

Māori history to be a new focus at museum

Helensville Museum in Mill Road has dropped the word 'Pioneer' from its name, and is aiming to better encompass local Māori history in its research and displays.

Originally called the Helensville Pioneer Museum by the Helensville and District Historical Society, the museum was established in 1970 to record and preserve Helensville's history.

The town's pioneer history since the arrival of the McLeod family was easy to tell with the volume of local diaries, newspaper items, letters, photographs and artefacts available. But telling pre-European history has proved more challenging.

Now the museum is trying to modernise and rethink displays in the old schoolhouse, and believes it is the perfect time to create a dedicated area telling the story of Ngati Whatua.

Local Māori involvement has been sought to help create relevant displays. An approach was made to the kaumatua of Nga Maunga Whakahii o Kaipara asking for their support, which was verbally received.

The first tangible evidence of that support was the gifting last month of a pre-European pou (carved post) to the museum by representatives of South Head's Haranui Marae.

The 300 to 400 year old carving was discovered decades ago in the swamps at Haranui. The taonga (treasure) was named



• Te Aroha carer Leigh Bosch (lower left) examines the newly gifted carving - photo Stellanova

Te Aroha, and kept at Haranui Marae for some time before being transferred to a kaumatua's house for safe-keeping.

A decision to find an environment better suited to its conservation coincided with the

museum's request for a co-operative approach to a Māori display, so the museum was asked if it would accept kaitiakitanga (guardianship) of the taonga.

Kaumatua Heta Tobin guided the welcoming of Te Aroha into the museum.

Awa Hudson, from Haranui, brought Jim Wilcox, Lonny Bycroft and Glenn Wilcox through the museum's gates, her karanga (call) responding to that of the museum's Leigh Bosch.

Heta reminded those at the ceremony the McLeod family were not the first people in this area, and that with the arrival of the taonga at the museum a clear statement was made that Ngati Whatua was at last acknowledged.

Glenn Wilcox warned of the responsibility that comes with the manaakitanga (care of mana) of such a taonga, and reminded Leigh, who was appointed as kaitiaki (carer), of her responsibilities as a member of Ngati Whatua.

Historical Society president John Smith says he hopes this is the start of a closer relationship with local iwi, and would like to see a small Māori village created alongside the museum's European buildings; that has yet to be discussed at committee level.

It may be several months before the carving is available for public viewing as it must be prepared for its role as kaitiaki (guardian) of all who now come under its domain at Helensville Museum.

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Christmas parade updates

Photos with Santa will be free at this year's Helensville Christmas Parade on Saturday, December 5 - but locals will have to take them themselves.

Queuing will be supervised at Santa's Grotto, at the RSA in Commercial Road, from 9.30am to midday, then at Helensville Museum in a classic car from 1.30pm to 4pm.

Ritchies will be providing a free bus to and from the market and celebrations at the museum, leaving from the Railway Station at 1pm, stopping at Caltex, then on to the museum. A return trip will leave the museum at 3.30pm.

In conjunction with the parade festivities, a 'shop local' promotion is being held. Locals who spend \$10 or more at participating businesses (look for the posters) from Saturday, November 28 until midday Friday, December 4 will go in a draw for a \$100 Christmas hamper. Second prize is a ham, and third a Christmas cake and goodies.

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editorial

I applaud Helensville Museum's plans to place more emphasis on local Māori history in its collections and displays (see page 1). It's great that local iwi support the plans too.

Until last month the museum, one of our town's top attractions for visitors and locals alike, was called the Helensville Pioneer Museum. Run by a dedicated group of volunteers, it has for years done a splendid job of showcasing our area's rich history, but one predominantly focused on European settlement since the arrival of the McLeod family - hence that word 'pioneer' in the name.

But our area was, like much of the country, settled by Māori well before any Europeans arrived. The Helensville & District Historical Society has now formally recognised that, and their first step has been to remove 'pioneer' from the museum's name which instantly gives it a more inclusive feel.

Society president John Smith voiced a personal preference for a replica Māori village to be built alongside the museum's buildings. That's not in the museum's current plans - I'm not even sure it's been discussed at this stage - but it's an idea I fully support. What do you think?

On pages 6 and 7 you can read about Dianne Kidd, who has just retired from the Helensville District Health Trust after an amazing 26 years. What Dianne and the trust have achieved in that time is nothing short of incredible, and is a testament to thinking big and not paying heed to those who say "it can't be done". Helensville's medical centre is a model for integrated family health centres in this country, and along with Te Whare Oranga ō Parakai is something both Dianne and the trust as a whole can be very proud of.

Elsewhere in the paper you can read about ... well, turn the pages and find out!

- Dave Addison, Editor

letters

It was sad to see the headline in issue 183, November of the *Helensville News* regarding the demise of Spring Fling, the annual event that my friend Diane Ferguson and I started way back in 2000.

Firstly I must pay tribute to my dear friend who passed away in September this year. She battled bravely with melanoma that took her life after being diagnosed in January. David and Diane had only moved to Kerikeri for retirement just before Christmas 2014 when her illness was detected.

Diane and I became friends when I moved to Shelly Beach in 2000. We discussed what we could do to make a fun festival type of occasion for Shelly Beach residents and Spring Fling was born. At the first event at Twin Palms we started with five stalls, a busker and a café; the day was perfect and warm and held the week before Labour weekend as we felt any later would interfere with Christmas plans. People seemed to love it.

The next year was at Frech Orchards and with organisation which started the February beforehand, we amassed over 40 stallholders, a band, the café, and myriad goods on display from all over the district and out. Lots of fun. One year we had Te Radar come and shoot part of his television programme (at Frech).

At Diane's funeral in Kerikeri three mentions were made by speakers regarding Spring Fling, so it obviously had an impact, which was lovely.

The planning work and setting up was part of the fun but it all took time. There was no monetary gain for the organisers - the money the stallholders paid went into the fund towards advertising, portaloos etc. It was certainly a labour of love. It is sad to say goodbye, but Spring Fling went for over 10 years and we take our hats off to others that hosted the event after Diane and I stepped aside. We know Spring Fling has left good memories in people's minds.

- Chrissy Jones, Frech Orchards Estate

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Car show raises \$1000+ for museum



Kaipara Classic Car Club raised \$1050 for Helensville Museum at its annual 'Shine in D'Ville' car show last month - about a third more than last year.

More than 100 cars, from as far away as Ruakaka and representing numerous car clubs, took part in the display, held on the museum's grounds.

The star of the day was a gigantic 1933 Studebaker Speedway Regal President 8 entered by Clifton Thomson & Lulu Martin of Kaukapakapa. The 5.3m long 7-seater American classic won three of the show's five categories, voted on by the viewing public - Best Original, Best 4-Door, and the

prestige People's Choice.

Sandra and Brian Strickland of Hibiscus Coast won Best Pickup with their 1950 Ford F5, and Kaukapakapa's Lee Wood's 1965 Chev Impala won the Best 2-Door award. Coral Ritchie of Helensville took out the Committee Choice prize for her 1964 Ford Fairlane.

Kaipara Classic Car Club members will be taking part in the Helensville Christmas parade, with Historical Society members dressed in period clothing riding in the back of Gloria Dalgish's 1937 Ford V8 pickup (pictured in the foreground above).

Help sought for Christmas lunch

Help with children's activities and Christmas carols, and volunteers to help on December 24, 25 and 26, are being sought for the Helensville Community Christmas Lunch.

Organiser Raewyn Mercer is also looking for offers of long stemmed flowers and greenery, if possible in Christmas colours. Raewyn says buckets of water will be placed outside the library on December 24 to hold any floral donations.

Finally, donations for food boxes can still be left at the Hospice Shop in Mill Rd, and monetary donations can be deposited into

the Community Lunch Account at Kiwibank.

Raewyn urges locals to book their place for the Christmas lunch. Bookings can be made at Helensville CAB, Te Whare Oranga o Parakai, the Women & Family Centre in Porters Crescent, or Te Ha Oranga in Commercial Rd.

The lunch is centred around local families who sometimes find Christmas a difficult time for various reasons, and offers "some old fashioned Christmas cheer." A gold coin will be asked for on the day.

For more information phone Raewyn on 021 182 0470.



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Local youth MP chosen

Year 11 Kaipara College student Bianca Bailey will be MP for Helensville John Key's representative at the next Youth Parliament.

She was one of four young people interviewed during the selection process, and Prime Minister Key says those who put themselves forward should be very proud of their achievements.

"It is always a difficult choice to pick just one representative when we have so many talented and ambitious young people putting their hand up," he says.

A student leader and community volunteer, Bianca is the current Year 11 music captain at Kaipara College and is a keen drummer, competing in the regional finals of the S M o k e f r e e

Rockquest for the past three years. She was a 2015 Play it Strange finalist, and recently won the David Richwhite Lyric Award for her song 'Flowers', which features on the Lions Foundation SongComp album.

Mr Key congratulated Bianca on her selection as a representative for the Helensville electorate.

"Bianca is a competent and outgoing emerging young leader and she has a lot to offer. I know she will thoroughly enjoy the experience Youth Parliament brings, and I'm looking forward to hosting her in Wellington next year.

"The young people I interviewed as part of this process are talented and outgoing young New Zealanders who will go on to do great things in the future," he says.

To be held on July 19 and 20 next year, Youth Parliament is a biennial chance for young New Zealanders to learn first-hand how our country's democracy works.

The 121 Youth MPs will take part in mock debates in Parliament's debating chamber, and will get a chance to have their views heard by MPs, key decision-makers, and the

general public.

Youth Parliament aims to closely replicate our real Parliament, with Youth MPs able to debate legislation, sit on select committees, and ask oral parliamentary questions of ministers. They hold their positions for six months from January 25,



• Prime Minister John Key with his Youth MP, Bianca Bailey

and during their tenure are expected to actively engage with their community to gain an understanding of the ideas and concerns of youth in their community.

Horse rings grow for A&P Show

Two new equestrian rings are being introduced at next year's Helensville A&P Show, being held on 27th February.

Pintos and Standardbreds will have their own rings and specific classes for their breeds at the show.

Both rings will feature in-hand and ridden classes, in both novice and open categories.

Entrants in the Pinto ring must be registered and financial members of the New Zealand Pinto Horse Society Inc.

Information and online entries will be available in the near future at: www.showdayonline.com. For more information phone Helensville Show manager David van Dam on 420 7572.

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Annual youth summer camp

Forty teenagers will take part in Te Awaroa Youth Club's annual youth summer camp at Highams Beach, South Head in January.

The week-long camp has been held for around 10 years, and will run from Monday, January 18 to Friday 22 next year.

It's an action packed event for youth aged from 12 to 17 years, with a team-focused camp environment. Those attending are split into four teams of 10 which compete against one another in 'Survivor' style games as well as adventure, fishing, kayaking, arts, drama, music and fear factor activities.

The camp is facilitated by trained professionals and youth leaders, some of whom will be returning for their tenth camp, having made their way through the ropes of trainee youth leader, then youth leader, and finally adult leader.

"The camaraderie developed amongst participants has shown over the years to extend well beyond the duration of the event," says Te Awaroa Youth Club manager Heidi Van Duyn.

She says the young people who take part gain increased skills, particularly with self-development and environmental and social awareness.

As well as all the organised activities, the camp has allocated leisure time so participants can relax in the sun, swim, and play sports on the beach

Mobile phones must be handed in at the start of the camp, and other electronic equipment like music players are banned. The camp is also alcohol, cigarette and drug free, and there is a 10 push-up penalty for anyone caught swearing.

The camp is free thanks to the support from the NZ Lottery Board, the Auckland Council, and the Ministry of Social Development's Break-Away School Holiday Programme. A donation toward food costs is encouraged.

More information is available online at www.teawaroayouthclub.co.nz, or by contacting Heidi Van Duyn on 09 420 7977, mobile 027 685 2073 or email: manager@teawaroayouthclub.co.nz.

Poker Run raises cash for KKK station

Almost \$5000 raised by the 5 Station Poker Run motorcycle ride last month will go towards the purchase of a generator for the Kaukapakapa Volunteer Rural Fire Force to enable its station to be self-sufficient in a civil defence emergency.

163 riders from as far away as Whangarei in the north and Paeroa in the south completed the 200km motorbike ride, an annual charity event which is shared between the Helensville, Kaukapakapa, Shelly Beach, Kumeu and Muriwai fire stations.



• Motorcycles line the road in Helensville during the Poker Run
- Photo Stellanova Photography

They raised \$4890 for the Kaukapakapa station.

Next year's Poker Run will be hosted by Kumeu station on November 20.



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26-year health trust

Helensville District Health Trust chairman Dianne Kidd has stepped down from her role after 26 years on the Trust, 15 of those at its head.

As the last remaining founding trustee, Dianne says she is leaving at a good time, with the Trust in "good heart".

She is staying on in her other local positions as chairman of the Kaipara Medical Centre Board and as a member of the Birthing Centre Board.

Despite all the highly visible achievements of the Trust, Dianne says the highlight of her time on the Trust has been "the opportunity to meet and work with wonderful people in our community [and] to really see how a community comes together".

That said, she says the opening of Te Whare Oranga ō Parakai this year has been "a thrill".

"There have been lots of wonderful highlights along the way, but I think Te Whare Oranga represents a new era for the Trust, and a change [from] the first 25 years where we were focused on securing and providing quality facilities.

"Te Whare Oranga represents how we can fulfil our vision of striving to be the healthiest rural community in New Zealand, because it changes the focus from being a landlord and facility manager to being able to contribute to improving health outcomes.

"This next 25 years will be about improving health outcomes, and I see Te Whare Oranga as being critical [to that]."

Dianne has lived locally for 36 years, farming a 400ha sheep and beef property with her husband Richard just south of Helensville township. She was originally a secondary school economics teacher, first at Westlake Boys High School and then at Kaipara College.

She was approached by Alison McKenzie in 1989 to help form the trust in

response to the impending closure of the Helensville Maternity Hospital.

"I was delighted to be asked to join," she says. "At that stage I hadn't got involved in any regular commitments in the community, and it was a lovely entrée into a very special group of people, and the result is I have developed a life-long interest in health.

"I've learnt a tremendous amount



• Dianne Kidd

through the Health Trust, not only about health. I've learnt a lot about stakeholder relationships [and] a lot of my professional skills in governance."

The formation of the Trust led to the establishment of the Helensville Birthing Centre, the first in New Zealand. In the following quarter century major milestones included acquiring the old doctor's house on the corner of Porter Crescent (now called Alison McKenzie House), and raising \$1.8 million to build the Kaipara Medical Centre.

Dianne is very proud that the Waitemata District Health Board claims it is the best integrated family health centre in the WDHB area, and one of the best in New Zealand.

The crowning achievement of Dianne's lengthy stint on the Trust was the establishment of Te Whare Oranga ō Parakai in the building gifted by the Parakai Licensing Trust in 2013.

• To page 7

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• From page 6

Dianne is full of praise for both the WDH and Ngati Whatua Nga Rima, both of whom have been strategic partners of the Trust from the start.

"We have excellent relationships with the DHB, as we have with Ngati Whatua," says Dianne, adding that the establishment of Te Whare Oranga has created a "really

meaningful relationship" with Ngati Whatua. Asked what she believes lies behind the success of the Health Trust, Dianne raises the "three Ps".

First comes people, with special mention of the support from Richard and her family, the staff, the trustees, and other local community organisations.

Next is perseverance – "there were some long hard roads and droughts in our journey, where we tried many different angles until we finally acquired the property and got a suspensory loan from the Ministry of Health. From there we never really looked back."

Finally is being positive and constructive. "We have been so well served by our management – Charm (Torrance) has been a standout – and our trustees," she says.

Having invested "thousands" of hours into Trust work over the past 26 years, Dianne is looking forward to having a little more time on her hands – most expected to be taken up by spending time with her new granddaughter Evelyn.

However, with her other local involvements, plus being deputy chair of the Unitec Council and a director of both AsureQuality Ltd and The Co-Operative Bank Ltd, she looks like remaining fairly busy in the future.

10th annual HIPPY graduation this week

60 South Kaipara families are expected to attend the tenth annual HIPPY graduation ceremony in the Helensville War Memorial Hall on Friday, December 4.

Children who have completed the full two-year/60-week course will dress up in graduation robes and hats to receive framed certificates acknowledging their efforts. All of the other HIPPY children will also receive certificates and gifts acknowledging their hard work.

Children aged between 3½ and 4½ at February next year are eligible to start the programme. Phone coordinator Bernie Malizia on 420 7434 or 021 0220 6017 for more information.

medical centre notes

We are now enrolling people into ManageMyHealth - a free, personalised patient online health web page. It works similarly to a secure bank site, with your own private login, allowing you to make appointments, order repeat prescriptions, and look at your tests results online. It will also send email reminders when tests or immunisations are due.

There is also a smartphone app for the service, again allowing ease of access to make appointments or order prescriptions wherever you are.

We are encouraging people to use this service, as it will reduce phone traffic through the practice; we often receive feedback on how long it takes for people to get through on the phone.

Previously ManangeMyHealth had a small fee, but thanks to a Ron Staples fund donation we are now able to offer this service free to all our patients. If you would like to know more, ask our staff, read the leaflets, and there will be an information film on the Health TV in our reception area about it.

Also a reminder about faxed prescriptions - please remember the pharmacy will charge an extra fee for all faxed prescriptions when you request us to fax them.

- Dr Phillip Barter, Clinical Director



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Recycling centre boosts local job numbers thanks to local business support

Some of Helensville's biggest businesses have signed up as clients of the Helensville Community Recycling Centre – and that's resulting in more local jobs.

Site Manager Treena Gowthorpe says Mitre 10, Placemakers, Northland Source (RD1) and Wrightsons are just some of the businesses now "supporting local" with their business recycling.

"This provides a great economic boost for the Helensville community, and also valuable local employment opportunities," she says.

The centre in Mill Road has grown its paid local staff from three to seven with the addition of the recycling services. And with the community "starting to really get behind local recycling", she hopes to hire more, and increase opening hours in the future.

Combined with the support of seven local volunteers, the centre is now a thriving social enterprise says Treena.

She believes people are starting to understand the benefits of recycling locally.

"It's a far better model than Auckland waste companies hiring outside staff to pick up our recyclable material which they truck out of Helensville, returning no economic

benefit to the community. By using the Community Recycling Centre, local employment is created. Because they are locals, the staff are likely to invest back into the community, buying from local businesses, further strengthening the local economy," she says.

"As an organisation, we also have a policy of shopping local and employing local contractors whenever we can."

The recycling centre is community-operated, and funded jointly from income produced from gate fees and the on-sale of recyclable materials, and an Auckland Council subsidy.

Treena says future plans include more infrastructure investment by Auckland Council. Courses in worm farming, composting and up-cycling are planned for early next year, along with a twilight auction.

Folded cardboard, recyclable plastics, tins, aluminium cans, paper, scrap metal, whiteware, and good re-saleable items can all be dropped off at the centre for free.

The Recycling Centre is open Friday, Saturday and Sunday from 8am to 4pm. Phone 022 430 6322 or email: helensvillecommunityrecycling@gmail.com

New defibrillator in Op Shop

Helensville's St John Op Shop has just installed a defibrillator – bringing to six the number of locations in our area with the potentially life-saving devices.

Automatic External Defibrillators (AEDs) are also available at: Kaipara Medical Centre; Helensville St John Ambulance Station; Helensville Fire Station; Parakai Springs pools; and Helensville Golf Club.

Each year more than 1000 Kiwis suffer heart attacks (outside of hospitals). Many have no prior symptoms or warning, and fewer than 100 survive without immediate treatment. Use of a defibrillator can increase the chance of survival by up to 40 percent.

AEDs are designed to be easy to operate, with automated 'talking' instructions to help the user. Defibrillators can be



• Decked out for Halloween, St John Op Shop volunteers Jan Scott (left) and Rose Freke show off the shop's new defibrillator

purchased through St John for \$2800 +gst, and the local St John holds an AED first aid course covering their usage.

For more information call 0800 STJOHN or visit www.stjohn.org.nz.

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The staff at Oikoumene Forest would like to take this opportunity to thank all of our customers for their ongoing support throughout the year and we wish everyone a safe and happy holiday.

Xmas/New Year 2015/2016 Trading Hours

- Thurs 24 Dec – Mon 28 Dec: Closed
- Tues 29 Dec – Thurs 31 Dec: 8am – 4pm
- Fri 1 Jan – Mon 4 Jan: Closed
- Tues 5 Jan – Sat 9 Jan: 8am – 4pm
- Normal trading hours resume Mon, 11 Jan 7am – 5pm

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from the frontline

Vehicles are stolen by two types - joy riders, or professional car thieves who target desirable cars to modify and sell, or dismantle for parts.

The pretext of, "but I shouldn't have to lock my car" doesn't really fly any more. Unfortunately today, we have to take all the precautions we can in an attempt to keep our property safe. There are several things we can do to discourage thieves from taking our cars:

GPS Tracking - install a GPS vehicle tracker.

Immobilisers - electronic engine immobilisers prevent your vehicle from starting.

Alarms - alarms help to deter thieves from stealing your car or breaking into it. Put stickers on your vehicle to alert would-be thieves that there is an alarm installed on your vehicle.

Property and equipment marking - etch your Vehicle Identification Number (VIN) or registration number onto your windscreen, windows and headlights to provide an additional visible deterrent.

Property mark your equipment, such as stereos and satellite navigation systems. Make a note of the make, model and serial number and keep it in a safe place. Alternatively use the website www.snap.org.nz to record the serial numbers of your valuable items.

When parking in the street, try to park your vehicle with the front facing an obstacle; think about turning the wheels to the kerb and lock the steering.

Keep property gates locked at night time and have security sensor lights to deter thieves and to alert you or your neighbours of people being where they shouldn't be.

Residents and neighbours, please be vigilant and if you hear any unusual noises in the middle of the night, check it out safely. If you see anything that concerns you report it to Police. Remember to get a description of any suspicious vehicles, people, distinctive clothing and if you can, the registration number.

- Mandi Bell, Community Constable



Happy Holidays

from Jana Mills



I would like to thank all of my loyal clients, family and friends. Your support has been extremely overwhelming and appreciated. I am looking forward to achieving many more successful transactions for Rodney residents in 2016.

My summer will be spent in the Rodney area so please feel free to call me anytime if you need to discuss your real estate matters and I will be more than happy to help.

Merry Christmas, Safe Travels and a very Happy New Year.

PRESTIGE

MREINZ, LICENSED AGENT REAA 2008

f Find me on Facebook – Jana Mills Real Estate Specialist

Mob: 021 509 990 | A/H: 09 420 9953

Email: jana@prestigerealtyhbc.co.nz

'Upcycling' evening draws good crowd

Helensville local, and internationally recognised embroidery expert, Jo Dixey (right) demonstrated how to make stunning new clothes by repurposing second-hand op shop finds, at the Helensville St John Op Shop 'Upcycling' evening last month.

Jo spoke to 22 people at the event, talking about the social and environmental impact of 'fast fashion', where perfectly good clothes are replaced merely because they are no longer the height of fashion.

She followed her talk with a demonstration of the things that can be made from op shop purchases, and she also donated a beautiful upcycled jacket to be raffled in the future.

Money raised through the gold coin entry went to support the local St John ambulance station, and supper was provided by op shop volunteers.

Locals can now enrol in the St John Supporters Scheme in store.



Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

Helensville Birthing Centre is your local community facility. It provides a free service for women who choose to give birth in a low-tech environment. Alternatively, women who give birth in hospital can then transfer to us for the opportunity to rest and establish breastfeeding.

You are welcome to call in and have a look around, or browse our facilities online.

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Healthy Helensville

Our vision: To be the healthiest rural community in New Zealand

Respected Chairman Dianne Kidd retires

At our AGM in October our respected Chairman and founding Trustee Dianne Kidd delivered her 6th Annual Report at what was her final AGM after 26 consecutive years of service to the Trust.

Dianne's achievements have been too numerous to list in this short space, but have included the acquisition and incorporation of the Kaipara Medical Centre as a part community owned Medical Centre for the people of South Kaipara. The refurbishment of the former Parakai Tavern as the new community and food hub Te Whare Oranga o Parakai is another highlight.

In her final address to the Trust, Dianne stressed the importance of a community being able to look after its own people in the true sense of 'whanau ora'. "As a rural community we have fought hard to retain vital services. Now we have ownership of these strategic assets and

local people to govern and direct primary health and health related services in the best interest of our local community."

Her commitment to the core purpose of the Trust to improve the health and wellbeing outcomes of our rural community has sat right alongside a determination to ensure the Trust is financially sustainable as a social enterprise. Dianne concluded, "I have enjoyed my time and experience on this Trust and have learned a tremendous amount along the way. I am confident that the Trust is in good heart with a full complement of experienced and committed Trustees to continue the important and rewarding work we do on behalf of our South Kaipara community."

Dianne will continue to serve as the Chairman of the Kaipara Medical Centre and also as a Director of the Helensville Birthing Centre.

PEOPLE'S CORNER

Keryn Reardon, Kitchen Manager



Keryn starts this month as the Kitchen Manager at Te Whare Oranga o Parakai. Born and raised in Helensville, Keryn has travelled significantly – working as a qualified

chef on superyachts and in hotels and restaurants around Auckland including Cibo in Parnell. She now lives in Kaukapakapa with her husband and two children and is enjoying being back amongst the local community with friends and family. Keryn is looking forward to linking her role in with the monthly Harvest Markets and getting the community using the fabulous kitchen facilities at Te Whare. Keryn believes food doesn't need to be complicated or time intensive – just fresh!



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SALES and RENTALS

CHRISTMAS CHURCH SERVICES

SOUTH KAIPARA ANGLICAN-METHODIST, HELENSVILLE

Co-operative Parish, 60 Garfield Rd. Contact Suzie Smith, 420 7835

- Sunday, Dec 20th: 9.30am, Carol Service.
- Thursday, Dec 24th: 6pm, Christmas Eve service.
- Friday, Dec 25th: 9.30 am, Christmas Day service.

SOUTH KAIPARA ANGLICAN-METHODIST, KAUKAPAKAPA

Corner Peak Rd & Highway 16.

- Friday, Dec 25th: 8am, Christmas Day service.

ST JOSEPH'S CATHOLIC CHURCH, HELENSVILLE

1 Puriri St, Helensville, Contact Fr. Alfonso Dujali. 420 8110

- Thursday, Dec 24: 7.30 pm, Christmas Carols; 8pm Christmas Evening Mass.
- Friday, Dec 25: 9am, Christmas Day Mass.

ST PATRICK'S CATHOLIC CHURCH, HUAPAI

380 SH16, Huapai, Contact Fr. Alfonso Dujali. 420 8110

- Thursday, Dec 24: 5.30 pm, Christmas Carols; 6pm Christmas Evening Mass.
- Friday, Dec 25: 10am, Christmas Day Mass.

RIVER VALLEY BAPTIST CHURCH, PARAKAI

Cnr Fordyce & Parkhurst Rds, Parakai. Contact Shirley Wood, 420 2559

- Sunday, Dec 13: 10am, Family/end of year service and children's function.
- Thursday, Dec 24: 11.45pm, Christmas Eve Service.

Change of venue for New Years Day event

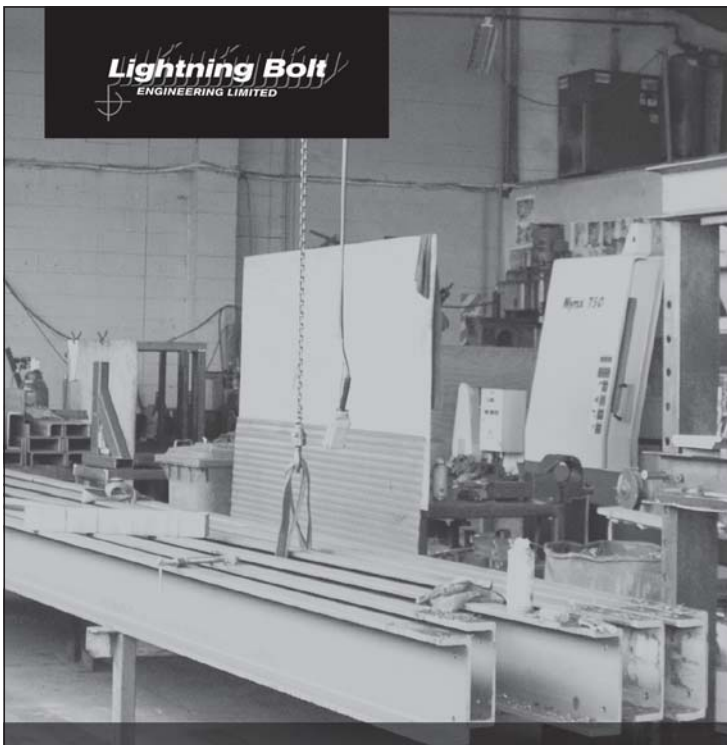
The annual Shelly Beach New Years Day community sports day will be held at a new venue this year - down at the beach, instead of at the Top Reserve as in previous years.

The family-oriented event usually attracts up to 200 people, and organisers expect that number to be exceeded with the new venue.

There will be games for both children and adults, including a tug of war and running races, and quickfire raffles.

Entry will be by gold coin donation.

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**Wishing everyone
a very Merry Christmas
and a Happy New Year!**



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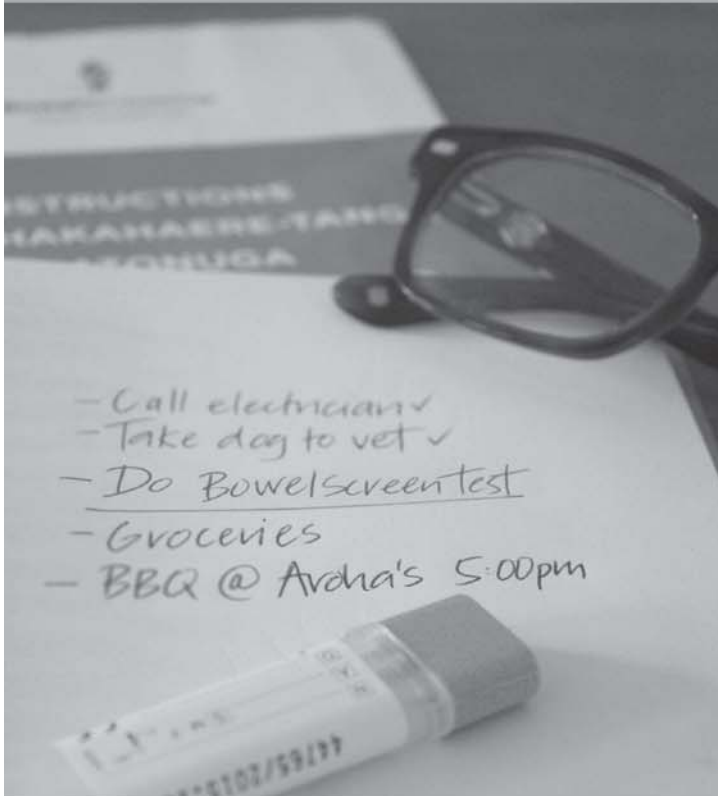
We will be closed over the Christmas and New Year period from 24 Dec 2015-5 Jan 2016

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www.bowelscreeningwaitemata.co.nz

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Top college students

Rachael Kim is the 2015 Dux of Kaipara College, with Michael McKenzie taking the Proxime Accessit award.

Rachael's other awards included the Senior Faculty Award for the Faculty of Language; the Joan Ruzich Cup for senior English; the Audrey Luckens Writing Award; the Helensville District Health Award; and the AUT Scholarship. Michael also took out the Senior Faculty Award for the Faculty of Science; the Daymond-King Cup for Chemistry (with Kumaa Jayachanthiran); and the Reid Family Cup for Physics.



• Rachael Kim



• Michael McKenzie

SENIOR ACADEMIC AWARDS:

Pengelly Cup: Kevin Calis; **Principal's Award for Head Students:** Kevin Calis and Tara Mansell-Sawyers; **Audrey Luckens Writing Award:** Rachael Kim; **John Key Cup:** Alex Lusty; **McCurdie Cup:** Katelyn Appleyard; **Helensville District Health Award:** Rachael Kim; **AUT Scholarship:** Rachael Kim; **Otago Scholarship:** Emily Dainty; **Unitec Scholarship:** Tyler Clayton; **Unitec Success Pack:** Raegan Wilson; **Helensville Freemasons Award:** Khendra Harvey; **Neil Notley Scholarship:** Raegan Wilson; **Helensville Women & Family Centre Award:** Imogen Roberts; **Lions Trophy - Public Speaking:** Sabrina Evans; **Te Atawhaitia Award for Contribution to Things Maori:** Rahui Brownlee; **Te Ihi Award for Maori Performing Arts:** Alex Lusty.

SENIOR FACULTY AWARDS:

Faculty of Arts: Michelle Freshwater; **Faculty of Phys Ed & Health:** Tara Mansell-Sawyers; **Faculty of Language:** Rachael Kim; **Faculty of Mathematics:** Janis Daybell and Michelle Freshwater; **Faculty of Social Sciences:** Khendra Harvey; **Faculty of Science:** Michael McKenzie; **Faculty of Technology:** Tyler Clayton

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with Kaipara chef, Peter Brennan

Rabbits!

The cry that came from my partner's lips when she entered the garden a few months ago to find the winter greens with leaves nipped off, and general mayhem where the day before young plants had been happily growing! We are used to dealing with possums and rodents but this was a new and elusive problem. Not keen on laying bait it was decided that I needed to get a gun ... oh, and a license to go with it.

While I worked through the process of getting a gun license, the garden was able to recover with the addition of several dozen metres of chicken wire. A hassle when picking a salad for dinner but a good short term solution.

In due course my license came through and after discussions with neighbours I discovered that everyone has had issues with rabbits. My new pastime was born, out in the evenings roaming a paddock with my .22 and a powerful torch, and the best part is I come home with meat for the table. Meat which is delicious and easier to prepare than a chicken. I played around with a few ideas and a friend has promised to give me his recipe for his version of KFC rabbit! However, the recipe below is the current favourite.

Rabbit is very lean and benefits from slow cooking, it will also happily take on flavours from herbs and vegetables.

Set the oven to 120° Celsius. Use a casserole with a lid.

■ Rabbit Casserole

- | | |
|--|-----------------------------------|
| - 1 rabbit cut into pieces. | - 1 onion, diced |
| - 1/4 cup gluten free or plain flour | - 6 cloves of garlic, sliced |
| - 8 prunes or dates | - 2 stems of celery, sliced |
| - 50mls brandy | - 2 sprigs of oregano or rosemary |
| - 1 chorizo sausage, cut into 6 pieces | - 1/4 of lemon, cut into pieces |
| - Oil for frying | - 150ml red wine |
| - 3 rashers of streaky bacon | - 250ml chicken stock |
| - 1 medium parsnip, cut into chunks | - Salt and pepper |

Coat the rabbit pieces with flour and fry them in the oil until lightly browned, then add them to the casserole. Add the bacon and chorizo to the frypan and lightly cook, add the onions, garlic, celery and parsnips and sauté for a minute. Remove from the heat and add the brandy and wine to the pan, using a wooden spoon to lift all the bits off the bottom of the pan. Tip everything into the casserole. Add the stock, salt and pepper and remaining ingredients and put the lid on.

Place in the oven and cook for at least two hours, stirring a couple of times during cooking. The meat should be falling off the bones and the sauce should be thickened when finished. Serve with rice or mashed potatoes, or crusty bread and a salad.

Locals do well in multisport event

A handful of locals turned in creditable results in the second annual South Head Challenge multisport event at Lake Ototoa.

Phil Exeter's 'Artstop' three person mixed team won its division and came seventh overall in the teams section, while 'Age United', made up of Helensville's Richard Limmer and Bruce Stuart, finished second in their division and fifth team overall.

The South Head Challenge is hosted by the Waitemata Canoe & Multisport Club and consists of an 11km kayak on Lake Ototoa, and a 26km mountain bike ride and a 10km run in the neighbouring forest.

Fifteen teams and 43 individual competitors from around the North Island competed in perfect conditions at the October 31 event.

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■ CAROLS ON THE CORNER

Helensville's combined churches will be holding a free Christmas Carols evening at the River Valley Baptist Church on the corner of Parkhurst and Fordyce Roads, Parakai, from 7pm to 8pm on Sunday, December 20.

■ SOUTH KAIPARA U3A

South Kaipara U3A is holding a Christmas Tea Party on Friday, December 4 at 1.30 pm at the St Johns Ambulance rooms in Rata Street, Helensville. There will be live music and carols. The gold coin entry will include afternoon tea.

The group's first meeting in 2016 will be on Friday, February 12 at 1 pm at the same venue. For more information phone Judy Goodsir, 411 8322.

■ KAUKAPAKAPA MARKET

The next Kaukapakapa Village Market on Sunday, December 20 from 8.30am to 1pm will be a special Christmas event with live music from the Cougar Chorus from 10am to 12pm. Santa will be in his grotto from 10am to 1pm, and the market will be an opportunity to pick up last minute gifts and treats for Christmas. For more information or to book a

stall phone Sarah on 0274 831542 or email sarah1@maxnet.co.nz.

■ VIPASSANA CENTRE OPEN DAY

The Vipassana Meditation Centre at 153 Burnside Rd, Kaukapakapa will hold an open day on Sunday, January 24 from 1pm to 4pm. Afternoon tea will be served, and visitors will be able to learn about Vipassana, look around the centre, and go for a bush walk. For more information phone 420 5319 or visit: www.medini.dhamma.org.

HWFC appeal

The Helensville Women & Family Centre is appealing to the local community to help with funding.

Manager Christine Salmon says: "in the current funding climate there is an expectation that organisations like the HWFC seek a wider pool of funding." So she is calling on locals to make a one-off donation to the centre, or to set up a regular donation payment. Another option is for people to add a bequest in their will to the HWFC. Donations can be made to ASB Account 12-3139-0002928-00.

The Helensville Women & Family Centre has provided services to women, children, families and youth from the South Kaipara area for 22 years, including counselling; family support; and programmes to support and strengthen families.

"Those who access our services face challenges from broken or abusive relationships and homes, experience complex financial difficulties, have lost their jobs, loss of accommodation, coping with mental health issues and needing support in coordinating with professionals they are engaged with," says Christine.

"We offer a safe, supportive haven and a dedicated professional team for all who come asking for advice and support."

For more information or to make donation arrangements phone Christine on 420 7992 or email: christine@hwfc.co.nz.

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



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Twilight Christmas MARKET

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