me to see such resilience in people who are faced with their diagnosis and the way they battle through treatments," explains Selena.



• The Kaipara Koasters (L-R): Selina Halewood, Tasman Goodhue, Louise Clunie and Dr Aimee England

The "strength and courage of these wonderful people" prompted Selena to form the Kaipara Koasters team and tackle the fundraising challenge.

The Ride to Conquer Cancer will be held over the weekend of November 16-17. It starts with an opening ceremony at Ellerslie in Auckland, where participants and supporters will be able to remember those who lost their lives through cancer and to honour those still fighting the disease.

Riders will then head south from Auckland through scenic roads to Pukekohe, where they will camp overnight at the Pukekohe A&P showgrounds. At this stage the ride's finish location is being kept secret. The route will feature 'pit stops' every 25-30km stocked with snacks and drinks for the riders.

The aim of the ride is, of course, to raise funds for research by the Cancer Society at the Auckland Cancer Society Research Centre, which is regarded as one of the world's most productive academic cancer drug development groups.

"We have already had some great support from local small businesses," says Selena. Hawky Haulage gave the group a generous big initial donation.

Jo Ogilvie at Helensville Video Ezy is also supporting the Koasters. Her advertisement on page 4 of this issue of Helensville News has a voucher to hire five \$5 weekly movies for \$10 – half the proceeds of which will go to the team.

At the time of writing the Kaipara Koasters had already raised more than \$3000 with more than four months still to go until the event.

Selena says the best way for locals to donate is online at www.conquercancer.org.nz. Simply click the 'Donate' link then search for the team's name (Kaipara Koasters). A team member's name can then be selected and a donation made to that member.

As each team member needs to raise \$2500 Selena suggests people donate to whoever currently has the lowest total raised.

Alternatively donation forms are available at the Kaipara Medical Centre.

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Everything for the dog...

"Everything's been done for the dog" - that's how Alan Walker describes the decision by himself and wife Margaret to move from the city and purchase a local boarding kennel and cattery.

The couple, along with daughter Lisa Black, took over ownership of MacBark & Scratch Kennels in Sheffield Road, off Inland Road, on June 1, promptly rebranding it to the slightly simpler 'Bark & Scratch'.

Alan and Margaret own an 18-month-old Staffordshire Bull Terrier called Nero, who they have shown - under his kennel name Challenger Caesar Rex, to great success as the pile of ribbons show - since he was only three months old.

"We took him to shows, he started winning, so we bought another dog," says Alan.

The problem came when they decided to get a third dog. Living in Gulf Harbour at the time, they discovered it is very difficult to get permission to own more than two dogs in the city.

So the search was on

for a small rural property, and when the boarding kennel came on the market near Helensville, it was the perfect fit.

"It's the dream job for people who love dogs," points out former beauty therapist Lisa, who is running the business for her parents until Alan retires, probably in the next year or two.

Alan, originally from Hampton Court, near London in England, moved to New Zealand in 1973, and has been a technology teacher at Orewa College for the past 33 years.

Margaret hails from Edinburgh, Scotland, emigrating here in 1986. She works in education too, running the office at Kristin School.

Never having lived in the country before, Margaret says she is "loving it" - and she's looking forward to next year's Helensville A&P Show, something else which will be a new experience for her.

The Walkers already have plans for Bark & Scratch.

First up will be a major upgrade of the cattery, then a large run will be put in for the dogs in one of the paddocks on the 2ha property. One of the kennels will be modified



• Alan, Margaret holding 3-month-old pup Bella, and Lisa

so the size is adjustable, allowing people with more than one large dog to have them housed comfortably in the same kennel.

The upgrades are to be completed in time for the Christmas holiday busy season.

Lisa says they plan to boost the 'doggie day care' side of the business too - single day stays for dogs.

Meanwhile Margaret is getting into alpacas - or "lawnmowers" as Alan calls them. They already have two, and plan to buy four more in the coming weeks.



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Waitoki School Rippa Rugby

Waitoki School fielded two teams - one for year three and four children and another for year five and six pupils - at a Harbour Rugby primary schools rugby tournament at Kumeu on Tuesday, June 11.

Both teams competed in the Rippa Rugby division; there is also a Tackle Rugby division for year five and six children.

With a focus on team building and sportsmanship, there were some close results from the enthusiastic team members, who are looking forward to improving their performances at future tournament rounds.

The 10-a-side, bare-foot tournament started in 2002 and now caters for more than 200 teams in total. Games are played for 20 minutes on a half field.

Schools can choose to play in any of three divisions: Year 3&4 Mixed Rippa; Year 5&6 Mixed Rippa and Year 5&6 'Junior Black' Tackle. The Mixed Rippa teams must have a minimum of three girls on the field at a time.

The Harbour Rugby area is divided up into six modules for the tournament - Massey, Kumeu, Silverdale, East Coast Bays, Takapuna and Glenfield.

Other schools taking part in the Kumeu module are Coatesville, Helensville, Huapai, Kaukapakapa, Parakai, Ridge View, Riverhead, Taupaki, Waimauku, Waioneke, Whenuapai and Woodhill.

Each school plays three times on a six-

week rotation during the course of the tournament. The next Kumeu module round is on Thursday, July 19.



• Logan Jones (8) carries the ball for his Year 3 and 4 team



• It's all concentration for Lake Marsh (11) in his Year 5/6 game



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Helensville Primary kids urged to 'play like children'



• Finn Halewood (left) and Hayden Copland climb a school tree

Children at Helensville School are being encouraged to 'play like children' by climbing trees and getting a bit muddy.

It's a move that echoes the recent return of bullrush to the playground at a Christchurch school as a backlash grows toward a politically-correct health and safety culture often seen as mollycoddling children.

Rather than just making an arbitrary decision, Helensville School's Board of Trustees went to the students, asking them what they would most like to see at the school. Tree climbing was high on most children's wish list.

The Board has now brought in changes to the playgrounds and play rules which are proving to be very popular with the children.

The children were even the ones to solve the problem of how to know how far they could climb: their suggestion of marking the trees with height restrictions was taken up by the school.

As well as being allowed to climb trees, children at the school can now play on the field on days when it was previously closed - provided they bring a change of old clothes. Students are also looking forward to the development of a long grass and dirt area, where they will be free to make tracks and play with cars.

Principal Eileen Brunton says support from parents for these initiatives has been overwhelming.

"It's refreshing to work in a community where old-fashioned values are upheld and parents are okay with their children getting a bit muddy.

"Our school, along with our parents, encourages children to play in creative and inventive ways. We have no desire for whizz-bang playground pieces where everything is done for children. Giving them planks of wood, long grass, less restrictions and permission to get dirty has seen a return to creative, inventive play. And our children are loving it!"

Says Year 4 pupil Finn Halewood: "It's fun and we get to move more of our body muscles. If we are bored we can just climb a tree."

Locals invited to have say on future of young people

Locals have the opportunity to speak up on the important issues facing our children and young people, with the launch of a draft action plan.

Developed with Auckland Council's Youth Advisory Panel, the draft Children and Young People's Strategic Action Plan is a step toward creating positive change and improving the prospects of children and young people up to age 25 in Auckland.

Locals have until July 12 to register with the online action plan at www.putmefirst.co.nz, where they can say what they can do to help improve the future of the region's children and young people.

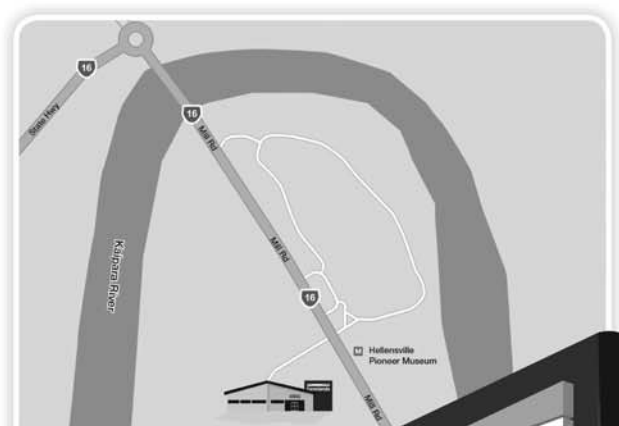
The action plan was developed using the comments of more than 5000 Aucklanders aged under 25 years, which were gathered during the development of the Auckland Plan.

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Peggy Purl Group knit for needy children

A group of local knitters have joined the Peggy Purl Project to create blankets for distribution to families in the area.

The Peggy Purl Project has its origins in 4-year-old Peggy Huse, who in the 1930s in Wellington was seen knitting small squares and sewing them into blankets for her dolls. Spotted and reported on by a radio host, she inspired listeners to start knitting six-inch squares – now called Peggy Squares – which were sewn by volunteers into blankets which were given to those suffering hardship because of the Depression.

The idea was revived last year by Peggy's daughter Adair Eady and Lynn Dawson. As well as Helensville there are now Peggy Purl knitting projects in Glenfield, Devonport, Beach Haven, and Highbury and interest has also come from Orewa, Albany, Bayview, Tauranga and Rotorua.

Ten blankets are now ready for distribution to Helensville families. The Birthing Centre and Parcels of Hope Project will ensure the blankets go to needy children aged under five years, says group member Glenys Osborne.

"Each blanket measures 105x75cm and is made of 35 colourful knitted squares and will keep a baby or small child warm during



• Group members (l-r): Ros Freke, Lyn Chapman, Glenys Osborne, Jenny Brocas, Gloria Mcleod; Noeline Sheldon and Kerry Millar

this winter," says Glenys. "We plan to produce many more over the coming months."

The Helensville Peggy Purl Group meets at the Art Stop Café in Commercial Road on Wednesday mornings to knit, chat and drink coffee. Knitters of all ages are welcome, and most of the knitting is done in the evenings at home. Some members of the group are unable to get to the cafe and do all their knitting at home.

Anyone interested in joining the group or donating wool to the project should phone Glenys on 420 7279.

Local go-karter wins at Tokoroa

Helensville go-kart racer Daniel Conner won the fourth round of the 2013 YOGG Rotax Max Challenge of New Zealand at Tokoroa recently.

After "horror" earlier rounds at Rotorua and the Bay of Plenty, Daniel was lying fifth in the championship going into the Tokoroa event.

But driving a brand new Arrow X3 chassis which he says "turned out to be a weapon", he cleaned up the opposition in commanding fashion.

Daniel was fastest in both qualifying sessions; won all three heats setting the fastest time in each in the process; won the pre-final; and took out the final by three seconds - setting the fastest lap in both those races too.

Changeable weather added an extra challenge to the weekend's racing, with practice and qualifying in the dry, and the



• Daniel leads the field at Tokoroa

heats and finals in a mixture of wet and dry conditions. Daniel had to adapt his driving style so he could keep to the drying lines around the circuit.

Daniel is now third overall in the series and only six points behind the lead.

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Montessori arts project event



- Grace (4), Eli (4) and Alina (3) find they can dance just with their arms as well as their whole bodies

Helensville Montessori will celebrate its involvement with an 18 month long university research project with a community arts event in the Helensville War Memorial Hall on Sunday, August 4.

The free show won't be rehearsed and will focus on the techniques and ideas the pupils have learned during their participation in the project. It will run from 2.30pm to 4.30pm.

Those attending will be asked to work alongside the children to 'play out a story' which will involve making music and dancing as well as story telling. There will also be exhibitions of photos taken and movie clips the school has made over the course of the research project.

It's the culmination of a joint project by research staff from Auckland University and the New Zealand Tertiary College called MAPS (Move, Act, Play and Sing), which looked at effective teaching of performing arts and the benefits for children of taking part in such a programme.

As reported in the May issue of *Helensville News*, the project saw professional artists in music, drama and dance visit the school to work alongside teachers and children. The research began in February 2012, with the aim of researching what an effective performing arts programme looks like, and what the benefits are for pre-school children.

The researchers, research assistants and the community artists will be at the event, parts of which will probably be filmed for the research.

Helensville Montessori centre leader Heather Durham says projects such as this leave the school with better understanding which translates into a richer experience for the children.

"The fact the Centre is asked to be involved in research is a credit to the teachers and their knowledge of the learning process," says Heather.

All locals are invited to attend the August event. For more information phone 420 7181.

CAB future looks good

The future of Helensville's Citizens Advice Bureau looks bright following the announcement of \$1.672 million of funding over the next three years for Auckland's network of Citizens Advice Bureaux from Auckland Council.

The funding is part of a strategic relationship agreement with Auckland Citizens Advice Bureaux (ACABx) approved in late June by the council's Regional Development and Operations Committee.

ACABx is an Auckland-wide umbrella organisation involving 12 member bureaux operating across 31 sites with 900 volunteers.

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Waitoki School visits Tiri Island en-masse



• Waitoki pupils learn about the island's wildlife

The whole of Waitoki School - 84 children, teachers, principal Brenda Williams and 17 parents - visited Tiritiri Matangi Island recently.

The large group made the six-hour trip to the bird sanctuary as a follow-on to the children's conservation studies earlier in the year.

Guides showed the children around the island, where they saw birdlife including a takehe by the lighthouse and a morepork. They also heard a kokako.

The children were particularly excited about the ferry ride to and from the island.

3rd winter lecture on Stewart family

The third and final lecture for the 2013 Historical Society Winter Lecture season will feature the Stewarts, one of Helensville's founding families.

Their business ventures were widely varied and the family remained active in the Helensville community for many years.

The presentation will be lead by Glenn Hoare, a Stewart descendant. It will start at 2pm on Sunday, July 21 in the St. Josephs Catholic Church Father Sakey Centre, Kowhai Street, Helensville. Admission is \$8 for society members and \$10 for general public. Tea and biscuits will be served.

At the second winter lecture in June, Margaret Kawharu, supported by Waata Richards, presented a summary of the results of the South Kaipara Waitangi Treaty land claims.

Margaret described the long process of the claims preparation and the large amount of research that had been carried out over nearly 20 years. The signing ceremony last spring at Shelly Beach was an important part of the process, and the chance for members of the public to be involved.

Margaret presented charts, maps photos and summaries of the decisions on a Power Point presentation. She explained how two trusts have been set up in the name of Ngati Whatua o Kaipara who will be responsible for the management of several tracts of land, including the Mt Auckland reserve.

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Apple Shortcake

After the long hot summer came a wet start to Autumn then a cool early June. This time last year we had already had a couple of frosts at our place, but this year it is just damp cold, no icy bits yet. The damp cold is enough though, it sure makes us look forward to lighting the fire and eating warming foods. The soup pot has been busy! Those of us with a sweet tooth have had a hankering to satisfy, so as my son says it is pudding time again.

The old Granny Smith apple tree produced a decent crop this year and as we are practicing our own version of austerity this year, we saved them all. The ones that weren't eaten fresh were stewed, bagged and frozen. We love fruit desserts and puddings. In my mum's old cookbook there is a well marked page with slightly translucent parts from a long ago butter stain and dog eared corners. This page has a recipe for sponge topping and another for short cake. The shortcake version has been altered a few times and scrawled in the corner in young persons writing is "yummy mummy".

If using fresh apple, there is no need to stew it first, just peel, core and slice 3 or so apples into a bowl and dust with a dessert spoon of white sugar. Leave to stand while you assemble the pastry. If using frozen apple pulp then re heat it in a pot. Once boiling add a little cornflour mixed with water to thicken it. Allow to cool before using.

■ Pastry

- 220g flour - plain white or gluten free baking flour
- 30g of custard powder
- 1 teaspoon of baking powder
- 120g butter
- pinch of salt
- 1 dessert spoon of sugar

Combine the flour, custard powder, salt, sugar and baking powder in a bowl.

Dice the butter into pea sized pieces and add to the flour mix.

Rub the butter into the flour until a crumbly sand texture is achieved and no lumps of butter remain.

Beat the egg and add it to the mix, use your hand to combine and press into a dough. Set aside.

Line the bottom of a 22cm spring form cake tin with baking paper. Cut the dough into 2/3 and 1/3. Press by hand the 2/3 into the bottom of the tin until it is about 1.5cm thick and evenly covers the base of the tin. Roll the 1/3 into a thick sausage and place both in the fridge for 30 mins.

Once chilled and firm remove the tin from the fridge and add the apple, either sliced raw or chilled cooked. Next cut the remaining piece of dough into 20 or so slices and arrange them on top of the apple mix.

Bake at 180 degrees Celsius for approx 35 mins. If the pastry starts to colour too much turn the oven down to 150. Remove from the oven and allow to cool before placing in the fridge. Once well chilled run a knife around the inside of the tin to free the shortcake and remove the cake ring. Cut wedges and enjoy them with whipped cream, ice cream or a little custard.



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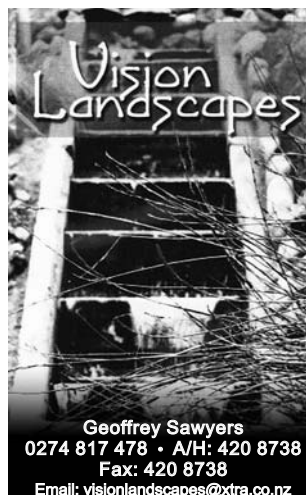
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town talk

community tidbits from town and around

■ A&PAGM

The Helensville A&P Association holds its annual meeting at 7.30pm on Wednesday, July 10 at the Helensville showgrounds. All Association members and interested members of the public are welcome. A light supper will be served.

■ AL-ANON

For anyone troubled by someone's drinking, regular Al-Anon family group meetings are held each Wednesday from 10.30am to 11.30am at the Christian Life Centre, 120 Commercial Road, Helensville.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa market is on Sunday, July 21 from 9am to 1pm. There will

be the usual selection of stalls, plus the Lions Club sausage sizzle, Kaukapakapa Play Centre raffle, coffee and food. Live music will be provided by Avon Hansen and the Ukulele Union.

For more information or to book a stall, contact Sarah on 0274 831 542, 0800 831542 or email sarah1@maxnet.co.nz.

■ TRIVIAL PURSUITS

The Helensville & District Historical Society's annual Trivial Pursuits evening is on Friday, August 2, 7.30 pm at the Helensville War Memorial Hall.

Raffles and spot prizes will be offered, and biscuits and coffee/tea supplied - but organisers recommend contestants bring their own nibbles and refreshments to keep their energy levels up.

Teams of six to eight people should book with Lynn at the museum, phone 420 7881 or email helensvillemuseum@xtra.co.nz. Individuals can also register and will be allocated a place on a team.

■ FRUIT TREE PRUNING WORKSHOP

Kaipara Coast Plant Centre will hold an in-depth workshop on pruning fruit trees on Saturday, July 6, from 9:30am to 11:30am at the plant centre, 1481 Kaipara Coast Highway. The cost is \$10 which covers entry into the sculpture gardens. To book a place on the workshop phone 420 5655 or email admin@kaiparacoast.co.nz.

High demand for centre's services

Demand for the Helensville Women & Family Centre's services is far outstripping the number of clients it is contracted to handle.

The centre is contracted each year to provide counselling to 65 clients but already this year they have 127 counselling clients - almost double the contracted amount. It is also contracted to provide family support to 40 clients, but they are already helping 44 clients with less than half the year gone.

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Helensville News - Publication Information

■ August 2013 deadline: Friday, 19th July 2013

ISSUE DUE OUT TUESDAY, AUGUST 6th 2013

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2013 issue dates and deadlines:

Due out: Aug 6th	Copy by: July 19th	Due out: Oct 1st	Copy by: Sept 13th
Due out: Sept 3rd	Copy by: Aug 16th	Due out: Nov 5th	Copy by: Oct 18th

Editor & Publisher: Dave Addison, Helensville News Ltd, PO Box 59, Helensville 0840. **Editorial:** Dave Addison, 420 7215.

Design, Subediting & Layout: Dash Design, 420 7215. **Printing:** Rob McCorkindale, Print Matters, 0274 740 657.

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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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