

Unitec education programme coming to Parakai

Unitec is bringing its Certificate of Foundation Studies course to Parakai next year in a ground-breaking pilot programme which will give locals of any age new opportunities to break into tertiary education.

The 16-week full-time course, free for anyone 25 or under, will start next March at the refurbished Te Whare Oranga ō Parakai. It will cater for up to 25 students, with two or three staff teaching four, 15-credit courses.

Two free information evenings will be hosted by Unitec at Te Whare Oranga ō Parakai, on Tuesday, November 2 and Thursday, November 4 at 6pm, at which locals will be able to learn more about the courses and register their interest in taking part.

The course to be held at Parakai is Unitec's Certificate of Foundation Studies (Level 2), which Unitec's Bridgepoint academic director Nick Sheppard describes as a 'pathway programme' which "helps students move onto higher education and/or careers and vocations".

It's designed to prepare students for certificate and diploma-level study at Unitec and other tertiary education providers. It also leads on to Unitec's Level 3 course and Certificate of University Preparation for those whose goal is to enter a degree programme.

While the course will be free for those 25 and under (except for additional costs such as course books and administration fees), older locals will need to pay \$2047 to take the course.

The course will also be eligible for Ministry of Education Youth Guarantee Scheme funding for full-time students aged 16 or 17.

Nick says the course will most like run from Monday to Thursday, from 10am to 3pm.

Locals wanting to take part will need to enrol online at: www.unitec.ac.nz/career-and-study-options/foundation-and-bridging-education, and will be accepted on a first come, first-in basis.

As part of the course students will receive guidance designing a learning pathway that gets them where you want to go, in a supportive adult learning environment with one-on-one time with the lecturers.

It will feature a mix of group and individual work, seminars, debates, whanau hui, oral and written exercises, and self-directed learning. A pre-entry assessment will be made to ensure people are studying at the right level.

The Unitec

programme is the first of what is expected to be a range of formal and informal educational opportunities which will be offered at Te Whare Oranga ō Parakai.

Anyone interested in running or teaching a class or programme at Te Whare should contact the Helensville District Health Trust through the website www.thrivekaipara.org.nz, or email: ctorrance@helensvillehealth.co.nz.

Police chopper drops in



A surprise visit from the Police Eagle 2 helicopter (above) was the highlight of a study about natural disasters and survival skills by students at Waioneke School.

Pupils at the South Head school have been learning what to do in a natural disaster, and as part of the programme they have also been studying civil defence emergencies, survival skills and the role of emergency services.

To help bring the learning to life the children were visited by Police Search and Rescue Squad members, Senior Constable Mark Beddek and Senior Constable Paul Donaldson, whose presentation on September 10 included bush survival skills, equipment requirements, how to prevent getting lost, and what you should do if you are injured or lost.

But the real excitement came when the lesson was interrupted by the arrival of the Police helicopter, which landed on a neighbouring dairy farm. The Eagle 2 helicopter crew told the children about their role with the police and in search and rescue operations, and gave them information about the helicopter and crew.

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editorial

I think it's fair to say that most people would like to earn more money. But to do that, they usually need to get a better job - and that often depends on the level of education they have. For a lot of people, especially in less affluent circumstances, furthering their education is no more than a dream.

That dream could be about to come true for a number of locals with the wonderful news that Unitec is bringing its Certificate of Foundation Studies course to Te Whare Oranga o Parakai next March (see page 1). It will give locals a vital step forward into the world of tertiary education. It's an important local development, and a validation of the Health Trust's foresight in transforming the old Parakai Tavern into a multi-purpose community hub.

I'm sure we're going to see many more exciting things happening at Te Whare in the future.

Most small communities like ours run on the selfless time and work given by volunteers, and probably none give more than our volunteer fire fighters. What's amazing is they have been protecting our properties - and in some cases lives - for 100 years now. On page 3 you can read about their centenary celebration this month - something well worth supporting.

Still on the community theme, check out our articles on the South Kaipara Community Patrol's new car (page 7), the St John Op Shop's new manager (page 8), the Harcourts Foundation (page 11) and plans to set up a local savings pool (page 6).

Pretty much anyone in our area who has had children will have been involved in one way or another with their school's 'calf club' day. The coming few weeks will see our local primary schools putting these on again (page 5). These events are important fundraisers, and a great chance for people - even if they don't have children - to see what our local schools are up to, and to support them. Go on, go along and buy a cake or a sausage!

Another annual fixture coming up is Spring Fling - read the first details on page 10.

- Dave Addison, Editor

letters

I used to be a happy Helensville dog owner - happy that my friendly, sociable, playful dog and I could walk around Helensville safe in the knowledge that we were, well, safe.

I am a responsible dog owner who believes that a happy, healthy dog needs exercise and canine play as well as human companionship. His canine play needs have been largely catered through early stays at 'doggy day care' whenever I could afford it, as well as many friendly encounters both on and off lead here in Helensville.

About a year ago he had his first experience of an 'out-of-the-blue' attack from a dog which slipped its leash while the owner bent to do up her shoelaces. The dog crossed the road to where my dog and I were walking and randomly attacked. It took some effort from the owner to call him back over the road. It rattled me for a couple of days but I persevered with walking.

Then, over the last six to nine months he has been set upon nastily, twice, and had other less nasty encounters where the owner has acted to prevent something happening. The latter is mostly fine; I can cope. However, in the former, both attacks were from dogs which crossed the road; they were not on a leash.

One owner said her 'gate should have been shut' - er, yes, particularly as she too had trouble getting him off. This dog came back for a second shot as the owner did not have control of him. On this occasion quite a crowd gathered because of the noise and the unprecedented nature of the attack. A further attack was down at the park, from a dog that had been a former 'friend' and who came barrelling up from the car he had sprung from, quite some distance away, specifically to attack my dog.

There are roads in Helensville that I will *not* walk down any longer; it is not worth the risk finding out if dogs which should be restrained, are.

I am over it. I am over un-responsible dog owners. Why do you think your dogs do this? I am over people who own dogs and who like them being aggressive. I am over not being able to walk where I want to walk with my dog. I no longer feel safe. I could 'name and shame' by pointing out the roads these dogs are on, but you know who you are. So far, I have refrained from calling dog control. Next time however, I will act without hesitation.

- Name withheld

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Fire brigade celebrates 100 years

The Helensville Volunteer Fire Brigade will celebrate its centenary on Saturday, October 18 - almost 100 years to the day after its founding.

The brigade will mark the milestone with a community open day featuring historic and current fire appliances from Helensville and surrounding areas, firefighter competitions for locals to enter, displays and food.

The day will kick off with a drive through Helensville by up to 20 fire appliances. They will assemble outside the fire station in Rata Street at 10am, then travel down Commercial Road before returning to the station. As well as the Helensville engines, there will be some specialist vehicles from out of town such as HAZMATs, tankers, and command units.

From 11am to 2pm the station will host a range of activities.

There will be full tours of the station and equipment, plus the chance for a close look at some of the vehicles involved in the Commercial Road drive-through.

There will be two car-cutting demonstrations, showing how firefighters use rescue tools to extract people from crashed vehicles.

Also on show will be the 'Smoke House' so locals can learn how to escape a burning building.

Competitions will include 'get into gear', where locals will be able to pit themselves against firefighters to see who can get fully kitted-out in fire fighting jacket, trousers, helmet and tank the fastest.

'Roll Out' will see people running out a hose and then rolling it back up in the fastest time.

Helensville Volunteer Fire Brigade was officially formed on October 9, 1914 with the Robinson brothers and three others

appointed as the town's first official firefighters.

Water mains and hydrants had been installed the previous year, and when the Helensville Town Board was offered a cheap, second hand, hand-drawn hose reel complete with hose, stand-pipes and



• Helensville firefighters in the late 1980s douse burning haybales which were dumped off a truck, blocking South Head Road

branches at the beginning of 1914 the decision was made to form a fire brigade in what was then a town largely built from timber.

Today, Helensville's volunteers are called out around 250 times each year to house fires, scrub and forest fires, vehicle crashes, and animal rescues.

Vet clinic open day

Vets North Helensville will celebrate its 20th birthday with a clinic open day on Saturday, October 11.

Tours of the clinic will be held from 11am to 2pm, giving locals a chance to see behind the scenes at the practice. The Commercial Road building's new paint job and branding will be on show too.

There will be competitions, prizes and giveaways along with a sausage sizzle, and representatives from some suppliers will be on hand with open day deals and to answer questions about their products.

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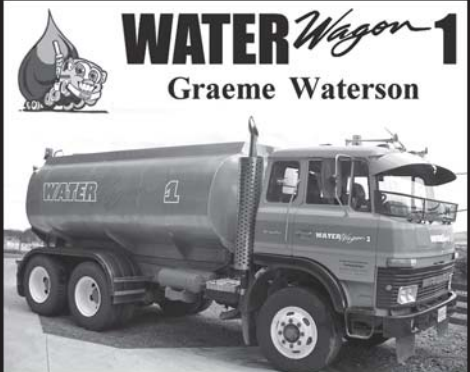
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Primary ski team do well

A team of 10 young skiers from Helensville Primary - one of them only a Year 1 pupil - competed at the North Island Primary and Intermediate School Ski Championships at Whakapapa Ski Fields last month - notching up some creditable placings.

The school's A team was made up of George, Tom and Claudia Pilkington, Ben Clarke and Kendrah Smith. The B team was Greta Pilkington, Brock and Tarek Colson, Andre England, and Megan Cook.

It was the second time the school had gone to the championship, which has been running for 25 years and with more than 300 competitors is one of the largest single-sport primary schools sports events in New Zealand, and the largest skiing event held on Mt Ruapehu.

Despite having three first-timers this year the Helensville team scored more points than last year.

In the Senior Boys' Giant Slalom, Ben Clarke placed 21st out of 49 entrants, while in the Senior Girls' Giant Slalom Kendrah Smith came 8th and Greta Pilkington 11th against 42 other competitors.

The junior skiers were up against big numbers of opposition.



• George Pilkington (8) in action at Whakapapa

In the Junior Boys' Giant Slalom 143 skiers competed. George Pilkington finished 20th, Brock Colson 80th, Tom Pilkington 85th, Andre England 101st and Tarek Colson 136th. Megan Cook came 130th out of 153 skiers in the Junior Girls' Giant Slalom, with Claudia Pilkington 132nd.

Kaipara College competed at the North Island Secondary Schools Ski Champs at Turoa Ski Field Mt Ruapehu, late last month. With more than 100 schools competing it is the largest skiing event in the Southern Hemisphere.

Tennis Club family day

Helensville Tennis Club will hold a Family Fun Day on Saturday, October 18 from 9.30am to midday. It will be a chance for people of all ages to try out the game.

Local estate agent Jana Mills is donating a candy floss machine and sausage sizzle to add to the family-friendly event.

Tracey O'connor of the club's Tennisgurus coaching team, says: "I love the energy and family feel at Helensville Tennis, and the earlier we can get children on court the better. It's such a lot of fun and a great social sport."

Junior and adult coaching is available to both club members and non-members starting at the end of October; information will be available at the family day or email: info@tennisgurus.co.nz.



• The Helensville Primary ski team



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School Ag days coming up

It's calf club time of year again for local schools - though that's not a name many use these days. These days, with fewer children in the position to raise calves or pet lambs, the focus of the agricultural days has been widened, with many now billed as country fairs or show days.

Parakai School will hold its annual Show Day at the school in Fordyce Road on Saturday, October 18 starting at 10am.

Principal Nick Neubert says activities and attractions will include a 'young farmer' competition, face painting, grocery raffles, a hangi, a silent auction, moon walkers, bouncy castles, market stalls, and of course the traditional pet lamb and calf competition. Money raised on the day will go towards Duffy Books in Homes and iPads.

Waitoki School's Ag Day and Country Fair is being promoted as a great family fun day. It's on Saturday, November 1 from 9am to 2pm. Students will have their pet calves, lambs, goats and chickens on display, and there will also be classroom displays.



• Show Day blanket sale at Parakai School

Activities on the day will include a gumball throw, a fence post throw, a bottle ring toss, a wheelbarrow obstacle course, and a sandpit dig. There will be plenty of food, a cake and sweet stall, a book stall, raffles, a silent auction, a photo competition, and floral and baking displays. Money raised will be going towards purchasing audio visual equipment for the school hall, and new school signage.

Helensville School's Ag Day is one of the school's major annual fundraisers, and will be held from 4pm to 8pm on Friday, October 17.

There will be the indoor displays including models and miniature scenes, raffles and stalls along with the animals, a young farmer competition and sideshows on the lower field.

Kaukapakapa School holds its Ag Day on Saturday, October 18, while Waioneke School holds its traditionally-named Calf Club Day on Saturday, November 1. Both schools will have indoor exhibits as well as pet animals on show.

Woodhill School's Calf Club Day is also on November 1, and as well as calves, lambs, goats and chickens will feature a young farmer competition and indoor displays.

Wainui School will hold its Ag Day on Thursday, October 23.

Register for community Xmas lunch

Locals can now register for the Helensville community Christmas day lunch. The register is available at the following central Helensville locations: Income Support, Te Ha Oranga, South Kaipara Mens Trust and the Women & Family Centre. It is also available from 10am to 2pm at Te Whare Oranga o Parakai. For more information phone co-ordinator Raewyn Mercer on 021 182 0470.

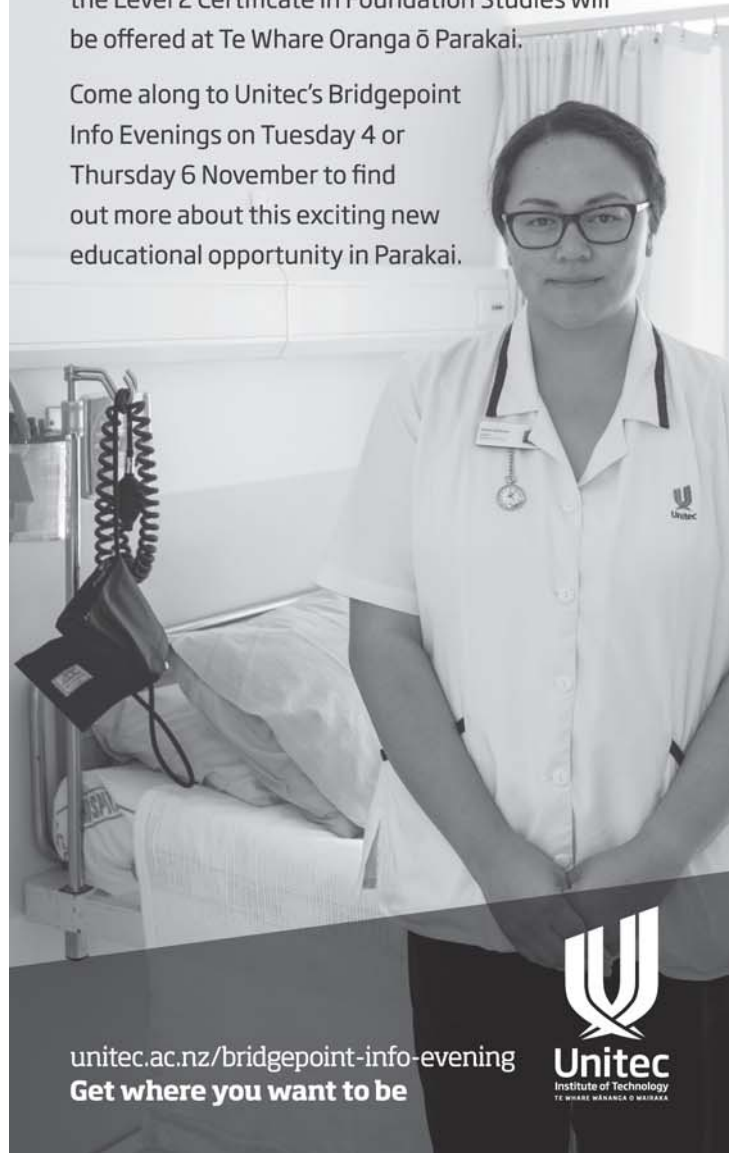
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Come along to Unitec's Bridgepoint Info Evenings on Tuesday 4 or Thursday 6 November to find out more about this exciting new educational opportunity in Parakai.



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Local 'savings pool' mooted

Peter Luiten from Living Economies will introduce locals to the concept of a 'Savings Pool' at a 7pm function at Peacemakers in Parakai on Tuesday, October 21.

Anyone wanting to attend should phone Andrew Connolly on 027 282 6305 or email peacemakers@safetynet.co.nz to book.

Several Peacemakers members attended a recent Living Economies weekend and found the idea of setting up a local savings pool really appealing, says Andrew.

A savings pool is a group of people who pool their individual contributions to combine their purchasing power and avoid the interest they would otherwise pay over a lifetime.

Communities around the world have pooled money for hundreds of years, says Andrew. Members contribute regularly to a common fund, taking it in turn to spend it.

In a traditional money pool, members get no more than they give; their only profit - apart from the social advantages of membership - is the ease with which they can either buy the higher-cost items they need or pay off debt.

Andrew says more and more people are returning to traditional money-pooling practices, aware their interests may be poorly served by lending institutions. Making their money available interest-free to others wins them interest-free money when they need it. The circles of support created are a form of "community wealth".

Savings pools are not money-making investments; members don't even earn interest. But key features make them effective cost-savers:

- No interest is charged for the use of pooled funds.
- No-one creams off any profit.
- Contributors themselves decide how their funds are used.
- Purchased assets belong to the pool until they are paid for in full.
- There are next to no costs.
- Members balance received benefits with matching contributions.
- Accounts are open to all members.

Savings pools offer their members more than interest-free finance, says Andrew.

"A collaborative group constitutes a

greater pool of energy, experience and resources than an individual can normally access. Any project which taps into the group's added-value potential reaps further significant cost savings."

Savings pools welcome people in debt and people saving with a view to buying a higher-cost item or perhaps retirement. Each helps the other save interest costs; debtors and savers may switch roles many times in the life of a healthy pool. Members commit to contributing in ways that support other members, in particular by reciprocating any assistance received and respecting member confidentiality.

For further details about savings pools visit: www.le.org.nz/savings-pools.

Kaukapakapa promoted as holiday destination

Kaukapakapa could be one step closer to becoming a holiday destination.

A contingent from the town - Geraldine Bayly, Jenny Hood, John Howlett and Sarah Legg - recently promoted the area at the Auckland Tourism Events & Economic Development-organised Regional Product and Networking Day, held at the Voyager Maritime Museum on Tuesday, September 2.

They promoted the area, including the Kaukapakapa Village Market, the Kaipara Coast sculpture gardens and the Mataia walks, as a possible destination for tour groups.

Their display included a 'Destination Kaukapakapa' presentation, tramping boots, and a selection of locally manufactured high quality foods and crafts.

They also presented two day-trip options to the Auckland based tour operators at the event, receiving positive feedback from operators surprised to learn what the area has to offer.

The most interested tourism operators were small tour companies which specialise in small groups and tailor-made trips which give a 'real Kiwi' flavour.

The event was designed specifically so regional tourism groups and Auckland tour operators could connect and learn about each others' products and services.



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New car for community patrol



This is the South Kaipara Community Patrol's new Holden Astra patrol vehicle, which locals will see around town soon.

Money raised at the patrol's Trivia Auction Evening on Saturday, October 11 will go towards equipment for the new vehicle. The evening will start at 7pm in the Helensville War Memorial Hall; phone Ann Williams on 420 7408 for tickets. Local businesses have donated a range of goods for the auction.

The new Astra replaces the patrol's old Holden Commodore, and was bought with funds raised at a trivia night in March. The patrol has to provide all the funding for vehicle purchase and running costs.

The community patrol has had a good response to its call for new patrollers to join the team. However more are always needed and anyone able to give three hours a month to help police as the eyes and ears of the community should get in touch.

medical centre notes

Following our recent column on blood pressure, this time I'm going to discuss heart failure. Again, considering the heart and blood vessels as a plumbing system, the heart is the pump; heart failure is where the pump has become inefficient. This may be due to the muscle of the heart being weakened - such as when damaged by a heart attack or years of working under the strain of uncontrolled high blood pressure; or if the valves in the heart are mechanically faulty, making it inefficient.

As the heart becomes inefficient at pumping the blood around the body, fluid leaks out of the blood vessels, collecting in the tissues, particularly in the lungs (left sided heart failure) or legs and abdomen (right side heart failure). Also the person becomes more out of breath on exertion, and may start propping themselves up on pillows at night as they get breathless lying down.

Heart failure is managed in most cases by identifying and treating the cause to prevent it getting worse, and by medication to improve the efficiency of the heart and reduce the strain on the heart (eg fluid tablets - diuretics, ACE inhibitors, beta blockers etc) and limiting fluid intake. And as always, by stopping smoking.

This month is Stoptober, and if you are interested in stopping smoking, please contact us at the medical centre to talk about the options and support for this. Kirsty Adams is running our Stoptober programme; she works Mondays, Wednesdays and Fridays.

- Dr Phillip Barter, Clinical Director



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New manager for St John shop

New St John Op Shop manager Elaine Murray's aim is for the Commercial Road shop to become part of the 'op-shop trail'.

"The whole recycling thing is big now, getting that vintage look happening," she says.

"This is one of the busiest places in town."

She says regular customers come in on a daily or weekly basis to see what's new in-store - and says because the stock turns over so fast, the shop always needs new donations of goods to sell.

Elaine started work at the shop a few weeks ago after 12 years owning and running the Ginger Crunch cafe - the last 10 of those at the Helensville railway station.

She simply decided it was time for a change, and wanted more time to spend with her family.

Elaine says she is "absolutely thrilled to be part of the St John organisation as well as being hands-on involved with the community."

She says the St John shop's big point of difference is that all money raised goes directly back to the local community. She plans to put up a noticeboard listing where money raised has gone.

There are currently 25 volunteers helping out at the shop, but there's always a need for more. People can help for just one day a month, or even just be on call.

"It's a wonderful team of volunteers who are filled with ideas and energy and we are having a great time working together," says Elaine.

Anyone interested in helping should phone Elaine on 420 9272.



• Elaine Murray

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Food ambassador talks at Parakai

The New Zealand ambassador to the Jamie Oliver Food Revolution, Greig Buckley spoke to an enthusiastic audience at Te Whare Oranga o Parakai last month.

Greig is also the founder of online artisan food producers' collective kai.co.nz and a trustee for the Garden to Table Trust.

His 45 minute talk covered a wide range of food related topics, and he spent as much time afterwards answering questions. He covered both wider trends and how he felt they relate to the planned South Kaipara Food Revolution.

Among the points he raised was the importance of protecting regional uniqueness, and also how important food provenance is – people being able to trace where their food is sourced from.

“Being able to trace what is on your plate back to its place of origin is set to be a staple requirement for all produce, and is currently a burning issue in the food industry,” he says.



• Greig Buckley

Greig told his audience New Zealand food is characterised as being fresh, green, high in quality, strong in flavour and with a diverse range. He says the South Kaipara needs to build on these values and add its own brand values when marketing local food products, celebrating what makes the area special.

He says we need to connect local producers and consumers through produce, harvest, and farmers markets and make it easier for people to access and buy fresh produce.

Greig also spoke passionately about food in the wider context.

He says it is important to start with children - breaking the cycles and educating them about food. His involvement with the Garden to Table Trust was held up as an example - achieving this through “an effective, proven, experience-based kitchen garden programme”.

Greig's talk followed a hui at Te Whare Oranga o Parakai a few weeks earlier which gave locals some background on the planned South Kaipara Food Revolution.

The Food Revolution envisages bringing local food growers and producers together in

a social enterprise where they can share skills, seeds, equipment, labour and experience.

It will encourage and foster their ability to add value to products; enable education and training opportunities; and generate income through a mechanism for collecting, selling and distributing fresh local produce.

It also aims to nurture the people of Parakai and the South Kaipara through greater economic, social, cultural and environmental wellbeing.

Hui keynote speaker Peter Brennan explained that Te Whare Oranga o Parakai is in the process of being converted into a community centre with a focus on health, learning and food.

Plans drawn up by a team of Unitec students are being refined by a professional architect. It is hoped building will begin in the next few months. \$750,000 has already been raised towards the renovations, with the final project cost underwritten by the Helensville District Health Trust.

In addition to multi-use community spaces, the building will have a professional teaching kitchen as well as a certified commercial kitchen that can be hired out.

One expectation is that people wanting to produce artisan foods will be able to make use of the facility. Systems will be put in place so participants can gain relevant safety and food hygiene certification.

A goal is to establish a regular produce market at the site, enabling small growers to sell their produce. It is intended that left over produce be distributed to families through local schools.

Other initiatives discussed at the hui included creating community gardens; community composting; seed swapping; tool and skill sharing; and a 'green dollar' system such as labour for produce.

Project manager Jake Morgan says the hui was intended as the starting point in a series of 'Food Revolution' related talks, with Greig's the first - see Town Talk (page 16) for details of the next talk.

Locals wanting to join a Food Revolution communications database should email: jake@noodlehq.co.nz.

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South Head hosts first round of new multisport championship

The new Auckland Multisport Championship kicked off at South Head on Sunday, October 5 with a race at Lake Ototoa, South Head,

Hosted by the Waitemata Canoe and Multisport Club, the 47km-long South Head Challenge at the scenic Department of Conservation reserve started at 10am with an 11km, two-lap kayak around Lake Ototoa.

Competitors then swapped their kayaks for mountain bikes, riding 26km through the northern section of Woodhill Forest on gravel roads – a two-loop track which featured a grade four hill climb.

The final leg was by leg – a 10km run through the forest on metal roads and sand tracks.

Competitors then headed off to the local hall for prize giving, food and refreshments.



• Phill Exeter of Helensville, foreground, races on Lake Ototoa, South Head - photo: Steve Knowles, sportzhub.com

Several locals were entered in the race, including Helensville athlete Phill Exeter. Organisers were expecting more than 100 competitors for the inaugural event.

The racers were competing for hundreds of dollars in prize money, with cash prizes for the first three placings for male, female and team entries, plus awards for the fastest times in each

of the three legs - \$200 for the kayak leg and \$350 for both the mountain bike and running legs.

The race was designed to be a fast paced trial for top athletes, but also be ideal for first-time multisport competitors.

The course was tested last year as a closed club event, and saw finishing times of 2.43.35hrs for the first male, Bart Muijle, and 2.53.38 for Louise Mark, the first female. Phill Exeter set the fastest time on the kayak leg at 53m 39s.

The South Head Challenge is the shortest of the three events making up the new Auckland Multisport Championship.

The second race is the 73km-long Rodney Coast Challenge on Sunday, November 9. A well-established event, it starts with a 10km run from Muriwai Beach at Rimmer Road, followed by a bike ride through Helensville. It finishes at Wenderholm beach after an 8km kayak paddle down the Puhoi River. The last event in the series is a 68km race on the Awhitu Peninsula on November 22.

There is no requirement for competitors to enter all three events, but to be in the Auckland Multisport Championship they need to finish all three races.

Spring Fling turning 14

The 14th annual Spring Fling event will be held at South Head on Sunday, November 16.

It will once again be held at the Haumoana Farm garden of Barb and Greg Ross in Slater Road, overlooking the Kaipara Harbour, and this year will feature 'Jazz in the Garden' by the Gold Card Boys, with vocals by Michelle.

The family-friendly day, which over the years has been held in several different gardens around South Head and Shelly Beach, will have a wide assortment of stalls, including gifts, plants, cafe food, espresso coffee, barbeque venison sandwiches, whitebait fritters, cold drinks, cakes, sweets and more.

There will be children's games and activities, plus the Waioneke School scarecrow competition will be on display.

Entry and parking will be free; as it's on a working farm, no dogs are allowed. For more information phone Barb on 420 8487 or 027 552 8487, or email her at: haumoanafarm@clear.net.nz.

Money raised for Foundation will go directly to our local area

Sue Simmons of South Head won this gift basket raffle (right) from Riverside Crafts at a fund raising sausage sizzle held in Helensville recently.

Local real estate company Harcourts raised \$270 at the event, all of which has gone to the Harcourts Foundation and will be granted back to our local community.

The Harcourts Foundation was set up in 2008 and has since raised more than \$2.7 million. All the foundation's administration is done through donated time, meaning 100 percent of the money fund raised and donated goes back to the communities.

Harcourts Helensville has just joined the scheme, and owner Graeme McLeod says each member of his sales team has committed to donate a portion of their sales commission to the foundation.

"Every salesperson is committed to

putting something back into the community," says Graeme.

"The great thing about [the foundation] is that any money generated in our franchise area will stay within the franchise area."

Citing the success of the sausage sizzle, which was the first fundraising event held by the local Harcourts branch for the foundation, Graeme says other fundraising activities will be held in the future.

The Harcourts Foundation's focus is on providing grants to community-based organisations which need funding for projects and initiatives designed to benefit as many people as possible, with priority given to applicants that will have the widest community impact.

Grant applications, which can be made online at www.harcourtsfoundation.org, must be for a specific event, project, item or initiative.



Free pool passes for Xmas parade help

Local families are up for free passes to the Parakai Springs hot pools for volunteering to help on Christmas Festival day, Saturday, December 6.

To qualify for two free family passes to the pools, a family group of at least four must volunteer, with at least one adult included. One child can qualify simply by entering the festival colouring competition.

Organiser Holly Ryan says there are lots of roles to fill - many of them simply fun participating on the day.

Families can enter competitions; provide a vehicle; drive a float; be on a float; supervise bouncy castles or face-painting; judge competitions; help clean up; deliver notices; or wear hired costumes and distribute lollies in the parade.

Holly is also on the hunt for three tables, preferably rectangular and around one metre wide, each with two chairs. Families who can provide one of those, including delivering and picking it up, will also qualify for a pool pass.

To register as a volunteer family, email: families.lcf@gmail.com, giving names, gender and ages of each member, plus a phone number. If any of the family members already have a part in the festival that should be noted as well.



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Meet author, illustrator at KKK library

Locals will be able to meet author Rose Stanley and illustrator Lisa Allen at the Kaukapakapa Library on Sunday, October 19 from 10am to 1pm.

Rose and Lisa will be talking about and reading from their children's books 'Emotions in Motion', 'A Hot Cup of Chocolate', and 'Tilly's Big Problem'. The books and others will be for sale, plus there will be a display of Lisa's illustrations.

Rose Stanley worked as a student support specialist in a state primary school for six years and has most recently been involved with the Lifewalk Trust as a supervisor. She is also involved in mentoring children in a one-on-one context. Her work

has involved supporting many children as they went through difficult life experiences including bereavement, family separations and friendship problems. Rose has also written articles for 'Tots to Teens' magazine.

She lives on the Hibiscus Coast with her husband, three children and one "very fussy" turtle.

Graphic designer and freelance illustrator Lisa Allen is based at Muriwai.

In addition to her book series with Rose, Lisa has illustrated a number of picture books including 'Mangrove', 'Anzac Day Parade', and recently 'Auntie Ellie's Beach House'.

For more information phone Sarah: 0274 831 542 or email: sarah1@maxnet.co.nz.

from the frontline

Our close little community has a small group of people that behave in a manner that to some is intimidating and threatening, and this should not be accepted by anyone.

I have been hearing through the grapevine that vehicles have to stop as members of this group walk out in front of traffic to cross the roads. That they stand near automatic teller machines, targeting vulnerable strangers and asking for money. That they congregate around Porter Crescent and Commercial Road behaving in a manner that is discouraging people from using the nearby facilities such as the library.

This type of behaviour concerns me. Every member of this community has the right to be safe and to feel safe as they go about their day to day duties. I encourage anybody affected by this type of behaviour to contact me. Without our community coming forward, it is difficult for Police to address this problem. That is not my preference; is it yours? As I begin to receive reports about this antisocial behaviour I can assess how big the issue is. I can take the information and implement procedures to help resolve this issue. Without complaints, this group thinks it is acceptable to behave this way and will continue to do so.

Please report any incidences where you feel threatened or intimidated whilst in the Helensville township by contacting the Helensville Police Station on 420 8967, Henderson Police Station on 09 839 0600 or myself - phone 021 191 2682 or email: Mandi.Bell@police.govt.nz.

- Mandi Bell, Community Constable



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newsbriefs

■ TARRAAGM

The Te Awaroa Residents & Ratepayers Association held its AGM last month, with Peter Brennan elected as chairman.

Jenny Smith was elected as minutes secretary, with Holly Ryan taking on the treasurer and communications roles.

The elected committee is: Kura Geere-Watson, Des Hawkes, Irene Hogan, Owen Jackson, Cathy Miller, Mike O'Neill, Tony Silvester-Clark, and Cliff Wright.

■ RIDING IN WOODHILL

The Ngā Maunga Whakahii o Kaipara Development Trust took over the day-to-day running and management of horse riding in Woodhill Forest on October 1.

Riding in the forest was previously administered by the Auckland Woodhill Endurance Club (AWEC).

The new management is not carrying over rider registrations from AWEC. Riders will need to register anew, and apply to AWEC for a refund of registrations previously paid.

■ XMAS PARADE PARKING

A suggestion by *Helensville News* editor Dave Addison in his August issue editorial has seen organisers of this year's Christmas Parade alter their plans for parking during the event.

After a number of years where parking had been banned in Commercial Road from 7am on parade day, the organisers of this year's revamped event planned to allow normal parking all day.

Helensville News recommended the library side of the road be kept clear, and it has now been decided to cone off that side of Commercial Road from Porter Crescent to Rata Street - a

move which will make viewing the parade both easier and safer for young children.

■ CLASSIC CARS ON SHOW

Kaipara Classic Car Club will hold its annual 'Shine in D Ville' at the Helensville Pioneer Museum in Mill Road on Sunday, November 23, from 9am.

Entry will be by gold coin donation, with all funds raised going to the museum, which will be open for the day.

As well as the cars there will be a bouncy castle, coffee van, mussel fritters, sausage sizzle, and Mr Whippy.

When the show finishes at 2.30pm the cases will take a run through Helensville before meeting up at the club rooms across the road from the museum for a prize giving at 3.30pm. There will be a band and cash bar at the club rooms from midday.

For more information phone 022 310 2449.

■ KKK SCHOOL GOLF

Kaukapakapa School will hold its annual fundraising golf tournament at the Helensville Golf Course on Friday, November 28.

The popular event, sponsored by Ritchies Transport, will have a shotgun start at 9.30am. Prize categories will include the longest drive, closest to the pin and best dressed team.

Previous golf days have raised funds for the school's junior playground, a shade sail for the junior sandpit, and the school's landscaping plan.

Playing packages start at \$360 for a team of four players. Individuals can also enter and will be put into a foursome on the day. A maximum of 30 teams can be accommodated. Businesses have the chance to promote themselves through sponsorship of a hole.

Entry includes a complimentary barbeque at the clubhouse, and there will be two drinks carts on the course. Prize giving, an auction, and finger food will be in the clubhouse afterwards.

For more information email: stuanjane@clear.net.nz, or phone Jane on 420 4113 or Sandy on 420 4534.

Survey on rural fires

Residents with opinions about the use of fire as a farming tool for managing crops and vegetation in the rural areas around Helensville can voice them through a nation-wide online survey.

The survey, which runs until the end of October, is being conducted by Crown Research Institute, Scion. It focuses on the use of fire in rural land management, and should take no more than 30 minutes to complete.

Anyone, rural or town-based, can take part in the survey. The survey is available at: www.surveymonkey.com/s/Rural_Fire.

Scion says fire is used in the rural sector by a wide range of people, and guidelines for its safe use need to be developed. Benefits include maintaining productive farming land; maintaining natural ecosystems and managing fuel loads; sterilising soils; and burning off rubbish and crop debris.

The survey aims to identify those likely to be affected by changes in policy or practice, and will guide research around improving the safe, effective and sustainable use of fire as a land management tool.

with Kaipara chef, Peter Brennan

Chilli beans

I'm showing my age here, but back in the 70's we used to talk about 'chilli con carne' as if it were some exotic dish! Spicy stewed kidney beans served with rice, topped with a bit of sour cream and sprinkled with parsley - or if you were adventurous, chopped spring onion. It was a very 70's kind of dish.

To be honest even rice back then was considered a bit exotic. I recall a Manawatu farmer giving me a bit of advice at a buffet lunch I had spent the morning preparing. He asked why I had served rice with the main meal. "Rice is for pudding, mate", he informed me, shaking his head. My, my we have come a long way.

These days the name has been shortened to just 'chilli', and the ingredients have grown into a lot more than beans, chilli and tomatoes. Serving chilli with rice is no longer a given either; rolled into a flour tortilla or layered with corn tortilla and cheese it makes a fantastic Mexican lasagne. The best thing about chilli is that it gets better with age, something I am all in favour of. Like curry, the flavour is better the next day.

■ Fritters, Vegetarian Version

- 2 x cups dried kidney beans
- Tablespoon oil or coconut fat
- 1 x medium onion
- 5 x garlic cloves
- 2 x sticks celery, diced
- 2 x medium carrot, diced
- 1 x red capsicum, diced
- 400ml x tomato puree or pasatta

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- 1 teaspoon smoked paprika
- 1 x dried or fresh chilli (to taste)
- 1 x dessert spoon dried or fresh thyme or oregano.
- Salt & black pepper

- 150g diced bacon chunks. (Cleaver's Edge butchery in Mill Road sells these off cuts)
- Chopped cilantro (coriander greens)



Soak the beans in cold water for at least four hours or overnight. Discard the water and rinse the beans under running water. Place in a pot, cover with cold water and bring to the boil, allow to boil for five minutes then remove from the heat and discard the water. Re-cover with cold water and bring to the boil again, turn down to a simmer and cook until tender (about two hours). The reason you do this is that kidney beans in particular, contain a small amount of arsenic which is released into the water.

In another pot add the oil and heat, add the bacon, diced onion, garlic, celery and carrot and sweat together. Add the capsicum and the spices, salt and pepper and then add the tomato and one cup of water. Bring to the boil and turn down to a simmer.

Remove the cooked beans from the stove and drain them, and then add to the tomato sauce. Bring back to a simmer and cook for about 30 minutes until the sauce has thickened. If too thick to start with just add a little water.

Pour the bean mix into a serving dish and sprinkle with chopped cilantro and serve with rice, boiled potatoes or tortillas.

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■ OPEN DAY

Gumboots Early Learning Centre is holding an open day on Saturday, October 11 from 10.30am to 12.30pm. Join them for morning tea, face painting with Fairy Violet, tours of the centre and learn about the programme they offer 0-5 year olds. 1157 Peak Road, RD 2 Helensville, ph 411 9038.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa village market is on Sunday, October 19 at the summer start time of 8.30am, and finishing at 1pm as usual. Live music will be provided by Foster Watkinson on the tenor sax, plus the library will be open from 10am to 1pm.

For more information or to book a stall phone Sarah on 0274 831 542 or email her at: sarah1@maxnet.co.nz.

■ BUSINESS HOUSE TENNIS

Helensville Tennis Club has a mixed doubles business house competition starting at its Rautawhiri Park facility on Thursday, October 16. The competition will run through to March next year, and costs \$80 per player. Phone Annette Hemehema on 021 622 447

or email: helensvilletennis@gmail.com by October 8.

■ GIBBS FARM VISIT

The Helensville A&P Association's visit to the Gibbs Farm sculpture park is on Thursday, October 23 from 10am to 2pm. Tickets cost \$25 for Association members and senior citizens, or \$30 for non-members. Bookings are essential. For more information or to book tickets, phone Caroline on 420 7572 or email: info@helensvilleshowgrounds.co.nz. Money raised through the day will go towards the 2015 Helensville A&P Show.

■ FOOD REVOLUTION TALK

Lee-Anne Wann, team nutritionist for the Vodafone Warriors, fitness expert for Radio Live and television presenter for 'Downsize Me', will speak at Te Whare Oranga o Parakai on the evening of Thursday, October 23 as part of the South Kaipara Food Revolution. Email: jake@noodlehq.co.nz for more information.

■ CRIME PREVENTION DAY

A Helensville Community Crime Prevention Day will be held on Saturday, November 15, from 10am to 3pm at the Helensville showgrounds. Entry will be by gold coin donation, going to local charities.

The event is to educate people on how to keep themselves and their property safe. Community constable Mandi Bell says it will be a fun, interactive day for the whole family that conveys proactive messages about crime prevention and safety.

The Helensville A&P Association has generously give the use of their site to hold the day, which is being run on a zero budget.

There will be an art competition for primary school students, with the winners of each age group will be taken on a trip aboard the Police launch Deodar from the Police Maritime Base in Auckland City.

Look for more detail in next month's *Helensville News*.

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Helensville News - Publication Information

■ November 2014 deadline: Friday, 21st October 2014

ISSUE DUE OUT TUESDAY, NOVEMBER 4th 2014

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2014/15 issue dates and deadlines:

| | | | |
|------------------|-------------------|--------------------|-------------------|
| Due out: Nov 4th | Copy by: Oct 21st | Due out: Feb 3rd | Copy by: Jan 16th |
| Due out: Dec 2nd | Copy by: Nov 18th | Due out: March 9th | Copy by: Feb 20th |

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

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

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Letters to the Editor: should be kept to around 250 words and may be edited as space dictates.



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- Jazz in the Garden -



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