

Question mark over future of local operation for refuse transfer station

Helensville's Community Resource Recovery Centre is about to become a 'showcase model' for the Auckland region – but a question mark hangs over whether it can remain locally operated.

It has been chosen as one of five Auckland Council owned transfer stations to undergo a major upgrade and redesign. The upgrade, funded by the council, is one of the strategies introduced by the council in a bid to reduce waste going into landfill through recycling and the repurposing of items.

While recycling isn't a new concept to the Helensville Community Resource Recovery Centre, which currently operates a successful recycling shop at its Mill Road site, the upgrade will enable the centre to operate more efficiently.

The site will be redesigned for maximum efficiency. A new weighbridge, shop, machinery and staff toilet facilities will round out the upgrade.

The centre is unique in that it was founded by local community members who saw the need for a recycle and recovery centre here.

Bronwyn Alexander, John Tarrant and Alan Watkinson formed Helensville Enterprises Trust and approached the then Auckland City Council in 1996 with a proposal to transform what was an overgrown, unofficial dumping ground into a resource recovery centre. Helped by volunteers, they spent days clearing the site and setting up the existing infrastructure.

However, the contract to run the Helensville Community Resource Recovery Centre is up for renewal in June, and the Trust faces a major challenge to retain local operation as it potentially goes up against large corporate waste operators for the right to continue managing the transfer station.

The Helensville Enterprises Trust is committed to keeping the transfer station under community management, providing employment opportunities for locals and further reducing the amount of Helensville waste going to landfill.

The station has already made significant inroads into reducing the amount of waste sent to landfill, and provides employment for four Helensville locals, including two youth.

The Resource Recovery Centre works on



• Helensville Enterprise Trust members and Resource and Recovery Centre employees. Back (from left): Treena Gowthorpe, Mike Popple, Alex Mallet, Aaron Anderson, Andrew Connolly, Chris Pairama; Front (from left): Karen Hall, Bronwyn Alexander, Mike O'Neill, Bob Alexander

the 'one man's rubbish is another man's treasure' principle. Dumped items in useable condition go on sale in the transfer station shop, and timber in good condition is free.

Karen Lane runs the shop, which helps the transfer station to run at a small profit.

Bob and Bronwyn Alexander bring a wealth of experience to the transfer station. Bob is a former manager of Waitakere Transfer Station and Bronwyn has 17 years' experience in the waste industry and holds a number of industry qualifications.

Tess Tibbets is a local volunteer who has transformed the perimeter of the site with fruit trees, vegetable gardens and even a chicken run. Doreen Hogan, Trish Beaven, Pat Stewart, Ernie Smith, Ken Purchase and Isaak Tibbits also give their time and are passionate about supporting the centre's initiatives.

The trust recently voted in new trustees to add diversity to the team. John Tarrant stepped down as chairman and was replaced by Andrew Connolly. Mike O'Neill, Mike Popple, Chris Pairama and Treena Gowthorpe are new additions to the Trust.

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editorial

I'd like to take this opportunity to talk about contributions to *Helensville News*, and explain why sometimes items that are submitted don't make it into the paper.

Fitting everything into a publication is an editor's nightmare, especially with the limited space in a paper such as this paper. Do I cut everything down to fit in as many different articles as possible, or miss a few out to cover other stories in a bit more depth?

It's a tough balancing act, and the result is usually somewhere in between. There are a number of reasons contributions may not get published - even those I have asked for. They may simply arrive too late, and then be too old for the following edition. Quite a lot of submissions I receive are rather dated; I'll run them if there's room, but older items will always make way for more current news. And I try to avoid running stories that have appeared in any of the other local papers.

Also, check our publication dates. If you have an event on the 2nd of a month, but the paper doesn't come out till the 4th, there's not much point putting it in!

The other thing to remember is that this is a 'news' paper - I like all the articles, where-ever possible, to have a definite 'news' angle. More importantly, they have to have some sort of local angle - if a contribution isn't relevant to the area this paper covers, it almost certainly won't get printed.

There are always exceptions of course, so if in doubt, simply check with me first. I like to make each issue of the paper as balanced as possible, with some 'hard news' type articles leavened with more human interest type pieces. Contributions are the life blood of a paper, and I certainly always welcome them - so keep them rolling in! Just please bear in mind the few guidelines above. Deadlines and contact information are on the back page.

- Dave Addison, Editor

Payback time in the 'Ville

It's payback time in Helensville - courtesy of Project Paybackville, a new community 'thank-you' scheme launched by Helensville women Melissa Carr and Victoria Logan.

"It's to show appreciation for a community member who has been giving selflessly and [has] touched others with their help and kindness," says Melissa.

The first recipient is Helensville School teacher assistant Fran Holmes, who received an appreciation pack which included a photo shoot from Victoria's Stellanova Photography; a pamper package from Melissa's Beauty Elixir; a hair makeover by Riah Hair; and a gift voucher from The Paua Room.

The project will run several times a year. Locals will be able to nominate people via the Project Paybackville Facebook page, with successful recipients chosen by an anonymous committee.

The idea grew when Victoria asked her Facebook followers to nominate a deserving

person for a photo shoot. Melissa saw the post and thought it would be nice for the person to receive some beauty treatment before the shoot. The response was "overwhelming" says Melissa, which got the pair thinking that it would be good to do it regularly.

Melissa says the aim of Project Paybackville is "to raise awareness of the good in our community, to value and appreciate those amongst us that give selflessly and of course to make them feel special and appreciated.

"We hope to encourage random acts of kindness."

Fran Holmes have a big "thank you" for the people involved in the appreciation pack she received.

"To be even nominated for such a lovely thing was a reward itself as there are so many other people in the community who, I believe, deserve this more than me. But I am so grateful and humbled by the gesture," she says.

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Business Assn BID bid goes ahead

The North West District Business Association is to proceed with setting up a Business Improvement District (BID).

That follows a narrow 54 percent vote in favour of the scheme by businesses and business property owners in the Helensville, Parakai, Kaukapakapa, Waimauku, Huapai, Kumeu and Riverhead areas that will be affected by the establishment of the BID, which will be set up as part of Auckland Council's business improvement district partnering programme.

The vote was the result of three years of planning - but things will start moving fast now according to Association Deputy chairman Phelan Pirrie.

The next step is for current financial members of the NWDBA to vote on adopting revisions to the association's constitution so it meets the council's BID policy governance requirements. That was to be done around the time this paper comes out.

Then an AGM will be held and a SH16 BID Board elected to govern the BID. The board will have 10 governance positions elected by association members. There will be three each for Helensville and Kumeu, and one each for Kaukapakapa, Parakai, Waimauku and Riverhead.

The board executive will include a non-voting community representative, plus industry and specialist representatives

appointed by the board.

The new executive's first task will be to employ a professional BID manager and start on the branding process, along with a raft of other things identified in the BID business plan.

"The employment process will take a few months so the aim would be to have someone in place in July when the NWDBA officially becomes a BID and receives its first funds," says Phelan.

He says the BID has to be approved by both the Rodney Local Board and Auckland Council.

"This needs to be done prior to July. A report will be presented to the Local Board by [the] council Economic Development BID team at their June meeting," he says.

As reported in the November 2013 issue of *Helensville News*, the BID will be funded by a targeted base rate on commercial properties plus a small percentage of the property value. Only those businesses in the identified State Highway 16 corridor, plus Parakai and Riverhead, will be part of the BID.

The Business Improvement District will have a three-pronged strategy covering marketing and branding; improving the look and feel of the towns and villages; and advocating and lobbying for improved public transport and infrastructure.

Special hunt to celebrate 80th birthday

Helensville's Jack Hannam got a rather special 80th birthday present last month - the Waitemata Hunt held a birthday hunt to mark the milestone.

Jack is a founding member, life member, and since 2009, patron of Waitemata Hunt. He was a whipper-in (huntsman assistant) in his riding days, and is a strong advocate for the sport in the local community says joint Huntmaster Charlotte Porter.

His special birthday event, held at Parihoa Farm, a spectacular cliff top property at Muriwai, started with a junior hound auction before the hunt. At the mid-afternoon hunt 'breakfast' Jack was presented with a "great big" chocolate birthday cake. "I was totally thrilled with the party," says Jack. "and it was one of the biggest hunts we've had in the last two years."



• Jack Hannam (centre) with fellow Waitemata Hunt life members Bunty Condon (left) and Rose Askew

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Chemist retires after 20 years

When Helensville chemist Nick Bonkovich retired at the end of April, he simply switched from caring for local people to caring for local cattle.

His departure from Helensville Pharmacy, where he served the local community for 20 years in two different Commercial Road locations and under several owners, drew numerous comments on Facebook, with locals praising his friendly and professional help over the years and expressing sadness at his leaving.

He will now have more time to tend to his "small hobby farm" - a 40ha (100 acre) block on a small peninsula just past the Macnut macadamia orchard at South Head, where he'll spend his time buying in weaner cattle and fattening them for the local trade.

Looking after livestock is as much in Nick's blood as caring for people. He grew up on a 320ha (800 acre) sheep and beef farm on the Coromandel Peninsula. He has owned his current South Head property for 25 years, moving there from Coatesville.

Nick owned Kumeu Pharmacy in partnership for three years before his move to Helensville, where he initially worked part-time for first Gerald Munro and then Matthew Fleet, taking the move to the pharmacy's current location in 1998 in his stride.

He saw many changes to both the Helensville area and the pharmacy industry during his two decades here, including major population growth in rural areas. Professionally, he says many more prescription items are funded nowadays.

But having been so involved in the health of the local community, it's the people that



• Nick Bonkovich

have meant the most to him.

"The best thing is that I've got to know so many lovely people," says Nick. "Little children who have now grown up and are having their own children.

That's what I'll miss the most - the people.

"It's been a privilege working among the community," he says, saving special mention for his workmates at the pharmacy.



• Rhys Koopu-Wetere (left, Year 7) and Quiniqu Monga-Tawara (Year 8) try out the new iPads

iPads in classrooms

All classes at Helensville School now have a set of iPad tablets to help with their learning. Teachers have noticed a positive impact from using the technology, and are finding they make versatile learning tools.

Students use the iPads to further their learning and deepen their understanding of topics and concepts. Classes have been involved in activities such as creating movie trailers about their stories, recording their mathematical thinking, and using comic strips to sequence plots or entertain readers.



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South Head enduro run first in NZ

An endurance running race billed as the 'Tour de France of Trail Running' will be held at South Head on May 24.

A fundraiser for local athletes, the Enduro Trail Run will be unique in this country in that it will use a sophisticated German-designed Sportident timing system, allowing competitors to win individual sections of the race, as well as competing for overall line honours.

Each competitor will be issued with a small, lightweight timing chip. They will use the chips to punch in at timing boxes at the



• Tom Reynolds punches a time box like those to be used in the race

start and finish of three special stages. The Sportident system will record their times and make them available at the finish line, allowing organisers to announce winners for each of those stages.

The special stages will be a hill climb, a descent and a particularly rough part of the trail.

"The runner with the fastest time on the hill climb section will be 'King - or Queen - of the Mountain. The same will apply for the descent and the rough trail sections," says race organiser Tom Reynolds.

"Basically our timing system allows us to break the race up, and lets competitors see how they compare to others in specific parts of the race. It's kind of like the Tour de France crossed with rallying.

"The whole process is super quick, taking only milliseconds for each punch."

Competitors will be able to compete in either 21km, 13km or 7km events, which will each have the King of the Mountain, Trailmaster and Descender special stages.

The Enduro Trail Run is being held in a private forestry block that backs onto Woodhill Forest at Slater Road, South Head. It is often used for orienteering, so has the necessary trails already in place.

Tom is hoping for up to 150 competitors, and while planned initially as a one-off race he says if successful, the format could go nationwide.

Entry costs \$55 per adult, \$30 for under 20-year-olds, and free for under-10s. A barbeque lunch is included.

Tom says money raised through the event will go to some of the junior and elite orienteers who run for the North West Orienteering Club and the other orienteering clubs in Auckland.

It will "raise funds for some of Auckland's fastest young off track runners to head to training camps and to

take on the 2015 Orienteering World Cup in Tasmania."

The NorthWest Orienteering Club is providing support for the Enduro Trail Run, but Tom points out it is not an orienteering race, but rather just uses orienteering technology for the timing.

"Trail running is growing rapidly in New Zealand. Most weekends around the country there will be a race on," says Tom.

"The Enduro Trail Run is an evolution of trail running. We're hoping the split timing will add to the post race banter and add a few more goals for competitors in the race.

For more information email Tom Reynolds at: endurotrailrun@gmail.com or visit: endurotrailrun.weebly.com.

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Vets merge with Kumeu clinic

Helensville Vet Service has merged with Kumeu Vets to create a new 'Vets North' service spanning the West Coast from Massey in the south to Glorit in the north.

The merger sees the owners of the Helensville clinic, Mark Anderson and Brian Cook, becoming equal one-fifth partners in the new venture, along with Kumeu vets Mark Young, Graeme Ashby and David van Zwanenberg.

The most immediate change locals will notice is the modern new logo, which has already rolled out on stationery and staff shirts, and which will over the coming months appear on vehicles and the vet clinics in both Helensville and Kumeu.

Mark, who has been a vet in Helensville for 27 years, says the merger into a bigger business will mean modern equipment such as ultrasounds and digital x-ray machines will become affordable. One of the latter is expected in Helensville in the near future.



• Mark Anderson, vet nurse Melissa Rochefort-Rennie, and Brian Cook

By combining resources, the two clinics will be able to provide more specialisation in terms of dealing with smaller, domestic animals, or larger farm animals and horses.

There will now always be two vets on call outside office hours, one specialising in the smaller animals, the other in the larger ones, meaning customers will be able to choose a vet that best suits their needs.

That will be welcome news especially for the area's farmers, as it ensures continuity of service for their livestock.

"Helensville is really the only vet clinic in the area interested in commercial farm work," points out Mark.

A newly-introduced computer system means both clinics will have full histories of all patients, no matter their location.

The merger is the result of about eight months of planning, and the two clinics were

"quite a good fit", says Mark. "Considering what's been involved its gone fast and smoothly."

He says the merger is part of a general trend among New Zealand clinics to form group practices. As well as the economies of scale which will allow the purchase of new equipment, the merger has also allowed for employing a practice manager, freeing up the vets' time from administration work.

All existing staff are retaining their jobs, and Mark says the combined practices expect to employ more vets within the next

18 months, most likely at both clinics but depending on demand. Current staff will stay at their original locations, though there will be some crossover between clinics.

While the merger took place at the start of April, the official 'opening' of the new business won't happen until October, when the Helensville vet building in Commercial Road celebrates its 20th birthday.

Cash available for local events

Auckland Council has funding available through Local Boards for local events, with applications closing on May 31. Eligibility for funding is set down in the council's Local Events Support Fund guide. Applications must be submitted using the Smartygrants online system. The funding is for events taking place from October 1 onwards. Phone 09 301 0101 with any enquiries.

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Easter Mt Tabor style

About 80 people took part in Mt Tabor Community's Easter celebration at the Helensville Community Church in Mill Road on Easter Sunday.

The celebration began with 'The Triumphal Entry', with people waved huge palm branches, followed by a focus on the sufferings of Christ before a finale of the resurrection, with everyone lying under a huge parachute as a song called 'You're Amazing' was played.

The Mt Tabor's community also welcomed its newly-appointed associate community leader Janine Felton, who will join community leader Evan Clulee.

Evan is a seven times NZ representative in wheelchair racing, including representing New Zealand in the Paralympic Games in Barcelona, Spain in 1992. He has 36 international medals and still holds national records.

Mt Tabor believes in a 'servant leadership' style, with the people they



• Helensville's Ian Sangster plays Jesus in the triumphal entry

support at the centre of everything they do.

It is among a very few agencies operating a model where the support workers live-in as flat-mates with those they support. Mt Tabor is what is termed an 'Intentional Community' - one where a group of unrelated people have, through a common vision, chosen to live together in close community; in Mt Tabor's case the common vision is that of highly valuing those seen as having disability.

medical centre notes

Attention asthma and COPD sufferers: with the change in seasons, asthma and COPD (emphysema) sufferers may notice that they become more wheezy and breathless - and are having to use their inhalers more. Before winter sets in is a good time to review whether you are on the best mixture of inhalers for you.

There are many triggers for a flare-up of asthma or COPD - for example, cold air or exercise - but often a flare-up can be due to a cold or a chest infection. If you are needing your reliever inhaler more than a handful of times a week, then you should have a review. This can be done either with your GP, or with our nurse Barbara, who runs asthma/COPD clinics on Wednesday afternoons and Monday evenings.

Also ensure you have your flu vaccination ahead of winter, free to all over 65 and those under 65 with certain medical conditions. Please contact us if you are unsure if you qualify.

In April Barbara and I attended Haranui Marae to take part in their Hauora day to talk about respiratory illnesses, and we wish to extend our thanks for a warm welcome and the positive feedback, and a great morning spent with everyone who attended.

We wave goodbye to Dr Nicole Badie this month, as she finishes her six month stay with us to return to USA. We are also sorry to see Tasman Goodhue leaving this month on her big OE. All of us here at the Kaipara Medical Centre wish both Nicole and Tasman well on their next adventures!



- Dr Phillip Barter, Clinical Director



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Golf tournament to raise funds for medical centre

Auckland Prison is holding a charity golf tournament at South Head Golf Club on May 17 to raise funds to help Kaipara Medical Centre get up-to-date medical equipment.

It's being organised by local Joseph Docherty, who is a corrections officer at the Paremoremo prison.

"This is the first time Auckland Prison have run a charity golf tournament," says Joseph, "however if it is successful it may be something we repeat in the future, possibly on an annual basis."

Kaipara Medical Centre was chosen as recipient of the funds raised because officers from the prison have played in local golf tournaments in the past, and a number of them live locally.

Practice manager John Issott says a new vaccine fridge will likely be at the top of the shopping list as the current one is 10 years old.

The tournament will be run as a Stableford competition with four players per team and entry just \$35 per person.

It will start at 10am, and there will be prizes for the longest drive and nearest to the pin, plus prizes for best male golfer, female golfer and non-golfer. The day will also feature raffles and auctions, and a sausage sizzle.

Kaipara Medical Centre, along with its associates, hopes to put a team together to enter the event.

"The Medical Centre, as part of the Health Trust, is very grateful for this offer of support, and we look forward to having a successful tournament," says John.

Most of the prizes have been donated by businesses in the local Norwest area says Joseph. He is keen to hear from anyone who can donate more goods to be auctioned or raffled on the day.

Joseph has worked for Auckland Prison for eight years, and has organised several previous social events including a charity football match seven years ago which raised money for the Older Adults Ward at North Shore Hospital.

For more information on the tournament phone either Joseph on 021 0259 1726 or Ces at South Head Golf Club on 420 2838.



• Joseph Docherty (left) with Ces Sione of South Head Golf Club

Students in Police physical test

Two Kaipara College teams competed in the recent annual Year 13 Blue Light Police Physical Competency Test (PCT) challenge held at the North Shore Events Centre.

The teams were each made up of two female and two male students, who had to compete against the clock to complete 12 tasks including pushing a trailer; climbing a wall and a fence; walking a raised beam; crawling under hurdles; dragging weighted objects; climbing through a window; sprinting and dodging cones. The challenges are based upon brains, brawn and team effort.

Team 2 came fourth overall out of 14 teams from eight Auckland schools. This year there were also individual races

held over the same course. Jack Daikin set a speedy time of 1m 48s, while Erica Cheriton came third for the girls.

Book bargain time again

Sorting books has almost become a full-time job for Helensville Lion Chris Clark, who has an estimated 15,000 books packed into more than 300 boxes ready to go to the club's Book Fair this month.

The fair used to be an annual event, but last year the Lions held a second one in November, and that looks set to become a regular fixture too.

"We need to hold two a year because of the sheer quantity [of books] we are getting," says Chris.

The fair will be held over two days, from 9am to 4pm on Saturday, May 24 and from 10am to 2pm on Sunday, May 25, when all books will be half price.

Over the past few years Chris has got used to his shearing shed being swamped under towering stacks of books. He spends



• Chris surrounded by boxes of books in his shearing shed

much of the year sorting, categorising and packing the books, ready for the sale in the Helensville War Memorial Hall.

He is quick to point out the books going on sale aren't left-overs from previous sales.

"These books are not remainders from any other book fair. The majority are books that have been donated to Helensville Lions over the last six months," he says.

Fiction will be arranged in alphabetical order by author's name, along with special boxes set aside for very popular authors. Non-fiction will be split into 16 categories, plus a 'general' category for anything that doesn't fit into the pre-defined sections.

Hardback books will be just \$2, and paperbacks \$1. All children's books are just 50c. Other items such as magazine bundles, CDs, videos and jigsaws will be priced at \$1. As already mentioned, those prices will be halved on the Sunday, by which time the books on offer have usually been pretty thoroughly picked over.

Chris says the standard of books on offer is generally very good.

"We weed out a lot of the rubbish. We try to make it one of the best organised book fairs," he says.

All funds raised through the sale go into the Lions Club of Helensville Charitable Trust and are used to support local organisations, charities and individuals. Last year's two fairs raised a combined \$12,000.

For more information phone Chris Clark on 420 8527.

College drama a sell-out show

Kaipara College Year 12 drama students played to sold-out audiences for all four nights of their NCEA assessment production 'Dancing at Lughnasa' last month.

Set in 1936, *Dancing at Lughnasa* is an Irish play written by Brian Friel. Told from the point of view of a seven-year-old boy, it is a true story about his five unmarried sisters and the break-up of a household due to economic and emotional strain.

The students had to maintain Irish accents throughout the production. The set was designed to resemble the play's era, and was brought alive by lighting, music and the energy of the budding actors.

Feedback was outstanding, with one guest who had seen the play performed by professional actors in Auckland saying the college production was the most engaging and invigorating by far.

A performance of *Romeo & Juliet* will be staged by Year 13 drama students from July 30 to August 2. Tickets can be reserved now.

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Street art may come here

Helensville Art Centre coordinator Pauline Denton hopes to organise a street art project in Commercial Road next year, after taking part in an art event outside the new Silverdale shopping development over Easter.

"I'd certainly love to do something similar outside the War Memorial Hall in Helensville next year," she says.

The Silverdale project was led by Kaukapakapa painter Graham Braddock. He organised 20 artists to work over Easter weekend to create images in paint and paper while shoppers enjoyed seeing the creation and development of the works.

"It was awesome to work outdoors and not have art hidden inside gallery walls," says Pauline. "It was great to chat to people and to meet the other artists, and discover one had even attended a previous movie making workshop at the Art Centre."

The Art Centre's next 'Make a Movie in a Day' workshop will be held on June 14 during the Auckland Festival of Photography.



• Artworks at the Silverdale street art project

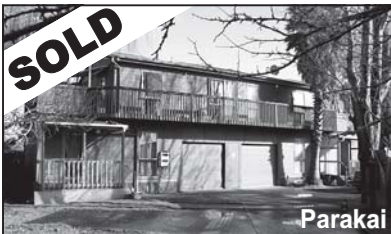
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South Kaipara Community Development Officer: Ian Leader

The Helensville District Health Trust are the fund holders for the Department of Internal Affairs' contract for a Community Development Officer for the South Kaipara region. Ian Leader has been appointed to the role which reports to both the Department of Internal Affairs and a local Steering Committee made up of volunteers from the local community and representatives from the Health Trust. Originally from the south-east of England, Ian brings with him over 25 years' experience in community development.

He explains how he entered the field of community development. "I left school wanting to be a rock and roll star, and did a variety of jobs to support my music habit before stumbling across community development and corporate responsibility which have been a passion ever since." Ian went on to establish a career in the field and has worked as the Partnership and Advocacy Leader for Youth and Children at Waitakere City Council, Community Relations Manager at AUT University,

Community Engagement Manager at Westpac NZ and National Manager of Inspiring Communities Trust.

His new role has been eagerly anticipated by the Helensville District Health Trust and the wider community as a whole. The role was created to catalyse and facilitate a progressive community-driven movement towards making South Kaipara a better place to live and work, for all of its people. Ian will be working with local people, businesses and community groups to enable all to get involved in community progress. He says, "Over the next couple of months, I'll be meeting with people and organisations across the district to help me refine what this means in practice and to identify some key projects and opportunities."

For now, Ian is working remotely and out of the Trust offices, however he is hoping to one day occupy some of the renovated office space at Te Whare Oranga ō Parakai. Based in Henderson, Ian is familiar with the North West of Auckland but



Dianne Kidd and Ian Leader.

is eager to acquaint himself with the South Kaipara region. "As an almost pathological networker, broker and facilitator I'm really looking forward to getting to know people and organisations in the South Kaipara, learning about what's happening in the area and finding out how I can best contribute."

Ian is the proud father of two teens and currently volunteers his time as Chairman of The Storytime Foundation and as a Trustee at Bruce McLaren Intermediate.

If you would like to contact Ian to discuss your ideas for progress in the South Kaipara, please call or text him on **0275 10 20 91**.

Te Whare Oranga ō Parakai Update

Plans continue to develop for our new community facility, Te Whare Oranga ō Parakai with Unitec appointing a Project Manager to ensure renovation and building works commence on time and to budget.

The Helensville & Parakai Farmers' Market has been suspended with winter approaching, but we look forward to reinstating a market again in the near future. We've heard so much great feedback about a local market from the community, and hope to include it as part of the South Kaipara Food Revolution that will operate from Te Whare Oranga ō Parakai.

Our steering committee meets monthly, so please do forward any ideas / suggestions / feedback you may have for them to michelle@noodlehq.co.nz

New doctors and a new look for the Kaipara Medical Centre

It's exciting times at the Kaipara Medical Centre with a full team of wonderful doctors on board now. Our new doctors include Dr Holly Shine, Dr Sherine Tobias and Dr Ivan Gannaway as pictured below.



The Centre is currently developing a new website and refreshing its branding, so expect to see more exciting developments from your local Medical Centre soon . . .



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90 on Te Rau Puriri Regional Park walk

90 people turned up in perfect weather for a walk through Te Rau Puriri Regional Park at South Head last month.

The hour-long walk was organised by the South Kaipara Residents & Ratepayers Association (SKARRA). Walkers met at the coastal farm of SKARRA chairperson Dianne McLeod and her husband Cedric, and then were bussed to the entrance to the park.

A different route to the Auckland Council's marked track was used, giving the walkers a different perspective on the park. An optional clamber up one steep hill provided a panoramic view of the Kaipara Harbour.

Once reaching the coast, the walkers strolled along the beach for about 400m back to the McLeod's property, where there was a sausage sizzle and picnic lunch.

"I have received quite a bit of positive feedback about the day. It's nice to know our efforts were appreciated," says Dianne.

"We were thrilled with the turnout of 90 people. The weather was perfect and it was really lovely to meet with both new-comers to our area as well as the more well-known faces. Now we need to get the council to move quickly to mark out this scenic route and add information boards - for instance geographical data and historical info about the precious pa sites and wonderful wetlands to provide visitors with a real value-added experience," she says.



• Dianne McLeod gives a background talk to some of the walkers

Montessori publishes book

Helensville's Montessori School teachers have written a book about their experiences of taking part in a research project with Auckland University and the New Zealand Tertiary College.

That project looked at effective teaching of performing arts, and the benefits children get from taking part.

"Our involvement and the outcomes for children were so significant that we wanted to record the process in our own words, rather than having the project written about only by the research staff," says Montessori centre leader, Heather Durham.

"We hope other teachers will read it and realise that action research is not that

difficult and that taking calculated, professional risks that have the potential to change our practice and beliefs for the better in teaching and learning can be exciting and rewarding.

"This is our first - but definitely not the last - venture into publishing."

The soft-cover, 84-page book takes its name from the title of the research project and was produced with input from both children and parents, and is available for sale for \$10 (or \$12 posted anywhere in New Zealand). The school is happy to give copies to former students who may have been involved.

For more information email Helensville Montessori School at helensvillemontessori@xtra.co.nz.



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Kaukapakapa School is organising our local version of the global phenomenon, which will be open to anyone residing in the Kaipara area in one of two age groups - five to 12 year old and 13 to 18 year old.

Like its international counterparts, the contest will cover the whole gamut of talent, ranging from singing, music and dance through to comedy, juggling and magic.

If the event proves successful, it may be expanded to include an adult category next year.

"We decided to focus on the children's talent for this first event," says Heidi Puriri of the School Support Group's organising committee.

"It would be so great to make it an annual event if it is successful this time.

"Lorde started at a similar show in Birkenhead, so wouldn't it be cool to see one of our Kaipara residents hit the 'big lights'," says Heidi.

"All going well this year we have discussed having an adult category next year, and perhaps run it over two nights - as it stands the finals evening is looking like a three to four hour show."

That finals night will be held at the Kaipara College auditorium on Saturday, June 21.

Auditions are being held this month, in

the college hall, on Saturday, May 17. From those auditions, the top 12 acts will go through to the finals, where there will also be a couple of guest performances. Tickets to the finals will cost \$10.

The 12 finalists will have the chance to take up an offer of mentoring by Kaipara College to help them get stage-ready for the big night.

"The college's senior music students are excited to get the opportunity to share their performance skills with the next generation," says head of college music, Nick Roberts.

Money raised through the competition will go towards buying teaching resources and making improvements to Kaukapakapa School that aren't covered by Ministry of Education funding.

But it's not just about raising money. Heidi says the Kaukapakapa School Support Group feels that by including as many of the schools and families in the Kaipara as possible, the contest will help to strengthen the community, celebrate the talent in the Kaipara, and create comradeship between local schools.

Both the auditions and the finals evening will be filmed and made into a DVD for public sale, with pre-orders being taken at the finals.

Entry information is available online at www.kaukapakapa.school.nz, and anyone wishing to help with sponsorship should email kaiparasgottalent@gmail.com

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Top two tag teams in tournament



Helensville Primary School teams (pictured above) won both the boys and girls competition against 11 others at the Intermediate Norwest Tag tournament at Moire Park in Massey last month.

Undeclared at that contest, the 28 Year 7 and 8 pupils then went on to represent the NorWest Zone against the seven other top Auckland schools at the NZTFI/ARL Intermediate Schools Auckland Championship at Walker Park in Pt Chevalier, battling for the Auckland Champions of Champions title. Unfortunately they were unable to repeat their success at that contest, finishing last.

Tag is not a big game of refereed 'tiggy', but rather a non-contact introduction game to rugby league. Players wear shorts with a Velcro patch on each side. A strip of cloth called a 'tag' is attached to the Velcro. The object of the game is to score tries, and defenders try to prevent that, tagging the ball carrier by removing the tag from the shorts.

The rules are designed to encourage non-contact; an attacker cannot run straight at a defender, but must run at the gaps. Defenders can't impede the progress of an attacker, so if they try to get a tag and bump the attacker they can be penalised.

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Feijoa and date cake

Feijoas are a very New Zealand thing. They originated in South America, but we seem to have adopted them as our own. I remember taking a spoon with me as a boy on the walk to school, just so I could enjoy them from the neighbourhood hedges as I walked past. Eating them straight out of the skin is most people's introduction to the fruit.

They make reasonable jam and chutney but seem to lose their flavour and often change colour into an unpalatable brown. They do, however, bake really well into cakes and tarts.

Some years ago at a cafe I owned on the North Shore, we were given bucket loads of them by a regular customer who never seemed to run out. The usual thing to do when you are trying to create something new with an ingredient is to adapt an existing recipe or idea, so that is what we did with the feijoas. The recipe I used was originally for a fabulous apple and date cake called Lumberjack Cake. That cake was enormously popular in the '90s, and seems to work extremely well with feijoas instead of apples.

■ Feijoa and Date Cake

You will need a large (23cm) cake tin, greased and lined with baking paper and pre-heat the oven to 180° Celsius.

- 16 medium to large feijoas
- 2 cups chopped dates
- 2 teaspoons baking soda
- 2 teaspoons vanilla
- 2 cups boiling water

- 250g softened butter
- 1 cup soft brown sugar
- 3 eggs
- 2 cups plain flour
- 1 cup self raising flour

- 150g melted butter
- 1/2 cup brown sugar
- 1/2 cup milk
- 1/2 cup shredded coconut or rolled oats.



Scoop the flesh out of the feijoas, roughly chop it and place in a bowl. Add the chopped dates, baking soda and vanilla essence and mix it all together. Then pour on the boiling water and set aside to cool and allow the dates to soften.

In another bowl beat together the softened butter, brown sugar then add the eggs one at a time until incorporated. Fold in the flour. When the feijoa and date mix has cooled add it to the flour and butter mix and stir to combine. Pour the batter into the cake tin and cook in the pre-heated oven for approx 50 minutes.

While it is cooking, melt the 150g of butter with the sugar and milk. Then stir in the coconut or rolled oats depending on which you are using. Remove the cake at 50 minutes and gently spread the butter coconut/oat mix over the top of the cake, return to the oven for approx 20 minutes or until a skewer comes out clean.

Serve with yoghurt or whipped cream.

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■ HIGH TEA

A Lady's High Tea Party will be held at the Waitoki School Hall on Saturday, May 10 from 2pm to 5pm. Tickets cost \$30 and are available from the school.

■ FABRIC OF ART EXHIBITION

The Helensville Art Centre in Karaka Street has a 'Fabric of Art' exhibition on all May. It follows a successful similar exhibition a few years ago, and will feature 'trash to fashion' and 'wearable arts' type garments. A fashion show to highlight the works along with those of hat maker Myra Lloyd is planned for Saturday, May 31. For more information email Pauline Denton at: admin.artcentre@gmail.com, or phone 021 158 6859. In June the centre will hold a 'Reflections' photo exhibition as part of the Auckland Festival of Photography Fringe Festival.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa village market is on Sunday, May 18 from 8.30am to 1pm. There will be live music from Darren & Shell

'The Musicians'. Doreen Guest will hold a Pink Ribbon Breakfast fundraiser, baking special cupcakes and other goodies and holding a raffle. Money raised will be donated to the Breast Cancer Society. Customers will be able to eat their cakes with a tea or coffee from the market kitchen included in the price. To book a stall email Sarah1@maxnet.co.nz or phone 0274 831 542.

■ WINTER LECTURE

The Helensville Historical Society's first Winter Lecture for 2014 is on Sunday, May 18 at 2pm in St Joseph's Church, Helensville. Robin Grover will talk about 'The History of the Wade'. Robin has recently published her book of the same title. Afternoon tea will be available and Robin's book will be on sale. Cost is \$10 for non-members and \$8 for members. For more information email Lynn Millar at helensvillemuseum@xtra.co.nz.

Tai chi subsidy gone

ProCare Health has done away with the Green Prescription subsidy for Tai Chi classes in Helensville, to the ire of local Judy Lloyd, a registered nurse.

"Tai Chi requires no equipment, no special clothing, and can be practised anywhere. The benefits, particularly for the elderly, are well known," she wrote in a letter to ProCare and Prime Minister John Key.

However Procure executive officer Catherine Abel-Pattinson says after reviewing referrals to the Green Prescription programme along with Tu Tangi Ora, it was decided it was important to provide a "variety of exercise sessions which covered interests from a range of cultural groups and ages."

Subsidies have now been moved to more high-impact, after-hours sessions. The only subsidised low-impact exercise options remaining locally are line dancing and aqua aerobics.

"The subsidy was only a \$1 a person, which can be quite important to those on the pension," says Judy.

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