

Plan for affordable housing for Ngāti Whātua

Local Ngāti Whātua could soon benefit from affordable, modern housing if a scheme being investigated by the Nga Rima o Kaipara Trust comes to fruition.

The plan involves purchasing surplus houses from the closed Hobsonville air force base, refurbishing them and then siting them on multiply-owned Māori land around the Kaipara area.

If the project is successful, local Māori will purchase the houses directly, then use the experience and economies of scale gained through the pilot scheme to retrofit them into modern homes – hopefully at the same time providing experience and employment for local youth.

For the pilot scheme, Nga Rima o Kaipara has already purchased two of the former air base houses, which will soon be sited at Kaipara College on a site being leased short-term. The project has the full backing of college Principal John Grant.

Those buildings will be refurbished at the college, giving Nga Rima o Kaipara and local iwi knowledge of what can be achieved with the houses, what materials and equipment is best, and the costs involved.

Cynthia Brown-Mendes, recently-appointed service delivery manager for Nga Rima o Kaipara, says the project is still in the planning stages.

The hope is to partner with Unitech, with the university providing on-site training for local youth during the refurbishments – though Cynthia says the relationship between Nga Rima and Unitech is “still in the very early stages.”

In all, as many as 100, three and four bedroom weatherboard homes could be available if the scheme gets the green light.

“The houses are nice,” says Cynthia. “Not a lot of work needs to be done. Some have already been renovated. There's a lot of potential.” Being state houses, they will provide a good, solid structural foundation for modernisation.

The project has the support of the Rodney Local Board, which has lobbied Auckland Council to make council-owned land in Mill Road available as a base for the houses' refurbishment.

If it goes ahead, the project should be in full-swing next year. Timing will partly be determined by when the houses need to be removed from Hobsonville, which is being turned into a modern housing estate for up to 6000 people.

The 'nuts and bolts' of the pilot will be overseen by Heartlands co-ordinator Kiri Powell, who will organise project managers and arrange for contractors to tender for the refurbishment work. It is hoped as many locals – and especially Ngāti Whātua – as possible will be involved.

It is planned to investigate sponsorship or other forms of support from some of the big building supply companies, with the aim of generating economies of scale for the on-going refurbishments if the full scheme goes ahead.

Cynthia says the scheme promises great possibilities for Kaipara Māori to get into modernised, affordable housing.

“We already have the land,” she says, citing multiply-owned land at each of the five marae represented by the Ngati Whatua Nga Rima o Kaipara Trust - Araparera, Haranui,

Kakanui, Puatahi, and Reweti – as well as various other blocks around the Kaipara area.

“The whānau themselves will be purchasing the houses [and will be] supported throughout the process.”

Junior rugby team plays at Eden Park



• The J6 Red team, Back, L-R: Kullim Marchant, Carlos Olsen, Niko Stokes, Breyton Buttler, Troy Shaw, Brodie Schultz, coach Stephen King. Front: Louie Leatherland, Tyrone Reyland, Daniel Teichelman, Harry Daniel, Thomas Matteucci, Jack Hutchison. Absent: Chase King

They might not be All Blacks - yet - but Helensville's junior rugby J6 red team got to play at Eden Park recently.

They played during half time in a Black Ferns vs England curtain raiser held before the Blues took on the Chiefs.

An exciting opportunity for the 7-8 year olds, they played Marist Eastern, winning 2-1 in a game that lasted less than 10 minutes. Player of the Day for the match was Helensville's Troy Shaw, whose post-match interview was broadcast on the giant screen.

The team had caught the train from Waitakere to Eden Park, and the boys got to watch the Black Ferns warm up.

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editorial

Well, it's coming up for local body election time again - your chance to decide who will represent you and our community for the next three years. You get to vote for the Mayor, our sole councillor (for Rodney Ward), and the four Kumeu Subdivision members of the Rodney Local Board.

It's an important decision, and I urge everyone to put careful thought into what - and who - they want. There are a huge number of pros and cons to weigh up.

All four of our current Local Board members are up for re-election. Should they get another chance? They certainly don't appear to have done anything wrong in their first term, but you need to decide whether they have done *enough*.

There is definitely something to be said for experience; our current representatives had to start from scratch in a then-brand new political and administrative situation. They've had to put in the hard yards simply working through exactly how and what a Local Board does, and what is achievable under the new 'super' city.

But then, there's also a lot to be said for new blood. We have five new people keen for one of the four Kumeu Subdivision seats (one of whom stood unsuccessfully last election). They could bring fresh energy and new ideas to the table.

Two of the nine Local Board candidates don't live in our area (both are from Massey). Is that a good thing, or bad? Can they truly represent us if they don't live here, knowing the 'feel' of the place, knowing our residents and neighbourhoods personally? Or might an outside perspective be a useful thing?

One candidate, Warren Flaunty, is also standing for Massey Local Board, as well as the Waitemata District Health Board and the Waitakere Licensing Trust. Will he be spreading himself too thinly, and not able to give our area the attention it deserves - or will his experience in a range of rolls be valuable to us?

The role our Local Board plays in our area's future is extremely important. Think about where you want to see Helensville in, say, five years. Development such as Westgate could have an enormous impact on our town's future, so we need a Local Board that can stand up and push forward our agendas, making sure Helensville and the surrounding area doesn't become a backwater.

I'll repeat myself - it's an important decision. Read the literature, attend the candidates' meetings - but whatever you do, vote!

- Dave Addison, Editor

9 candidates stand for 4 local board spots

Nine candidates will be vying for the four Kumeu Subdivision positions on the Rodney Local Board at the Auckland Council Elections in October.

Incumbents Warren Flaunty, Bob Howard (the current chairman), Thomas Grace, Brenda Steele are all up for re-election.

They are joined by Paula Daye, Vivien Dostine, Morgan Hancock, Phelan Pirrie and Oliver Vitali.

Two of those standing - Warren Flaunty and Vivien Dostine - live outside the local board area.

Warren Flaunty is also standing for the Henderson-Massey Local Board, as well as the Waitemata District Health Board and the

Waitakere Licensing Trust.

Only one candidate is standing against incumbent Rodney Ward councillor (and former Rodney Mayor) Penny Webster for a seat on the full Auckland Council - Steven Garner of Warkworth.

Postal voting starts on September 20 and runs until October 12. Profiles of the candidates will be available online at www.voteauckland.co.nz from Saturday, September 7.

Overall the number of candidates is down this year compared to the 2010 election. There are 17 people standing for Mayor (compared to 23 in 2010); 60 for councillor positions (102); and 393 for local boards (420).

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Chance to have a go at ploughing with a Clydesdale team

When is a Friday not always a Friday? Answer: when it's a Saturday as well.

On the second Friday of each month Peacemakers in Fordyce Road is holding a free 'Second Friday in the Community Organic Garden' workshop day.

However this month's event will feature ploughing with Clydesdales - an attraction which was so popular when held for the first time last year that it has been decided to hold the event over two days this year - Friday September 13 and - yes, you guessed it - a Saturday, September 21st.

Starting at 10am on both days, locals will have the opportunity to watch these great horses at work, and those who are game will even be able to have a go at ploughing.

The first of the 'Second Friday' workshops was held in August and covered winter planting, raised beds, and pruning fruit trees. It was well attended by an appreciative group.



• Clydesdales Lochie and Bert, driven by Paul Stroobant, ploughing at the gardens last year

There is no charge for the gardening workshop days, however those participating are encouraged to share their gardening knowledge and experience no matter how great or small. People attending should bring their own lunch, and gardening ideas and questions.

Anyone wanting to hold a stall to display or sell their wares at the Saturday workshop should phone Simon Webb on 021 980 773.

Peacemakers is at 116 Fordyce Rd.

'Vintage' sound from band at St Cuthberts

Local band 'Tweed' will play at St Cuthberts Church in Kaukapakapa on Sunday, September 29 at 2pm.



• Tweed - from left Nancy Howie, Devon Ashton, Ross Robertson and Steff Werman

It will be one of the church's four 'fifth Sunday' fundraising events held this year. Tickets cost \$10 for non 'Friends of St Cuthberts' members. For more information phone Daphne Stevens on 09 426 6383 or 027 434 4941.

Tweed, formed in 2012, is a local band that describes its sound as vintage folk with soul and Caribbean influences.

The band lineup includes Nancy Howie on guitar and lead vocals, Devin Ashton on percussion and backing vocals, Steff Werman on ukulele and backing vocals, and Ross Robertson on bass.

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Parakai School has its Pulse on the local airwaves

If you have ever wanted to know what's happening at Parakai School, now you can find out by listening to Parakai Pulse - the school's brand new radio station.

The school got the radio station and new native gardens courtesy of Kristen School's prefects.

Each year for the past decade Kristen's prefects have taken on an altruistic community project. This year they decided another school should be the beneficiary.

As luck would have it, one of the prefect's mothers was teaching part-time at Parakai and told the school about the project; Parakai applied and was successful.

The prefects spent almost a year on the project, says Kristen senior school principal Brendan Kelly.

"I'm really proud of the guys," he says.

First they had to choose what type of organisation - school, club, charity or community group - was to be the beneficiary. They then held a formal application process before choosing their partner for the project.

They organised and ran a quiz night at Kristen, doing everything themselves, which raised more than \$17,000.

With the funds in hand, the prefects, all Year 13 Kristen students, gave up a week of their August school holidays to work at Parakai School.

Their project was two-pronged, building a beautiful native garden in front of the school's new library (plus a couple of other smaller ones around the school), and setting up the Parakai Pulse radio station.

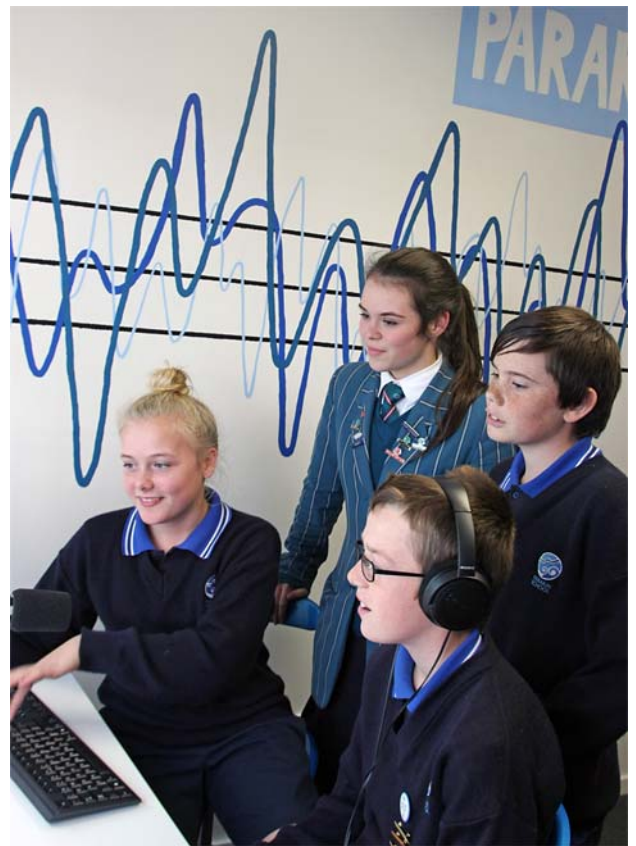
The prefects did all the work themselves. For the

gardens they had to prepare the ground, install edging, and put in the plants.

The radio station saw them take over two small rooms. One was converted into a 'thinking' room where Parakai pupils can plan out what will go on air. The other room was soundproofed, carpeted, painted with radio-themed graphics, and equipped with the necessary high-tech gear needed to broadcast radio.

The station, named through a Parakai School competition, will broadcast 24 hours a day on a loop on the 107.4FM frequency,

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• Kristin prefect Caitlin Beattie with Parakai students (from left) Jaimie Allen (11), Taine Mansell-Flay (11) and Blake Dobbin (10)

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KKK snowboarder top kiwi at games

Christy Prior of Kaukapakapa finished top Kiwi and seventh overall out of 46 competitors in the women's snowboard slopestyle competition at the Audi Quattro Winter Games at Cardrona.

Christy had qualified second in her heat and fourth overall for the final, but couldn't repeat that in the medal event on Monday, August 19.

Her second run was looking good until the final kicker when she couldn't land her final jump cleanly. However, her first run score of 61.75 was enough to take seventh place overall.

Christy finished well ahead of all the other Kiwi snowboarders, with Shelly Gotlieb 22nd, Rebecca Torr 26th, Stefi Luxton 33rd and Jasmin Gallop 42nd.

Competing in foggy conditions which delayed the event, US snowboard star Jamie Anderson took the gold medal with an almost flawless performance and a score of 94.75, with Great Britain's Jenny Jones gaining silver and Cheryl Maas taking bronze for the Netherlands. The other competitors finishing ahead of Christy were from Austria, Canada and Norway. Christy is currently ranked 30th overall on the World Tour ranking and 4th on the Slopestyle World Tour ranking.



• Christy Prior

Waka Ama regatta set for Kaipara River

Tu Tangi Ora will hold a Waka Ama (outrigger canoe) regatta on the Kaipara River on Sunday, October 6.

The regatta will be for mixed teams of five people, with no experience needed. All equipment - boat, paddles and life jackets - will be supplied. Experienced members of the Waka Ama Club will act as steerers.

Teams will be sent a draw beforehand,

and the first round will start at 9am. Races will cover 500m starting from the Kaipara Cruising Club. The cost is \$50 per team, with a limit of 25 teams.

Registrations close on Sunday September 29. Entry forms are available at Parakai Springs or Helensville Copy & Print. Phone Mili Sipa on 420 7971 or 027 429 5497.

Parakai School radio (cont)

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with a signal that should cover about a 4km radius from the school, reaching to Helensville and beyond Parakai in the west.

The children are "wowed by the radio station equipment," says Parakai principal Sean Valvoi.

He says the station will provide "lots of learning opportunities for the students, and will help to connect with the community."

The station will broadcast music, school and community notices and events, and items of recorded school work such as stories, poetry, singing and musical instrument playing. It is expected community groups will be allowed to access the station.

It will broadcast live before and after school and during the morning tea and lunch breaks.

Sean Valvoi says Parakai is lucky to have a teacher, Kieran Fry, who has worked previously at a school that had a radio station, so they have been able to draw on his experience.

An organising committee of six pupils has been set up to run the station, and other students will be auditioned for DJ roles.

The station and gardens were officially handed over at a ceremony at Parakai School in mid-August, attended by all Kristen prefects, Brendan Kelly and some senior staff. Kristen turned up with a large pile of gifts - a radio for each class at Parakai, plus another for the library.

Year 6 Parakai student Blake Dobbin (10) made the first official broadcast on the station, welcoming and thanking the Kristin prefects.

Parakai students sang for their guests and performed a haka, then presented each Kristin School prefect with a certificate.

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New services grow offerings

A number of new services and developments are keeping everyone on their toes at the Helensville Physical Therapy Centre in Commercial Road – quite literally in one instance.

From Monday, September 23 there will be a new weekly podiatry clinic with podiatrist Linda Tulett treating locals with foot health issues.

After a successful career in local government and the corporate and business sectors, Linda decided to pursue her interest in podiatry, qualifying with a BHSc Podiatry from AUT University in 2010.

She has been working since at Waitakere Foot Sports and General Podiatry, and is now looking to build her own practice and client base.

Her services will include treating a wide range of foot issues including: problem toenails; painful feet; corns and calluses; verruca removal; painful bunions; plantar fasciitis; diabetic foot health; children's foot problems; rheumatoid and osteoarthritic feet; skin rashes on the foot and ankle, and all other lower limb and foot problems.

She also provides a home visit service.

Linda can be contacted by phone on 09 282 1227, mobile 021 202 9883 or email feetfocus.pod@gmail.com.

Bay Audiology has run an audiology clinic at the physio centre for two years, and that service has just been given a boost with the installation of a properly sound-deadened sound booth to ensure a quality hearing assessment service.

Hearing services are provided by Lisa Greene, an audiologist registered with the New Zealand Audiological Society. With more than 14 years' experience, her background is in both pediatric and adult audiology.

Lisa works from the Helensville Physical Therapy Centre on alternate Wednesdays; the rest of the time she is based at the Bay

Audiology clinic at Kumeu, where she has been for almost three years. To arrange an appointment with Lisa, contact Katie at the Kumeu Bay Audiology clinic on 0800 800 854 or 09 447 0280, or email katie.morris@bayaudiology.co.nz.

Another new service at the Physical Therapy Centre is Pilates.

Professionally-trained instructor Miriam Reesink, who runs classes at the Helensville

War Memorial Hall, has started using the physio clinic's in-house gym to run private classes for patients and people needing to exercise at a time that suits them. Bookings can be made with Miriam on 420 6080, mobile 027 612 3550, or email her at powerhousepilates@clear.net.nz.

Miriam has 20 years' experience as a personal trainer and an aerobics instructor. She has been involved with Pilates "since I was a young girl" – she's now 58 – when she was a

ballet dancer and later a dance teacher.

"I have been in Helensville since December 2012 and I really enjoy being part of a very close-knit community," she says.

"I feel very privileged being able to do what I enjoy doing, because Pilates is my big passion. It is just so great to see people's quality of life improve because they feel good about themselves or they are now pain-free."

In addition to these expanded peripheral services, there are changes at the Physical Therapy Centre itself.

A new twice-weekly physiotherapy service has been launched for residents and patients at Craigweil House at Parakai. That includes functional and mobility assessments along with personalised rehabilitation plans. Any queries should be directed to Sue Narbey on 420 8899.

With business booming, the Physical Therapy Centre is looking for a part time

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• Podiatrist Linda Tulett

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at Helensville physio clinic

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physiotherapist to join the team. Contact Sue Narbey also.

The practice has become particularly busy through its support of a number of local community groups. Kaipara College students, and players with Kaipara Junior Netball, Helensville Junior Rugby and the Helensville U20's Rugby all receive subsidised clinic visits. Sue Narbey also attends the U20 matches each week during the season to help players, and the practice is also sponsoring local riders Selina Halewood, Tasman Goodhue, Louise Clunie and Dr Aimee England in the Ride to Conquer Cancer (see page 13).

Sue points out that patients can complete ACC claims on the spot and there is no need to have a doctor's referral. The



• Audiologist Lisa Greene with the new soundproof hearing testing booth

centre offers a wide range of treatments including: soft tissue, spinal, and sport injuries; sprains; manipulation; massage; acupuncture; exercise prescription; pilates; post-surgical rehabilitation; and antenatal and postnatal rehabilitation.

The clinic is open 7am to 7pm Monday and Thursday, and 7am to 4pm on Tuesday, Wednesday and Friday.

medical centre notes

After nearly two years with us, I am sad to say that Dr Willemijn Baneke is leaving the Kaipara Medical Centre, at the end of September.

From the very start, she has been popular with patients and staff and settled in very quickly after her arrival from the Netherlands. She has been a wonderful asset for the practice, with her enthusiasm and dedication - we will miss her! A job change for her partner Thomas and subsequent house move for them to Auckland City, means she now has a longer commute. She has decided she wants to work closer to home. We wish them both all the very best in the future.

Finding and recruiting doctors to come to work in Helensville remains a challenge for us, and we have again had to look overseas. I am delighted to say that we are near finalising the agreement for a female doctor to replace Willemijn, who will hopefully start at the end of October. She will take over the care of Willemijn's patients and we look forward to announcing the details in next month's column. In the first few weeks of October, until she arrives, Willemijn's patients will be looked after by the rest of the doctors and staff.

- Dr Phillip Barter, Clinical Director



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Three locals sought to help with new community development scheme

Three volunteers from the local community are being sought to join a steering group as part of a three-year community development scheme just awarded to South Kaipara communities by the Department of Internal Affairs.

The project itself will have a community-led, economic development focus, aiming to grow local work, social enterprise, participation, skills and learning.

The fund holder for the project is the Helensville District Health Trust, which will be responsible for the leadership, finances and management of the project.

The Trust and Ngāti Whātua iwi will be jointly responsible for the selection of the steering group for the project.

The group will work alongside HDHT and Ngāti Whātua to steer the project and support a paid community development worker, funding for whom is provided for by the scheme, along with some project costs.

Locals interested in being on the steering group should: have a passion for the South Kaipara and its community; be willing and able to work well in a group; have some community development experience; be available for regular out of hours meetings; be willing to invest time and energy beyond meetings; and have some economic development experience and knowledge or business skills.

People who would like to be considered for the project should email Charm Torrance at ctorrance@helensvillehealth.co.nz by Tuesday, September 10.

Plan to form new residents' and ratpayers group

A meeting with the aim of reviving a Helensville/Parakai Residents' and Ratepayers' Association will be held at the Men & Family Centre, Gerald Stokes Ave, Helensville on Monday, September 9 at 7.30pm.

The meeting will be facilitated by the Rodney Local Board and plans are for a committee to be elected on the spot.

"The recent groundswell of interest in Auckland Council processes has highlighted Helensville's lack of residents' and ratepayers' representation - the most effective means of connecting with Council and lobbying for the local community's interests," says business woman Holly Ryan.

"Participation by people from each of the different residential and commercial 'quarters' of our twin towns would be ideal," she says.

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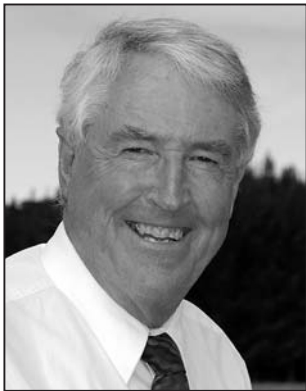
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Kaipara Community Fund looking to develop and grow

A working group aiming to develop the South Kaipara Community Fund will hold presentations in the coming months to explain the concept behind the fund, with the purpose of establishing a community group to oversee its development and promotion.

The South Kaipara Community Fund (SKCF) was established a year ago under the auspices of the Auckland Communities Foundation (www.aucklandcf.org.nz). The SKCF is a dedicated fund from which the income will be distributed to support community activities and organisations within South Kaipara area, from Glorit to Taupaki.

"We all receive a steady stream of evening phone calls and mail requests for donations to support worthy causes and charities, most of them national," says Helensville business woman Holly Ryan.

"Within our own community there are a number of activities and organisations which contribute significantly to the wellbeing and character of our community and need support, but do not have the resources to run major fund raising campaigns."

The idea of community charitable foundations – a trust that accepts donations and bequests, investing those funds in perpetuity and returning the income to the community each year by way of specific grants - has been around for some time, and is one way a community can ensure support for the good things that enable it to thrive, says Holly.

She cites several examples of successful community funds in New Zealand:

The Acorn Foundation in Tauranga (www.acornfoundation.org.nz) has more than \$3 million invested and makes grants to the community each year of more than \$300,000. The concept is encapsulated by its catch-phrase, 'giving where you live'.

The Advance Ashburton Community Foundation (www.advanceashburton.co.nz) is another success story, linked with the Tindall Foundation.

"One of the better-known funds within the Auckland Communities Foundation is the



• Holly Ryan

Mayoress' Fund for Youth. 2012 was the inaugural year for distributing grants, with nearly \$150,000 shared amongst four youth initiatives," says Holly.

"Recognising the benefits accruing from such initiatives and the wisdom of taking a long-term view and investing for the future, a few Helensville identities established the South Kaipara Community Fund," says Holly.

"The fund is not a quick fix to the challenge of funding community activities, but is rather a medium- to long-term approach to providing support by the community, for the community that is controlled by the community.

"SKCF provides you with an opportunity to invest long-term in your community's wellbeing, through donations or bequests," she says.

For more information phone Holly Ryan on 021 488 427.



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South Kaipara Wellbeing Forum

About 30 people turned up for the second special session of the newly-formed South Kaipara Wellbeing Forum, held at the former Parakai Tavern building on Tuesday, August 20.

Facilitated by Cissy Rock from Auckland Council, the group - whose members represented a range of backgrounds, occupations and interest groups - worked together for several hours on the structure, purpose and potential for the forum.

The group will meet again on Tuesday, September 17 to discuss and formalise the forum's structure.

It is hoped another similar organisation from Otara will attend the meeting to share

their experiences and knowledge with the group.

The meeting will again be facilitated by Cissy Rock and held at the former tavern building, which was recently gifted by the now-defunct Parakai Licensing Trust to the Helensville District Health Trust for community use.

Locals interested in getting involved can register their interest by email to grace@graceworks.co.nz.

The Wellbeing Forum is open to all individuals, residents and stakeholders of the wider South Kaipara region, and wants to have as wide a representation of the community as possible.

Lions celebrate member's 100th birthday

The Helensville Lions Club held a 100th birthday party 'in absentia' for former long-serving member John Old at the club meeting on August 26. Club spokesman Ed Hayhoe says plans were for photographs to be taken, and possibly a video made of club members singing 'Happy Birthday'.

Club members will then hire a 12-seater mini bus to Rawene on September 8 to celebrate with John in person, the day before he turns 100. John is a longstay resident in Hokianga Hospital.

John Old notched up 50 years of service to the Lions Club in August, 2011 at the age of 97, putting himself in a small but elite group of very senior Lions Club members.

Born in Taranaki on September 9, 1913, John joined Te Awamutu Lions Club in 1961. When he moved to Helensville in 1967 to manage the ANZ Bank he transferred to Helensville Club. He was Lions Zone Chairman in 1974 and 1987, became a Melvin Jones Fellow in 1988 and was made a life member of Lions International in 2001.



• John Old

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- Hobart - Lies along the Derwent River and is dominated by the breathtaking Mount Wellington. Stroll the harbor side docks to browse artist studios and visit the Tasmanian Museum and Art Gallery.

- Melbourne - There's a lot for cruise visitors to see, but you can't go wrong in the city center, full of welcoming pedestrian lanes and Victorian veneers.



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New market starts up in October

A new monthly market will start in Helensville on Saturday, October 12.

The market will run from 10am to 2pm at the Helensville War Memorial Hall on the second Saturday of each month.

The brainchild of Dutch-born Helensville resident Elsie Smedicus, who is organising it along with local artist Arwen Flowers, the market will feature a wide range of products from hand-made jewellery, art prints and cards through to babies' and children's clothing, soaps, candles and Rawleighs products.

There will be face painting and play dough with Helensville Playcentre, and an ice cream stand outside.

Arwen says because of the cost of licensing from Auckland Council, the market won't initially be licensed to sell fresh or pre-made food apart from fruit and vegetables. She expects the market to be established that once the HELENSVILLE WAR MEMORIAL HALL should become economic to purchase the annual permits. However, sellers with their own permits or licenses will be allowed to sell those goods as long as they show their licences to the organisers when they set up their stalls.

Elsje and Arwen had been selling their own items - knitted children's beanies and booties by Elsie and jewellery by Arwen - at another market, and liked the idea of doing that locally, and under a covered location.

"The hall was free so we booked it," says Arwen.

"[We] thought it would be a nice thing for the community to both get involved in if they had items to sell, and also to come to on a Saturday for buying [and] supporting locally made/sourced products.

"We want to keep it simple and fun for all involved. If it goes well we will carry on into next year," says Arwen.

Anyone interested in having a stall should contact Arwen on 021 710 367 or email kiwiartist@gmail.com, or phone Elsie on 027 201 1530. Stalls cost \$10 for a table up to 2.4m long; 20 tables of 1.8m to 2.4m are available on-site, or stall holders can bring their own.

More information is at www.facebook.com/HelensvilleMarket or <http://helensvillemarket.weebly.com>.

The hall is already booked for subsequent markets will be held on November 9 and December 14.


John Key to speak at new business assn's first meeting

Prime Minister and Helensville MP John Key will be guest speaker at the first meeting of the new North West District Business Association on Wednesday, September 11.

He will talk to members and business owners about regional economic development and tourism.

The meeting, at Soljans Estate Winery, 366 State Highway 16, Kumeu, runs from 6pm to 7.30pm and tickets cost \$25 per head. Tickets must be purchased by September 5 - there will be no door sales.

Tickets are available by emailing: secretary@northwestbusiness.co.nz, or from the Helensville and Kumeu visitor centres.



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Authorised by Joss Hong, 94 Oaia Rd, Muriwai, Auckland

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We are looking for a highly motivated, absolutely trustworthy and hardworking person. You will also have a lot of initiative and be able to come up with new ideas. You must have a can-do attitude and be willing to learn new skills and tasks.

Ideally you will have some experience in farm-related work but this is not essential as the correct attitude to learning skills and tasks is more important. You must enjoy caring for a few animals such as chickens and sheep. You will need your own transport.

More information will be given at interviews. The position starts mid-September.

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Kids' sports programme could become regular holiday event

A free, three-day sports programme for local children held by Tu Tangi Ora at Rautawhiri Park during the recent school holidays could become a regular holiday event following positive feedback from both the children and parents.

Twenty-three children aged from eight to 15 took part, playing tennis, basketball, cricket, orange ball, running relays, a tug-of-war and an obstacle course. The most popular game was 'snowball', similar to 'ball tag'.

"The kids loved this game and wanted to play it the whole time, says Mili Sipa.

On the Wednesday morning the children were transported with the help of Nga Rima O Kaipara to the Hauora Children's Day at Rewiti Marae, where their ears, eyes and teeth were checked before receiving lunch.

Tu Tangi Ora's aim is to get the community more physically active.



• Children take part in the tug-of-war

"It's so rewarding to see our children leading the way and making new friends and more importantly having lots of fun doing it," says Mili.

She sends thanks to Davina from Harbour Sports, and locals Jarel and Annette Hemeheema, David Sipa and Tara for volunteering their time.

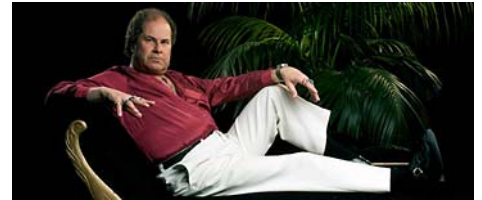
'Singer of Songs' to perform in Helensville

Wayne Anderson, the 'Singer of Songs', will perform at the Helensville War Memorial Hall on Saturday, September 14.

The show is for a Mt Tabor celebration but is open to everyone. It will run from 7-9pm. Tickets at \$10 are available from from the Mt Tabor office at 51 Commercial Road.

Wayne is a hilarious performer with a huge vocal range who sings everywhere he goes. His renditions of the greats like Elvis and Tom Jones are highly entertaining. He

was the subject of a seven-part documentary shown on TV2 in 2006.



• Wayne Anderson

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International tour for local rugby kids



• The tour team members

Thirty-five Junior 1, 2 and 3 players from Helensville Junior Rugby Club along with 18 supporters spent a week in Brisbane during the last school holidays, playing rugby and seeing the sights.

It was the second time the 'Helensville Junior Rugby Club Gold Coast Tour' has been held, and another tour is planned for 2015.

The 35 players were split into two teams which each played - and won - three games against local teams. Palm Beach Rugby Club even promoted their game against Helensville as an 'International Rugby Match'.

When they weren't on the field, the boys visited Gold Coast theme parks Movie World, Wet n Wild, and Sea World. They also spent a day at Currumbin Wildlife Park where they got to hold koalas, snakes and a baby crocodile.

It was the first time most of the players had travelled overseas, and for some it was their first time on a plane.

The players and their families spent 16 months fundraising for the trip, including chopping firewood, working at horse events, and selling raffle tickets. A hard working group of committee members also put in

hours of work, and support from local businesses who sponsored the players' apparel meant the teams looked professional and incredibly proud to represent our Helensville / Kaipara region.

Businesses and organisations sponsoring the players were: Brewis Concrete; Century 21 Helensville; Dayle Building Centre ITM; Fletcher Contracting; Hawky Haulage; Helensville Glass; Helensville Lions; Helensville Mitre 10; Helensville Vets; J&H Contracting; Kaipara Farm Services; Laser Electrical Helensville; PGG Wrightson; Platinum Homes NZ; Shade Ltd; Trufrom Spa Pools; Whatawhiwi Top 10 Holiday Camp; Woodhill Sands.

With the next tour set for 2015, any child playing in a J1, 2 or 3 Helensville Junior Rugby team then will be eligible to go.

To register interest or for more information email Maria Paul at: maria.paul@xtra.co.nz.

Call by cycle team to keep cancer donations coming in

The four local women raising funds for the Cancer Society by competing in the cycling 'Ride to Conquer Cancer' are appealing for people to help them meet their \$10,000 target.

At the time of going to press, the Kaipara Koasters - Selina Halewood, Tasman Goodhue, Louise Clunie and Dr Aimee England - had already raised just under \$6000.

With the race to be held over the weekend of November 16-17, there is still plenty of time for the quartet, three of who work at Kaipara Medical Centre, to reach their target.

Louise Clunie points out that all donations to the charity are tax deductible. Team members will also put company logos on their race shirts for any large donations.

"Any amount big or small will be greatly appreciated," says Louise. "We are just normal women who have literally taken up bike riding just to do this event."

"We have all had close friends or family affected by cancer, as have most people."

People can either donate by cheque or online at www.conquercancer.org.nz - type in the team name Kaipara Koasters, and divide any sponsorship amongst the four members.

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Te Whare Oranga o Parakai new name for former Tavern

The former Parakai Tavern, gifted for community use to the Helensville District Health Trust by the disbanded Parakai Licensing Trust in July, has been renamed Te Whare Oranga o Parakai

After consultation with the community, a steering committee appointed by the Health Trust has determined the best use for the site will be as a mixed-use centre run with a community/ social enterprise focus.

It will be a place for community members to come together for the collective good. Still in its developmental stage, it is hoped the new facility will provide space for teaching; one-on-one tutoring and community education; fitness and wellbeing classes; social support for the elderly; and ante-natal and post-natal parental support.

Concern about the origin and processing of our food was identified as a community issue, so in response an integrated food enterprise is planned. Te Whare Oranga o Parakai hopes to develop a scheme to allow the public to engage directly with local farmers and producers via a progressive growers co-operative.

Local chef and business owner Peter Brennan is keen to ensure South Kaipara's produce growers can utilise the co-operative for their own benefit and that of the community. It is hoped a version of a 'green dollar' scheme will eventually be introduced,

through locals can 'buy' produce by lending their skills, physical labour or expertise.

Until then, pending council consent, the site will host a new Farmers' Market, hopefully starting Saturday, September 7.

Also underway are discussions with Unitec around the involvement of its health and landscape architecture faculties in the development of Te Whare Oranga o Parakai.

Locals can expect to see Te Whare Oranga o Parakai open in its new capacity early next year.

Groups or individuals interested in using the building as a meeting or event venue, or who would like to be involved in the development of Te Whare Oranga o Parakai should email Charm Torrance at ctorrance@helensvillehealth.co.nz.

New playgroup growing

A playgroup started just a month ago by Nga Rima o Kaipara already has around 20 children.

Held from 10am to 1pm Mondays to Thursdays at the Lions Club rooms at Rautawhiri Park, attendance is free, and the two kaiako (teachers) focus on Te Reo. The room has been booked for 12 months, will all resources and kaiako provided by Nga Rima o Kaipara.

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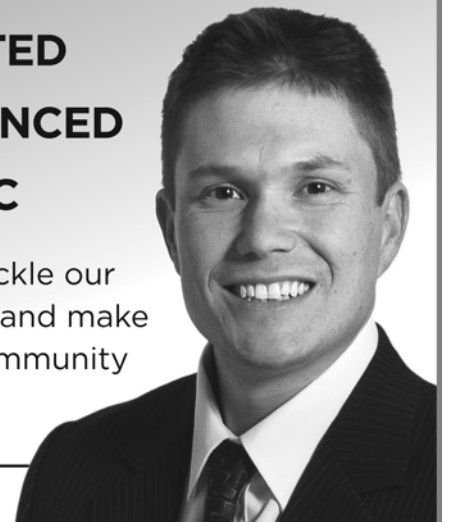
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with Kaipara chef, Peter Brennan

'That' chicken recipe ...

This recipe is for all the people who have asked me how to make this chicken dish - you know who you are...

Many years ago a chef had finished lunch service but had a table of blokes who stayed on. The staff finished their shifts and the table of blokes ordered another bottle of wine then settled back for the afternoon - not uncommon back in the 1980s; it was the decade of the long business lunch after all.

As the evening staff arrived they were put to work fetching more drinks for the blokes and eventually as the light faded and dinner customers arrived the blokes decided it was time to move off home. The chap paying the bill decided to thank the chef in person for allowing them to stay, so he staggered into the kitchen. Chef was busy setting up so his customer decided to perch on a chair and chat while he waited for his wife to collect him.

Seeing the food prepared made him realise he was now hungry as his last meal had been seven hours and several bottles of wine ago. Chef was in no mood to entertain the bloke so told him to cook himself something, dumping a few things on the bench. Who would have thought the bloke

was about to create a chicken dish that nearly 30 years later was still one of the most popular dishes on Porcini's menu and had graced many others in between.

What he was given was a chicken breast, some mushrooms, sweet chilli sauce, an avocado, some cream and a block of Parmesan cheese. Clutching the remainder of his glass of wine he heated a pan and began to fry the chicken, he turned it over and tossed in the mushrooms. Asked for advice, chef suggested he throw in the rest of his white wine, some chilli sauce and the cream and just simmer it on the stove until the chicken was cooked. A rich spicy sauce developed around the chicken, a few chopped spring onions were added and the chicken was placed on a plate. Half the avocado was dumped on top and the whole thing had cheese grated over it.

Our man was about to tuck in when the wife arrived, in no mood to wait, and with chef unable to find a container to put it in, the bloke left and his meal sat on the server. The staff decided to eat the meal, as did chef. It was fantastic, and still is.

I have long since forgotten who the bloke was, but I thank him for accidentally making a dish that people would cross town to eat!

■ Porcini Chicken & Avocado

- 1 chicken breast, skin removed
- Teaspoon of oil
- 6 white mushrooms sliced
- Tablespoon of chopped spring onions
- 1/2 glass of dry white wine.
- Tablespoon of sweet chilli sauce
- 1/2 cup of cream
- Salt and pepper
- Half avocado
- Good quality Parmesan cheese.

Follow the method as above, or once you have added the cream put the pan into a 200 Celsius oven for 15 mins. Serve on potatoes, top with the avocado and grate the Parmesan over it all. You may need to reduce the sauce over heat to thicken it, or if it is too thick add a little cream. You won't be disappointed.



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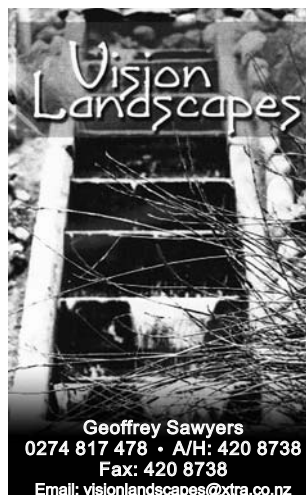
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community titbits from town and around

■ WAITOKI SCHOOL SOCIAL

Waitoki School is holding a social this Friday, September 6, from 7.30pm in the school hall. It will feature live band 'Shimian', fresh from playing at the Bay of Islands Jazz & Blues Festival. Billed as a great opportunity to mix and mingle with the local community and hear a great band perform, there will be music to suit all tastes.

The evening is BYO, with snacks and nibbles available for purchase. Tickets cost \$15 each or \$25 for couples, with door sales on the night \$20pp. Tickets are available from the school office, ph 420 5244.

■ OLDART ON SHOW

Art Kaipara will hold an exhibition of pre-loved art from different eras at the Helensville Art Centre in Karaka Street from Sunday, September 15 to Sunday September 29. The free show will include artworks dating back at least to the 1930s. The Art Centre is open 11am to 3pm during the weekend, 10am to

2pm on Fridays and 2pm to 4.30pm on Tuesdays, Wednesdays and Thursdays.

■ FOREST & BIRD AGM

The Kaipara branch of the Forest & Bird Society holds its annual general meeting at 7pm on Wednesday, September 11 at the office of ECE Astute Accounting, 69B Mill Road, Helensville. Everyone welcome.

■ HELENSVILLE AGLOW

The next Helensville Aglow meeting is at 7.30pm on Friday, September 20 in the Helensville War Memorial Hall. Guest speaker will be Pastor Karen Colmore-Williams, who will share her life experiences in a message titled 'My testimony, My Joy'. As an ordained minister under the 'Christian International Ministries' Karen and her husband Robin lead The Living Faith Church at Red Beach. They have spoken in Korea and Australia. Both men and women are welcome. Enquiries to Marilyn Gray, phone 420 4346.

■ MEN OF STEEL

Male review Men of Steel will perform at the Kaukapakapa hall on Saturday, September 21. Ticket cost \$30 per person for the event, a fund raiser for North Harbour Pony Club. The event is BYO alcohol, and a light supper will be served at interval. Phone 021 030 6461 for more information.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa Village Market is on Sunday, September 15 from 9am to 1pm. There will be the usual selection of indoor and outside stalls, plus Kaukapakapa Scouts will have a stall raising funds so they can attend Jamboree. There will also be the Lions Club sausage sizzle, raffles, coffee and food available. Foster Watkinson will be performing a selection of well-known ballads on the tenor sax. For more information or to book a stall phone Sarah on 0274 831 542 or 0 8 0 0 8 3 1 5 4 2, or email sarah1@maxnet.co.nz.

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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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