

Ambitious development plan for Parakai facility

Ambitious plans for the old Parakai Tavern building which could cost as much as \$1 million have been revealed by the Helensville District Health Trust.

Now called Te Whare Oranga o Parakai, the building is to be transformed into a flexible, multi-purpose 'house of well-being' that while centred in Parakai will be for the benefit of the whole South Kaipara area.

Trust chairman Dianne Kidd hosted an open evening on site where she outlined the plans for the centre. She was joined in the presentation by Trust manager Charm Torrance, Strategic Broker Arohanui Grace, local chef Pete Brennan, a graphic designer and a team of architects from Unitec, who have come up with the plan.

After Diane covered the Trust's acquisition of the building as a gift from the former Parakai Licensing Trust in mid 2013, Charm spoke about the business plan and strategy for the facility.

The three main guiding principles for the development are that the enterprises and services there must be sustainable; any social enterprises must provide positive benefits for the South Kaipara community; and that there will be a preference for healthy, well-being activities - whether cultural, environmental or economic.

"We don't want to set something up that's already available somewhere else," says Charm, stressing it was not the Trust's

intention to develop services already being provided by other groups in the area.

"The District Health Trust had done lots of research into what's needed in the area," she says. Youth and employment, and services for the elderly, were the biggest issues identified.

"Some of the things we are planning to do are really quite innovative," says Charm.

The Parakai Licensing Trust also donated two houses adjacent to the tavern building to the Health Trust. They have now been renovated, and one will be sold to help pay for development work.

Applications are being made to the ASB Community Trust, Sky City and the Lotteries Commission for further funding.

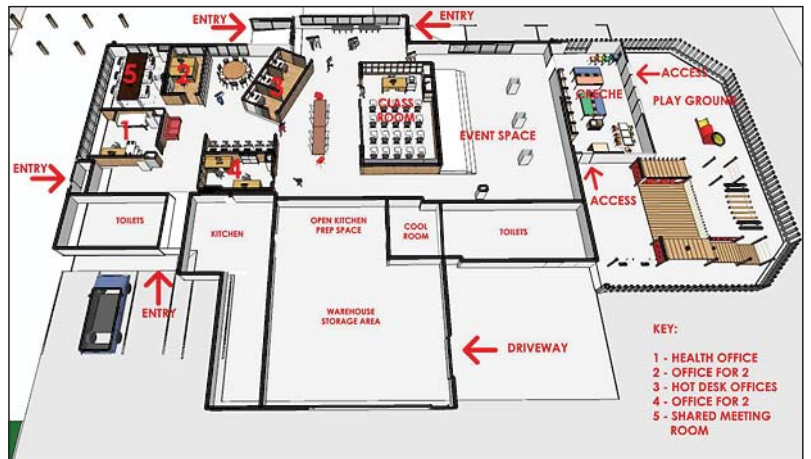
Charm says the renovations are expected to take several months, and she will be pleased if they are ready by the end of the year. Contingent on that work is the need to get resource consent to change the land's zoning, as well as consents for the actual building work.

It is hoped the weekly Farmers' Market will be able to continue being held while the building work takes place, but Charm was unsure if that would be possible.

Those attending the evening were treated to a visual presentation by three Unitec graduate architects, who donated their time to develop the project. As well as plans and static images of the building, they showed a

3-D computerised fly-through of the finished project.

They have themed the building around a 'greenhouse' concept, with lots of native timber and natural light, a living green wall, and references to nature.



• The architects' impression of how spaces in the building will be arranged

Designed as a place for everyone to use, the challenge was to make the building as flexible as possible.

Probably the single biggest alteration will be the removal of the existing bar area, which will be replaced by a central 'classroom' which will feature huge sliding walls on two sides, enabling it to be set up in a number of different configurations.

The building will be laid out in a series of 'pods' to cater for different uses, such as the classroom, offices, health service provision, meetings and public spaces.

The large kitchen area will be revamped with bays that can be rented out and spaces for demonstrations.

Outside, planters will be used to guide people into the building, which will feature a large new main entrance. Everything will be kept as open as possible.

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editorial

We're 15!

The first issue of Helensville News was published in April 1999 - a simple four-page newsletter that has grown in both size and popularity over the years to become the well-read paper it is today.

So ... who's going to bake the cake?

We have a great selection of articles for you today. I had a lovely time interviewing (probably) Helensville's oldest resident, Jean Narbey, for our coverage of the Helensville Tennis Club's centenary (see pages 4 and 5).

We've got lots of coverage of the plans for Te Whare Oranga o Parakai on the front page, plus Pete Brennan gives his side of that story on page 15.

I've said it before and I'll say it again - this area is full of interesting people. Take physiotherapist Mary Dunning, who travels the world ministering to the Black Sticks hockey players - but chooses to live and work in our town.

Finally, no-one likes getting ill - but it's great to know we have a top team at our local medical centre. You can learn about our three new doctors on page 6.

- Dave Addison, Editor

letters

The article last month headed 'Lions Club, Council to Extend Riverside Walkway' brought home to me how lucky the community is to have such an active Lions Club. Their contribution to the community can be seen everywhere, and their latest is yet another example of that.

Their request for volunteers for help reminds me when, as Chairman of the Helensville Riverside Heritage [HRH] which worked with the Rodney District Council to build the walkway, I requested help from volunteers. The response was overwhelming with the community pitching in to clear weeds, plant trees and shrubs, and paint the woodwork. It was 'The Friends of the Walkway', as they became known, that gave us what we have today. The morning teas that were provided helped make the sometimes back-breaking work seem easier to handle, and it was a time to meet new people and make friends.

I am sure Rod Brown, the coordinator for this new project, will get the same response as I did. I am told there will be a barbeque on the day(s). Just to remind everyone, Rod can be contacted on 420 7114.

- David Bott, Helensville resident

Do's and don'ts of parenting

Almost every parent at some time or other wishes they had an instruction manual for their child.

Unfortunately they don't come with one - but the Helensville Christian Life Centre is out to help with a presentation on Wednesday, April 2 titled 'The Top 10 Do's and Top 5 Don'ts for Parents'.

It will be presented by John Cowan, a creative producer and presenter with The Parenting Place, a charity with a Christian ethos that seeks to positively impact families. He will look at the top ten parenting

skills that work, and the common mistakes parents often make. Participants will learn practical steps to develop happy, healthy, children they can be proud of.

Doors open 6.30 at the Christian Life Centre at 118 Commercial Rd, Helensville, with the 90-minute presentation starting at 7pm. Tickets cost \$10 single and \$15 double, and can be pre-purchased from the Christian Life Centre or Noah's Ark Playgroup, or bought on the night.

For more information phone 420 8911 or email admin@hclc.co.nz.

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Local physio off to Glasgow Commonwealth Games

When the women's Black Sticks hockey team heads off to the Commonwealth Games in Glasgow, Scotland in July, a little piece of Helensville will be going with them.

That's because physiotherapist Mary Dunning doesn't just treat locals at the Helensville Physical Therapy Centre - she's also been the Black Sticks' physio for 10 years.

She's one of two physios who alternate the task of looking after New Zealand's elite women hockey players during international contests, and it's a role that has seen her travel widely.

She went with the team to the Beijing Olympics in 2008, has been to Argentina four times, the United States three times, as well as Hong Kong, China, Italy and Australia.

If the job sounds like a cushy number, think again. When abroad Mary says she usually works from 7am until 11pm with virtually no time off.

A typical day starts with team members being urine-tested to check on hydration levels, followed by a general health screening. After breakfast there is usually a meeting, then a walk and stretching session. Training follows, then time to treat individual players before a second training session and more meetings. The day rounds off - usually late in the evening - with further player treatments.

It's rare for there to be time to do any sight-seeing, but that's not why Mary is there.

"Being part of the whole team thing is really exciting, and doing everything you can to make it successful for them," she explains.

A keen hockey player herself until about five years ago - Mary played for the North Harbour Masters team - she comes from a hockey-mad family. Her grandfather, father, uncles and sisters all played.

She doesn't rule out returning to play herself one day, but not while she holds her role with the Black Sticks.

"I really miss it - it's still my passion," she says.



• Mary Dunning

A provider for High Performance Sport NZ, Mary was the defacto physiotherapist for her North Harbour Masters team. One of her coaches also coached the national Under 18 squad, and asked her to take on the role of their physio. That led to her being offered the Black Sticks job when their previous physio left in 2004.

Now she spends on average two months each year abroad with the team, as well as performing her duties when the team plays home internationals.

"It's a real honour to work with the team. The girls are fantastic to work with, and it's a very professional environment," she says.

She is qualified in both manipulative physiotherapy and acupuncture - skills she says are fundamental to managing sports teams.

A resident of Peak Road in Helensville, she's been a physio for 30 years and with Helensville Physical Therapy Centre for seven years, almost since its inception.

Wow it's April!



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Oldest member recalls early days as tennis club turns 100

At 103 years of age, Jean Narbey remembers all but the very earliest years of the Helensville Tennis Club, which celebrates its centenary on Sunday, April 6 (see article on page 5).

She's the club's oldest surviving member, having originally joined in 1928. She was a member for four years before moving to Auckland to work for several years. She then rejoined the club after her return to Helensville in 1937, remaining a member until her marriage in 1942.

Jean says she was "too busy" after getting married to keep on playing.

She came from a large family of tennis fans, with four of her five siblings also keen players.

"My eldest sister (Eva) was quite a good player," says Jean - somewhat modestly, as Jean herself won the 1930 Ladies Junior Championship.

Today, she has both grandchildren and great-grandchildren playing at the club.

Jean remembers that club day was always on a Saturday in those early years, as no-one played sports on Sundays.

"When playing at that time people didn't work on Saturday afternoons. The shops were all closed, so everyone went to sports.

"It was a big club in those days," Jean recalls, with many of the town's prominent people - the bank manager, teachers, station master and postmaster - as members.

"All the big clubs used to come up [from Auckland] to play. We had some quite good players."

Helensville Tennis Club was originally set up in 1914 in Awaroa Road, opposite the bowling club.

"We had an awful little club house - just a



• Jean Narbey with her 1930 Junior Champion trophy

tin shed," recalls Jean. "We had an urn to make coffee and the ladies took plates."

She says the players used to go to the public courts at Parakai quite a bit to play on the grass surface as a change from the club's asphalt courts.

These days Jean is a keen armchair tennis spectator. She loves watching the men's tennis on television, quite happy to get up in the middle of the night to watch a big match.

"I'm a real Federer fan," she grins.

Learn wool techniques at Waitoki workshop day

Anyone interested in learning simple wool weaving, felting and dyeing techniques should go to a demonstration and workshop day at the Waitoki Hall on Saturday, May 24 from 10am to 3pm. It's a joint effort by the Auckland-Northland branch of the Black & Coloured Sheep Breeders' Association and the Waitoki Craft Group, aimed at introducing people to simple wool techniques.

Demonstrations will cover weaving from simple cardboard looms through to more sophisticated models; felting; crock pot dyeing; needle felting; spinning; crochet; and knitting. Entry is free, with a gold coin asked from workshop participants to cover materials.

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Tennis club celebrates centenary

Helensville Tennis Club celebrates its centenary at Rautawhiri Park this Sunday, April 6 from 1pm.

The club will be running a mini tournament, and everyone is invited to participate.

There will be an afternoon tea, a display by the Helensville & District Historical Society, and locals are invited to turn up in tennis gear from yesteryear, or to bring any memorabilia to add to the display. There will also be raffles.

The club would like to see all past and current members at the celebration, along with any prospective new players and their families.

For more information or to register your interest contact Gaylene Ashton, phone 420 7533 or 021 753 380.

Helensville Tennis Club has a current membership of 65 - not greatly different from the 54 who belonged when the club was formed. That number has naturally risen and fallen over the years.

Founded in Awaroa Road, the club later moved to its present site at Rautawhiri Park.

The club plays year round, with a winter competition under lights starting shortly. Apart from the twilight mixed competition which runs from October to March on Tuesday evenings, the club also plays inter-club and has five divisions in the club championships from January to March.

After 16 weeks of intense competition the club's twilight mixed competition was decided last month at a Champions of Champions grand final between Iain Mowat and Annette Hemeheema playing three-time winners Clyde Glasson and Vicki Beattie.

Iain and Annette hoped to avenge their loss in the club champs, but were unable to overcome a determined and skilled Clyde and Vicki, who won 10 games to seven.

In the Division 2 final the family teams of

Scott and Sue Narbey played Phillip and Gaylene Ashton. This time the younger players prevailed, with Scott and Sue winning 11 games to six after an injury forced Gaylene to be subbed by Justina Ruzich.

The Division 3 title went to Dave and Lorraine Thompson who won all three of their round robin games. Dave and Mili Sipa won the Division 1 plate final, whilst David and Justina Ruzich won the Division 2 plate.

At the prize giving, organiser and sponsor Rex Keane of Burmester Realty congratulated the 20 teams.

He drew attention to the lack of players in the 18 to 30 year age group, joking that when he refers to the "young" players he means 40 and 50 year old players playing the "old" 55 to 65 year olds.



• Champions (from left): Clyde Glasson and Vicki Beattie, with runners-up Annette Hemeheema and Iain Mowat

Top-3 ranking for snowboarder

Kaukapakapa snowboarder Christy Prior has finished the season ranked third in the world out of 71 competitors in the FIS World Snowboard Slopestyle Tour.

She was also ranked seventh, out of 115 competitors, in the FIS World Snowboard Freestyle Tour. Christy was at the Sochi Winter Olympic Games in February but had to withdraw from the competition after getting concussed in practice.

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3 new doctors for Helensville

The saying 'good things come in threes' appears to have come true for the Kaipara Medical Centre, which has had three new doctors start in the last few weeks.

Dr Ivan Gannaway moved here from Takapuna. Born in England to Kiwi parents, he has lived in New Zealand since the age of two, and has been a doctor for 25 years.

Now living at Parakai, Ivan was "keen to get out of the rat race" and jumped at the opportunity to work at the medical centre in Helensville.

"When I met the people here I was very impressed with the team," he says.

He brings to the practice experience in accident and medical care, and a desire to work in general practice. He is also keen on behavioural medicine.

While he has spent most of his life in Auckland, he has practiced rural medicine in Canterbury, the Hauraki Plains and at Warkworth. He's now enjoying living in the South Kaipara; he has already been dirt bike riding at Woodhill with one of his sons, and is looking forward to going fishing.

Dr Sherine Tobias has come to Helensville after four and a half years practicing in Bundaberg in Queensland, Australia.

Of Indian descent and born in Zambia, Africa, she has been a doctor since 1996.

Sherine spent 13 years in the United Kingdom, gaining her Masters in Health Management from the Imperial College in London, then later

doing her general practice training in the town of Scunthorpe in Yorkshire. She has spent most of her medical career in smallish rural towns.

A self-described "people's person" with a strong Christian faith, she has a special interest in both women's health and mental health.

She moved to New Zealand to be close

to her parents, who have lived here for 20 years. Married with two children, she is currently commuting from Auckland so her children can stay at their school in town.

Sherine loves travel and learning about new cultures.

The third new-comer to Kaipara Medical Centre will already be familiar with many patients, as she spent six months of her general practice registrar training here in 2012.

Dr Hollie Shine was born at Waitakere, and has spent most of her five years as a doctor working nearby. She spent three years in hospitals - North Shore, Waitakere and Auckland - before moving into general practice; she comes to Helensville after a stint at the Ratanui Medical Centre in Lincoln Road.

"I really like the Kaipara Medical Centre and the staff here," she says, "and the fact it's a bit rural."

She has moved with her husband, a structural engineer, to a 4ha lifestyle block at Waimauku.



• New doctors (from left) Hollie Shine, Sherine Tobias and Ivan Gannaway

"I like to work locally, and moving this way was a bonus."

With a diploma in obstetrics and gynaecology, she is naturally focussed on women's health, but is also interested in youth health and dermatology.

Hollie did her medical training at Otago; her two sisters are currently both studying medicine in Auckland.

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Huge growth in junior touch rugby

Kaipara Junior Touch has just finished its 13th season, and is going from strength to strength. Team numbers have rocketed over the past 10 years; the 2004 finals had 19 teams playing, whereas this year there were an incredible 52 teams totalling 640 players.

Kaipara Junior Touch rugby is for Year 1 to Year 8 students. Working with local schools, this year there were 19 teams from Helensville; 12 from Kaukapakapa; five teams each from Waimauku, Waioneke and Woodhill; and three teams each from Huapai and Parakai schools.

Weekly play is held on Friday afternoons during school Term 4 and Term 1.

Organisers are hoping this year to offer Year 9 to 13 students a competition to play in during September and October, and possibly of an adult competition as well.

This year six players represented North Harbour at the Junior IPS nationals in January. Seven former players, now college students, also represented North Harbour.

Coaching and refereeing support is provided, and this year Joshua Marshall and JJ Phillips successfully passed their Level 2 Referees badges.

Results this year were:

Midgets (year 1 & 2): 1st - Helensville Cubs, 2nd - Helensville Penguins. Juniors

(year 3&4): 1st - Kaukapakapa Riff Ruffs, 2nd - Helensville Keas; Intermediate A (year 5&6): 1st - Helensville Gannet, 2nd - Waimauku Warriors; Intermediate B (year 5&6): 1st - Huapai Lightning, 2nd - Kaukapakapa Koyotes; Senior A - (year 7&8): 1st - Helensville Eagles, 2nd - The Outsiders; Senior B - (year 7&8): 1st - Helensville Rosellas, 2nd - Helensville Vultures.

Junior Referee of the Year - Daniel Way; Senior Referee of the Year - Ben Ruzich.



• Intermediate A winners Helensville Gannet

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medical centre notes

Summer is officially over, and here at Kaipara Medical Centre our nursing team is getting busy with flu vaccines.

Free for everyone aged over 65, the flu vaccine costs \$34 for all other ages and is increasingly subsidised or paid for by many employers (so check with your employer or HR department if that applies at your workplace). The Flu jab is also free for people under 65 with certain chronic health conditions such as diabetes, heart disease, asthma, COPD etc; if you are unsure ask our nurses if you qualify. Recommended on an annual basis, right now before winter is upon us is the perfect time to get your vaccine as it takes two weeks to take full effect.

To make an appointment for your flu vaccine, either phone us on 420 8400 or pop in to see our friendly front desk team. The vaccine is administered as a quick injection to the arm and you'll need to allow for 30 minutes for your appointment.

Our three new GPs are settling in well and are very keen to assist you - especially if you are new to the area or looking for a new GP. You can find out more about them on the opposite page, but please don't hesitate to call or pop in if you'd like to learn more about a particular GP and if they're right for you and your medical concerns.

- Dr Phillip Barter, Clinical Director



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Rural women hold event to mark International Year of Family Farming

Rural Women New Zealand is holding an event at the Helensville showgrounds on Saturday, April 5 to mark the 2014 UN International Year of Family Farming.

It's part of a roadshow touring the country which the Rural Women organisation began in Oamaru on March 27.

The keynote speaker will be Landcorp Communicator of the Year for 2013 and 2012 South Island Farmer of the Year Doug Avery.



2014 International Year of Family Farming

places work for them.

Each of the roadshows will have its own local flavour, including seminars on topics such as succession planning, safety on the farm, investing in your farming future and sustainability.

At the Helensville event Katy Sanson of WorkSafe New Zealand will discuss on-farm safety for visitors.

There will be a talk about sustainability on the farm, and another by Coach Approach titled 'Transitioning to the Next Generation'. Coach Approach is a company that specialises in succession planning for farming families.

The day will finish off with a performance by Mel Parsons & The Bitches Box, a folk singing and comedy group that purports to cover what farm dogs think about in their down time.

Tickets for the event, which starts at 9.30am and runs until 6pm, cost \$30, which includes lunch and morning tea. To book tickets, visit www.ruralwomen.org.nz/iyff or phone 04 473 5524.

The Marlborough-based dry lands farmer is an advocate for family farming and his presentation 'Peaks and Valleys - the Journey of NZ Farming Families, and Ours' will explore how people can spend more time on their peaks and less time in the valleys, making both

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Parakai development plan cont...

• From page 1

Local graphic designer Brett Crockett presented branding developed for the building.

Strategic Broker Arohanui Grace says the purpose behind the Te Whare Oranga ō Parakai development project can be split into three main areas - service provision, community development and local enterprise.

No final decisions have been made yet on what services will be available, but they could include medical, budgeting, legal, health and social services; and a teaching area. She says it is not too late for locals to have a say in what they want.

Community development programmes will need to be driven by the community, she says, and could include anything from arts and activities for elderly people through to 'boot camp' type physical programmes.

Local businesses and groups such as Parakai Springs, Craigweil House and the River Valley Baptist Church are right behind the project says Grace.

The local enterprise side of the project will mean growing the economic well-being of the South Kaipara area, and Grace sees the facility as a local enterprise incubator. She says whatever develops must be self-sustaining.

The building will feature high-speed internet and will be a wi-fi hotspot.

The evening's presentation was rounded out by chef Pete Brennan, who proposed a South Kaipara "food revolution", with the development of a food co-operative of local farmers and lifestyle block owners who could supply healthy and affordable food for the community. He sees growth of the fledgling Farmers' Market at Te Whare Oranga ō Parakai as vital to the community, but says it will

take a year before the success of the market can be judged.

Turning the building's kitchen into a teaching facility was another possibility says Pete.



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short story winner

This is the winning entry in the *Helensville News*-sponsored Original Writing section of the Helensville A&P Show, by Noeline Sheldon, of Kaukapakapa.

Scaramouche and the Kererū

There it was again. This time, sitting on the letterbox and looking for all the world like a puffed up madame attired in a white low-cut evening gown, with a sparking green-blue iridescent neck, the Kererū or New Zealand Pigeon.

It eyed Scaramouche, the household cat, with some suspicion but did not attempt to fly away.

The old cat, sunbathing on the driveway, just squeezed tight his eyes and yawned widely. It was too hot a day to be chasing after birds, besides which it was unusual to see such a magnificent creature just sitting there. He wondered about its health. Was the bird in some sort of trouble or in pain? It was hard to tell with such itsy bitsy two-legged flying machines.

He remembered fondly the fun he'd had in his younger days chasing after the little critters. He'd not had much success in catching them because he was too boisterous and had never quite got the hang of creeping slyly up on them as they scratched for worms in the lawn or when drinking at the bird bath.

After enjoying the satisfaction of an extended yawn he slowly stirred himself and got to his feet. He then had a long stretch and thought about what he might have for his lunch. He rolled over onto his back, legs in the air, and eyed the Kererū through half-

closed eyes. He stared.

Why was it just sitting there? Its eyes were darting hither and thither but it made no effort to move on. He'd noticed it previously, sitting on the electric power lines, well out of reach of any inquisitive cat on the prowl for a quick feed. He'd wondered then how it could possibly fly with such a heavy body.

The owner of Scaramouche, watching idly from inside the house, observed this melodrama being played out in his front yard. All of a sudden he rushed out of the house and down the path. Scaramouche took off like lightning. But still the Kererū stayed sitting on the letterbox. His eyes were now gyrating wildly and his wings were expanding, but he did not seem able to move.

The out-of-breath householder arrived at the letterbox and very gently stroked the pigeon's head. He then extracted the Kererū's little crimson feet from the freshly painted letterbox. With a delighted cry of 'ku' it flew away with that distinctive steady beat of its wings and nestled, unharmed, in the deep shade of the nearby Nikau Palm.

Scaramouche, watching from under the safety of the hydrangeas, thought to himself, "How come the boss is paying attention to him and not me. Do I have to get my paws painted to be noticed?"

A walk in the (regional) park

The South Kaipara Residents & Ratepayers Association (SKARRA) is inviting locals to take part in a scenic walk through South Head's Te Rau Puriri Regional Park on Sunday, April 6.

"We have planned a different route to the marked track some people may have walked, says SKARRA chairperson Dianne McLeod. "This is a very scenic walk giving a great perspective of this regional park - it includes excellent views to historic pa sites, wetlands and the Kaipara Harbour."

The walk will take about 50 minutes, covering about 3km of downhill through the regional park, followed by a 400m flat walk along the beach to Dianne's property for a picnic and a barbecue sausage.

For transport and catering purposes anyone wanting to take part in the walk should phone Dianne on 420 2510 or email mcleodcd@stratanet.co.nz no later than Friday, April 4.

Walkers should bring suitable walking shoes, a sun hat, drinks and picnic food.



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Roses Festival biggest yet

The re-branded Helensville Lions Festival of Roses drew the biggest crowd in the event's six-year history - and raised more than \$5000 for community projects in the process.

Those attending the event on March 2 at the Riverside Reserve in Mill Road had plenty to keep them occupied during the day, with attractions ranging from colourful belly dancers and classic Volkswagen cars through to Maypole dancing and a range of live music.

Market stalls ensured everyone had plenty of ways to spend their money.

Children were kept busy playing games by IN2IT, riding on mini jeeps and playing on a bouncy castle. A number of toddlers entered a fancy dress contest, which proved a tough call for the judges; all those entering got a prize.

The Running of the Roses on the Kaipara River went smoothly, with a small group among the roughly 1200 entries making a breakaway from the main bunch to become the winners.

First prize went to Helensville Arts Centre co-ordinator Pauline Denton of Kaukapakapa; she won an overnight cruise in the Bay of Islands, including petrol vouchers, sponsored by Helensville United Travel. Other winners were Justin Insley (second); Judy Grimmins (third); Kay Spillane (fourth); Cliff and Lulu of



• In they go - Lions Club president Yvonne Hilton (left) and club member Pauline O'Neill tip around 1200 roses into the Kaipara to start the race

Kaukapakapa (fifth); Elaine Kivell of Helensville (sixth); Robin Truman of Parakai (seventh); and an extra eighth prize to Michelle Vincent from Massey.

The only slight downside to the day was the fun run from Parakai, which wasn't well supported this year.

The Lions Club sends thanks to everyone who provided equipment and prizes for the event, and to everyone who supported it so generously.

Don't just say cheese ... make it!

Locals have the chance to learn how to make cheese at courses being held at the Wainui School hall.

They are being held by Jenny Savannah, who has been making cheese for around 10 years and who won a bronze medal at the New Zealand Cheese Awards for her 'Jalapeno Jack', a hard-style cheese with jalapeno chillies.

With a graduate Diploma in Adult Learning and Teaching, Jenny has combined her passion for making cheese with her love for teaching.

She lives on her family farm near Wainui, and taught herself to make cheese in an effort to become more self sufficient and produce more of her family's food from scratch. She later attended classes to learn about the more complex cheese styles, and began experimenting with different cheese cultures.

There will be a Beginners' Fresh Cheese Class and a more advanced Hard Cheese and Camembert Class. The \$75 Fresh Cheese Class is on Saturday, May 3 from 10am to 1.30pm and will cover making haloumi, feta, ricotta and mozzarella. The class cost includes tasting. The Hard Cheese and Camembert Class is on Saturday, May 17 from 10am to 3pm. Participants will learn to make a hard cheddar-type cheese, haloumi, camembert and ricotta. That class costs \$95 which includes a cheese-themed lunch.

Class numbers are limited to 10 people, but there will be further classes in July and August. Participants also receive a 20 percent discount on the Mad Millie range of cheese making kits and equipment.

"The classes are fun and interactive with attendees taking home the cheese they have made," says Jenny.

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3 locals qualify in youth work

Three local people - Wiki Ratima, Jeanette Cummings and Paul Copland - have been awarded certificates in Youth Work at a presentation at the Men & Family Centre (MFC).

Last year the MFC received funding from the Department of Internal Affairs to fund youth work training. The ASB Community Trust put them in touch with Career Force, which had just received registration on the national qualification framework for a Certificate in Youth Work qualification based on prior learning, with assessments undertaken in the field at each candidate's place of work.

This was the first time the qualification had been offered in New Zealand, with the Helensville trio in effect becoming the programme's guinea pigs, says MFC director Tony Silvester-Clark.

Unlike most training programmes which are run in the city, this qualification could be



• From left, Paul Copland, Jeanette Cummings & Wiki Ratima

done completely in Helensville. Even the assessor, Andy Woodhouse - who is the co-director of training and development for the Duke of Edinburgh Hillary Awards - lives locally.

The trio received their certificates from Men & Family Centre chairman Rob Ellis at a small ceremony on Friday, March 14.

Wiki Ratima comes from Rewiti and is employed by the South Kaipara Mens Trust as a youth worker based at Kaipara College. He is in his fourth year in the position, which is funded by the ASB Community Trust. Two of Wiki's sister are involved with Nga Rima - Cynthia Brown-Mendes with developing social services and Kiri Powell runs the iwi's housing project.

Jeanette Cummings, daughter of former local constable Denis Cummings and his wife Leigh, has been involved in programme delivery to youth with both the MFC and the Helensville Women & Family Centre at local schools.

Paul Copland is the partner of local midwife Heidi Copland, and has been involved in programme delivery at Helensville Primary where he works with the boys who are struggling in class.

"There is a continuing demand for professional qualifications in the social services sector," says Tony, "and we were pleased to receive support from the Department of Internal Affairs for training, and that the skills are now embedded in the community."

Reiki healing workshop

Locals are invited to a workshop to learn about Reiki, a form of spiritual healing using the 'laying on of hands' to aid healing.

Donna Leader, who will run the two-day Reiki Level One workshop over the weekend of May 3 and 4, says the workshop will be an opportunity to learn about the "gentle Reiki universal life force energy that is a natural health therapy".

"This is an opportunity to move your life along in a positive way, guiding you to a better quality of health for yourself on several levels," says Donna.

A Reiki master and teacher and a current member of Reiki NZ, Donna has a practice in the Helensville area. The workshop will be held at a purpose-built facility near Glorit. It will be limited to six participants to ensure individual attention. Those completing the workshop will achieve a Reiki I certificate.

Phone Donna on 420 2150 or email her at: dmleader943@hotmail.com to register for the workshop.

Ask Lisa!



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ringing in your ears, or Tinnitus, affects most people at some time. It is a noise which is heard, but doesn't come from an outside source. It can be described as a ringing, buzzing or hissing sound. It can be faint or loud, occasional or constant, steady or pulsing. It can range from not bothersome to very annoying. It is often noticed more at night or when you are somewhere very quiet.

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Zero waste success for A&P Show

Running this year's Helensville A&P Show as a 'zero waste' event proved a huge success.

Post-show figures released by Auckland Council's Waste Minimisation and

had with the community over the issue," says show manager Caroline Anderson.

The show was the first officially Council-sanctioned zero waste event in Rodney District, and the first zero waste A&P show in the country.

Show organisers worked closely with the Auckland Community Zero Waste Alliance, which provided several brightly-coloured waste stations around the grounds, manned by teams of volunteers to teach show-goers how rubbish should be sorted into recyclables, compostable material or landfill.

It was never anticipated the show would become 100 percent zero waste, and the high percentage of material diverted from landfill has pleased everyone involved with the project.



• Special waste stations were well utilised at the A&P Show

Innovation Fund show 89 percent of the 325kg of rubbish generated at the show was successfully diverted from going into landfill.

Only 36kg of rubbish ended up going to landfill; by far the largest amount - 190kg - went to recycling, with another 71kg going into compost.

"The A&P Association is thrilled we successfully diverted so much waste from landfill, and with the positive engagement we

signed zero waste agreements to minimise potential landfill waste brought on-site, and food vendors had to use biodegradable or recyclable packaging and cutlery.

"We're very grateful for the financial assistance received from Auckland Council as well as the tremendous help of other volunteer organisations like ACZWA and Peacemakers in making it such a success," says Caroline.

College team builds Max the robot

Kaipara College students building a Terminator? Well, not quite - but the school's digital technology department has introduced robotics into its programme.

As part of the programme a Vex robotics club was set up in the school. Vex robotics is a platform that allows students to explore a range of experiences in science, technology and maths. They do this by designing, building, programming and operating a robot for a specific task.

Last month a team of eight senior students - captain Rachel Meadows, Judith Glasson, Emma Savage, Molly Scott-Smith, Fletcher Clark, Jack Dakin, Dylan French, and Nathan Perkovic - represented the

school at the Vex Robotics Nationals in Manukau with their robot 'Max'. Although they didn't make the finals, the judges said Max was the best first-year robot they had seen in the five years the Vex competition has been running.

There has now been a significant growth in interest in the robotics club, and the school has been offered sponsorship by a technology supplier.

Digital Technology head Kim Adams says: "This has been a wonderful project and a valuable learning experience. Students have been introduced to real world skills and knowledge, often not experienced in a traditional classroom."

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Stage 2 of stop bank nears finish

By the time you read this, work should be almost finished on the second stage of the Parakai stop bank upgrade project.

Local firm Swale Earthmovers was subcontracted by successful tenders Hibiscus Contractors to complete the 360m section of the 1.2km stop bank, designed to give improved flood protection at Parakai.

The work has involved removing and mulching mangroves and pampas, preparing the base then building up the stop bank approx 70cm to a height of 3.5m with council approved cleanfill.

When *Helensville News* called in at the work site, an excavator and bulldozer were levelling out the last section of the earthworks, in preparation for hydro seeding and a three-level planting plan of special native grasses and other wetland plants.

The job was to take between four and six weeks to complete, and Dave Swale says everything went

smoothly apart from a couple of days cut short due to the king tides experienced early in March.

This new section, between Parakai Ave and Springs Road, is a continuation of the Auckland Council funded \$500,000 project begun under the auspices of Rodney District Council in 2009.

Swales were the principle contractors for Stage 1 - around 800m - of the project in 2010, and later in 2011 they carried out slip repair works which also included construction of a large timber retaining wall at the Parkhurst Road end of the job.



• Heavy machinery puts the finishing touches to the stop bank

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HIPPY tutors undergo regional training

HIPPY South Kaipara is celebrating its tenth year helping put local parents 'into the driver's seat' of their children's early education.

More than 500 families have taken part in the programme since it began in 2005. HIPPY stands for 'Home Interaction Programme for Parents and Youngsters'.

Five local women are employed as HIPPY tutors. They are also parents taking part in the programme, and receive weekly training so they can deliver the HIPPY programme to other parents.

"This works well," says coordinator Bernie Malizia.

"Tutors and parents often already know each other and can relate well to the ages and stages of their young children. Working alongside your peers is a great way to teach and learn".

The five recently underwent a two-day regional training course at Tutukaka run by HIPPY New Zealand, along with tutors from Wellsford, Kawakawa, Te Aupouri and Whangarei.

HIPPY Tutors also have the opportunity to do a Level 4 Adult Education and Training Certificate in their second year, giving them a



• From left: HIPPY tutors Lisa Mowat, Larissa Pakura, Luanne Hughes, coordinator Bernie Malizia, and tutors Samantha Ogden and Michelle Clarke-Alex at the 2014 Northern Regional HIPPY Tutor Training held in March.

qualification and often an interest in furthering their own education and training says Bernie.

Bernie says children who participate in the HIPPY programme go on to start school with confidence and all the basic knowledge and skills taught to them by their parents while doing the weekly HIPPY activities.

Coordinator Bernie Malizia is currently enrolling families for the 2014 programme. Anyone with a child aged between 3 ½ and 4 ½ who would like to know more about the programme should phone her on 420 7434.

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Woodhill equestrian park changes

Auckland Woodhill Endurance Club (AWEC) has announced a team consisting of an operations manager and an administration manager will take over the day-to-day running of the Woodhill Forest Equestrian Park from Massey YMCA, which has administered and operated the park for the past four years.

Among changes planned by the new management, which takes over on April 1, are new membership options; a revised fee structure; a new website and Facebook page; and a new emergency phone number.

AWEC still holds the license from Ngati Whatua o Kaipara to operate the equestrian park. All memberships will continue under the same terms and conditions that are currently in place, and access gate keys will also stay the same.

Easter Church Services

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Co-operative Parish, 60 Garfield Rd. Contact Suzie Smith, 420 8868

- Palm Sunday Service, Sunday 13th April, 9.30am.
- Holy Week - 14th to 17th April: Matins (Morning Prayer) Mon to Thurs 9.30am.
- Maundy Thursday Service, Thursday 17th April, 6pm: Paschal supper, foot washing and Eucharist; service begins 7pm.
- Good Friday Service, Friday 18th April, 9.30am
- Easter Day Service, Sunday 20th April, 9.30am.

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- Good Friday Service, Friday 18th April, 10am
- Easter Day Service, Sunday 20th April, 10am

with Kaipara chef, Peter Brennan

House of Well-being

Rather than food, this issue Peter Brennan talks about his involvement with the development of Te Whare Oranga o Parakai.

Helensville News features plans for Te Whare Oranga o Parakai in this issue (see page 1), and as this is a project close to my heart I thought I would expand a little.

I, along with a diverse group of locals, have met for nearly a year now to work through the project.

Let me begin with the name of the building: 'Te Whare Oranga o Parakai'. The literal translation of this is: 'The House of Well-being in Parakai'.

While it's easy to grasp the concept of well-being as it relates to physical health, it is important to realise the well-being of a community encompasses a lot more. For instance, the quality of life as enjoyed by the community members.

The highest quality of life would be present in a community that is connected to

each other and conducts itself in a sustainable manner. This community weighs its needs against the economic, environmental, social and cultural values of its members. If all four of these values are considered and grown equally, then the activity to be undertaken will be sustainable.

For example, if you were to establish a business that would provide a reasonable financial gain, but which would take a heavy toll on the environment and would bring no benefit to the local social infrastructure because it would rely on importing experts and automated labour to run it from overseas, then you may have created something that is ultimately not sustainable within the community.

If, however, you returned some of the

income to the business to ensure there was no negative impact on the environment, you employed local people and trained personal at your expense to create the expertise, then you have created something sustainable, which leads to community well-being.

With this in mind we have worked very hard to firstly ask the community what they want to use Te Whare Oranga o Parakai for. We have looked at the information provided by health experts for services that our communities will require as we move into the future, and we have looked at the skills and needs of our local families, their children and our old people. These are people who I like to think of as our treasures.

We have a very limited budget and we have a great deal of work to do, firstly to get resource consent to even use the site, then to collate the ideas from our

communities and form them into something tangible.

The design, normally a very expensive and time-consuming exercise, was undertaken by graduate architects from Unitech as was the Interior and landscape design work. To facilitate this task Unitech have added members to our steering group and now talk is turning to how Unitech will be a part of Te Whare Oranga o Parakai when it is operating. This may add the opportunity for tertiary-level vocational training currently unavailable in the South Kaipara.

The journey to a complete Whare is already underway; we have money to raise and a lot of work to do but the result will be worth the effort. The plans are on display during the Saturday morning community market held each weekend from 9am.



Te Whare Oranga o Parakai

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■ SHELLY BEACH RATEPAYERS

The 48th annual general meeting of the Shelly Beach Residents & Ratepayers Association is on Wednesday, April 9 at the Shelly Beach Fire Station, James McLeod Road, Shelly Beach, starting 7.30pm. There will be a special presentation by Auckland Council in conjunction with Davis Coastal Consulting on the final consent plans for the proposed Shelly Beach foreshore upgrade. For more information phone Phil Clark on 420 2022.

■ WRITERS' TALK

Budding local authors have the chance to hear members of the Mairangi Writers' Group talk about being the independently published authors of more than 30 books.

The free talk about independent publishing will cover choosing a genre, researching ideas, writers groups, critique, editing, proofing, online publishing and printing on demand. Organised by Helensville Library, the talk will be held in the meeting room at the Helensville War Memorial Hall from 10.30am to midday on

Wednesday, April 9.

For more information phone Helensville Library manager Sally Hardwick, 420 8163.

■ KARRA AGM & UPDATE

The Kaukapakapa Area Residents and Rate Payers Association's (KARRA) annual general meeting is on Monday, April 14, 7.30pm in the Kaukapakapa hall.

Following the formal annual meeting, expected to take only 15 minutes, there will be a presentation on matters of importance to the local community.

Representatives from the Peak Village subdivision will detail progress on that project, and there will be a presentation by David Brown on the development adjacent to the pub. KARRA will give updates on: speed restrictions in Kaukapakapa; the planned Kaukapakapa Reserve planting day in June; eradication of privet; roadside rubbish removal; hall parking; and footpaths.

For more information phone KARRA chairman Ralph Martin on 420 3494 or 022 600 5730.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa village market is on Sunday, April 20 from 8.30am to 1pm. There will be a great selection of stalls, live music from the Ukulele Union, food, plus an Easter Bonnet parade. For more information or to book a stall phone Sarah on 0274 831 542.

■ GROOVE FACTORY

The Groove Factory four-day school holiday music programme is on again from Monday, April 28 to Thursday, May 1.

For six to 17 years olds of all skill levels, the focus will be on learning, playing and performing modern music. It will be run from 9am to 3pm each day at the Kaipara College music suite by college staff and students.

The cost is \$100 per student. For more information or to book, phone Nick Roberts on 420 8640, text 021 420 784 or email musickaipara@gmail.com.

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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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