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7th straight win for college Dragonz in Auckland champs

The Kaipara College Dragonz dragon boat team (right) have just won their seventh consecutive Auckland championships.

They won the final race at Lake Pupuke on Sunday, March 20 by an astounding 11 seconds, having led from the start.

The crew were in such commanding form that in the third heat they were held at the start line, giving the other crews a two boat length head start, meaning the Dragonz could stretch themselves with a chase.

The Dragonz have won the Auckland Dragon Boat Championships every year since 2005, and also in 2000.

The college's 38-strong Waka Ama crews raced in the Auckland Secondary School Championships on Friday, March 25 before heading to Rotorua for the New Zealand Secondary School Waka Ama Championship.



Waioneke School golf tournament raises \$8000+



Waioneke School's annual golf tournament raised "well over \$8000" says principal Jennie Moore.

A total of 22 teams from a wide range of businesses and interest groups turned up on a wet Friday, March 25 to take part in the annual fundraiser, run by the school's PTFA lead by Anne Holst and helped by parents, staff and community members.

Teams were met by the school's Year 6,7 and 8 student councillors and representatives who gave out hot bacon and egg pie and took team photos before the 10.30am shotgun start.

Principal Moore and the school's office administrator spent the day following teams around the South Head Golf Course on the refreshments cart.

The overall winning team of the day was the Four Skins, and the top female team was Tiger's Prey.

Many of the prizes were donated by local and Auckland businesses. Many participants also went the extra mile in procuring support and donations for the event or sponsoring holes on the course.

• *Waioneke student leaders, from left: Roxy, Nick, Sam, Hamish, Moananui, Cassie, Sophia, Donna, and Ollie (front)*

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editorial

Where was God during the earthquake in Christchurch on February 22 this year? A question many New Zealanders have struggled with particularly with the tragedy which swept Japan last month.

This country is officially a secular nation, however more than half of New Zealanders retain a belief in God, according to census data. The God in the Bible who 'created heaven and earth' and 'melts the mountains like wax' did not step in to halt the magnitude 6.3 quake which left more than 160 dead and hundreds still unaccounted for in Christchurch. So where was God?

I agree with the Dean of the Christchurch Cathedral, Peter Beck who said God is present in the midst of these tragedies; weeping with those who weep and alongside those finding the strength to keep going and reaching out to one another.

God remains beyond our understanding, however God is nothing short of the purest form of love and is empowering people to do more for one another and creating a sense of community. My heartfelt thanks go to the local people who supported the Christchurch Earthquake Appeal and to those who rallied together, pooled resources and responded with love which took many forms including boxes of fruit cakes and snack packs (see story page 6). To date, all of the activities have been a community effort to be proud of and its ongoing energy is providing joy and hope to those who are rebuilding communities in Christchurch.

It is a time for counting blessings; finding the joy in today; giving thanks for what we have rather than what has been taken from us and to care for one another!

- Linda Powell, Editor

Youth orchestra to play in Helensville for the first time

'Enduring life, hope and honour' is the theme of a concert by the Auckland Youth Symphony Orchestra at the Helensville War Memorial Hall on Saturday, April 9 at 5pm - the first time they have played here.

The orchestra's concert will include Mozart's Concerto No.23 in A Minor, a Tchaikovsky Symphony and a Cantus in memory of Benjamin Britten.

The concert will embrace the theme of 'an eternal flame or light' which is often represented as 'enduring life, hope and honour' in various cultures.

The Cantus by composer Arvo Part portrays an immortal spirit ascending into Heaven while Mozart's Piano Concerto No. 23 in A

major is described as 'bright' and 'melancholic'. The Tchaikovsky Symphony No. 5 in E Minor is filled with 'tragic optimism.'

The Auckland Youth Orchestra was formed 62 years ago as an intermediary step for young musicians between school and a music career. It regularly tours New Zealand and overseas.

Another concert is scheduled for Saturday, July 23 in Helensville, only weeks before the orchestra leaves for a concert tour of Europe, culminating in a performance at the Young Euro Festival in Berlin, Germany.

Tickets for this month's concert will be sold at the door - adults \$20, seniors \$15, students \$10.

Junior rugby raise funds for tour



Members of the Helensville Junior Rugby Club collect firewood as a fundraiser for their tour of the Gold Coast later this year.

The 35 year 7 and 8 players have been raising their own funds for the six day tour in July and activities have included gathering and stacking firewood, laboring on odd jobs, raffles, valet cleaning 'Jucy Rental' camper vans and acting as extras in a recent 'Anchor Dairy Blends' commercial.

In addition to the current firewood fundraiser, there are plans to do a scrap metal collection on Sunday, May 1 and a Trivial Pursuit night on Saturday, May 14.

The Helensville Junior Rugby Club will be based at the Tallebudgera Active Recreation Centre, in Queensland, a purpose built facility which also offers swimming and other sports activities.

Apart from challenging the Aussie teams, the rugby players will also tackle the Queensland theme parks during the tour which kicks off on July 17.

One of the driving factors of the tour was to give the players the opportunity for a 'tour experience' and they will be encouraged to have the time of their lives, says fund raising coordinator Mike Calder.

Rugby and fun are key, however influencing positive role models, personal achievements and a team spirit will be fundamental to the tour agenda which children will remember for a lifetime, he says. It is hoped the tour will become a bi-annual event with Helensville Junior Rugby Club hosting every alternate year.

For further information regarding the fund raising events contact Mike on 021 657 717 or Sharon on 021 292 6072.

Kaipara Cannonball to visit again

The Kaipara Cannonball steam train will visit Helensville again on Sunday, May 1. It will arrive at 11.40am and depart again at 1.10pm.

A Market Morning will be held at the Helensville Railway Station from 10am to 2pm, featuring outside stalls, music and entertainment. All stall fees will go to the Helensville Railway Station Trust. For stall holder bookings (sorry no food stalls) and enquiries contact Sarah, phone 420 9175 or email sarah@riversidecrafts.co.nz.

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New home-based child care business

Not long before the birth of her own child, Jessie May of Helensville began to consider the idea of using her training as an early childhood teacher in a home setting rather than the traditional centre-based setting.

Jessie understood the benefits for children and families that home-based childcare could offer, so she set about transforming the basement of her home into a purpose-built, stimulating environment for children under five.

"I wanted to provide a home-like environment where children can feel safe, secure and loved; a place where they can enjoy frequent cuddles and roly-poly time with each other and their teacher," says Jessie, who has worked in early childhood education for the past nine years.

"I believe children should be having fun and laughing as they learn through their play."

Last month Jessie launched her business 'Precious Papis' as part of the 'Best of Both Worlds Home-based Childcare Network', which specifically supports trained early childhood teachers.

She has completed a purpose-built 60 s.qm. extension to her home which will support up to four children in home based care at a time.

Jessie is passionate about children having ample unhurried time to explore in their own way, and be respected and interacted with as individuals, not as a group. A relaxed, home-like setting means children settle easily and the relationships between parents and the teacher develops quickly, she says.

"Parent-teacher partnerships are especially important and benefit the child greatly in so many ways."

A Bachelor of Early Childhood Education ensures Jessie has a high level of professionalism as well as a wealth of early childhood development knowledge. This includes having realistic expectations for children's ages and stages; understanding the importance of early brain development and socialisation, and being able to reinforce limits and boundaries to encourage acceptable behavior in an appropriate way, says Jessie.

For more information about Precious Papis contact Jessie on 09 420 8668.



• From left: Gabriella Hamilton (4), Rachel Utting (3), Jessie and Madison Kennedy (14 mo)

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Drama helps kids develop skills

"Mum, I need more drama in my life." This comment is from an eight year old actor after stepping onto the stage for the first time.

There can be no doubt that children love to perform, and at Nem's DramaWorks they are encouraged to do just that.

Now in its seventh year, Nem's DramaWorks offers drama classes in Helensville for children from three to 18 years. Students learn how to use their imaginations to create and perform. Developing a range of stage skills such as voice production and body movement not only enhances creativity, it also helps to overcome inhibitions and build confidence.

Naomi Bartley, founder of Nem's DramaWorks, has a masters degree in drama studies. She has worked in professional theatre overseas as an actor and a director and has been teaching drama for more than 20 years.

"Drama can be very impacting, both for the actor and their audience. It is a shared experience that creates a bond between all participants. The joy of working creatively with others can be

life-changing for some," she says.

This term, the older students are experimenting with acting for film. Inspired by the movie 'Coffee and Cigarettes', the students have devised several short vignettes, based around characters interacting in café settings



• Students from Nem's Drama in a recent performance, from left Lauren Bartley, Jacinda Stevens, Chris Kelly

(non-smoking of course!). Andrew Denton of Runningman Productions is filming the students over a four week period as they experiment with how to make the best use of the camera to develop their pieces. Once filming is complete, the movie will be edited and put on DVD for the students to keep.

For more information on class times call Nem on 420 8293.

western comment

by Rodney Ward Councillor Penny Webster

On March 23 the document 'Auckland Unleashed' was released by the Mayor. There is now an opportunity for everyone to tell the council if they are on the right track with the Auckland Plan for the next 30 years.

Will Helensville, for example, be a sub-regional centre due to its rail corridor? Will growth occur around the Kaipara Harbour? Will compact mean high rise or infill?

These are all discussion points that need to be addressed. Consultation will take many forms. The council has set up an online 'peoples panel', and Twitter and Facebook are being used as well as traditional meetings and open days. And of course the document is in the libraries and on the council website.

Talking of libraries, one of the great things about now being part of Auckland City is the ability to source books from all over Auckland. Many Helensville residents are enjoying ordering books from libraries all over the new Auckland City. You can go online at home or at the library and order a book to be sent to your local library. So I guess there are some wins for being part of the bigger picture!

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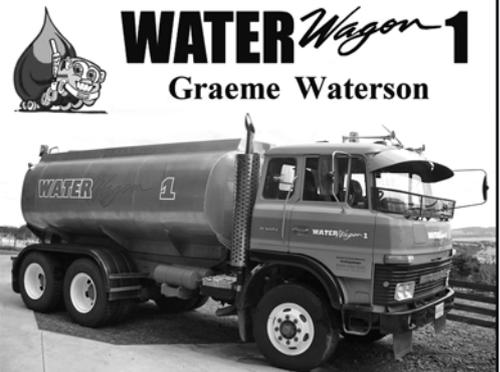
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Locally baked fruit cakes bring joy to Christchurch community

Fruit cakes baked by an army of locals have brought joy, hope and many tears to the eyes of earthquake stricken Cantabrians.

Letters and emails of appreciation have been pouring in from victims of Christchurch's second earthquake in February which claimed more than 166 lives, left thousands homeless and a city in a state of Civil Defense emergency for several weeks.

Organiser of the 'bake a cake' campaign, Pip Foote of Glorit, was overwhelmed by the response to her request for locals to bake for Canterbury. Her email went out shortly after the quake and within a few days it had "snowballed from coast to coast" and called many to action including families, school groups, local nurses, midwives and businesses throughout Rodney District.

Cakes have come from as far north as Te Hana and Wellsford, and from Whangaparaoa, Gulf Harbour, Kaukapakapa, Helensville, South Head, Muriwai and Avondale.

More than 150 fruit cakes and 360 snack packs have been delivered to Christchurch. Local businesses including New Zealand Couriers North Harbour, Commercial Diesel in Warkworth, Plush Toys in Kaukapakapa and the Kaukapakapa Postal Service have covered delivery costs.

"It is great to send money but the passion and feeling that goes into making something that will be received down there is different," says Pip.

Her sister, Lizzie Redfern and sons Toby, Oscar and Archie in Christchurch have distributed the cakes to the A & E department at Christchurch Hospital,

the Central Police Station and some of the worst hit areas of Redcliffs and Sumner. Lizzie even persevered to reach the Burnham Military Camp, used as headquarters for the Christchurch coroner working with the police and forensic experts to identify bodies.

"Your cake tastes really delicious and is being shared with all of us here and it is so very welcome. We really appreciate it and are just so delighted to have received it and also your loving



• Pip Foote and Ann Holst of United Travel with some of the cakes sent to Christchurch

thoughts. I know it has been baked with love and it is with love we gratefully receive it. It is a wonderful gift for us all during this sad and difficult process," wrote coroner Sue Johnson in her thank you email.

One cake was decorated with a big daffodil and its message read: "We may be far from you but our hearts and thoughts are close. Keep safe." It was delivered to a young mother with two children, widowed in the tragedy.

Snack packs were also delivered and gratefully received by soldiers positioned at central city road blocks.

- Linda Powell



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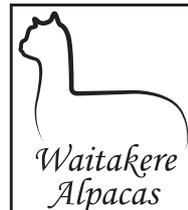
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Entrepreneurs, business owners or those dreaming up a business are invited to explore their options for rental space in Helensville.

A diverse range of properties are available for rent on Mill Road and include full frontage positions or rear workshop and storage sites.

The properties range in size from 108 sq.m. to 380 sq.m. and facilities include options for a retail space with office, toilets and showers, reception areas, workshops or secure storage.

All of the units are available for rent individually or can be combined for larger activities. Rates start from \$300 per week.

Workshop spaces have single door and roller door access, a 6m stud, good

natural lighting and flood lighting plus options for fluorescent lighting.

Options are endless and the units could be utilised for retail activities such as liquor stores, cafes, takeaways or a sports bar; sporting groups such as yoga, dance, boxing or fitness studios; professionals such as consultants, accountants and lawyers or workshops hosting mechanics, industrial fabricators, furniture upholsterers or screen printing.

Short term and long term flexible leases are negotiable.

For further discussion regarding your business dreams and goals or for groups offering services to the community contact The Mill Road Trust on 0274 982 716.

Farewell to Nola West

NOLA MARGARET WEST
1920 – 2011

Nola West had been involved with the Helensville district since her marriage to Peter (C. N.) West in 1946. During that time she lived in Helensville on three occasions - in the 1940s, 1950s and again from 1964 for nearly 20 years, before they retired to the Hibiscus Coast.

Nola Stafford was born in Wellington in 1920 and went to school at Wellington Girls College. She worked as a shorthand typist and met Peter West of Helensville when he was training in Wellington during World War 2.

As well as their times in Helensville the Wests lived at Tarawera, Morrinsville and Wanganui, where Peter was a saw doctor and timber worker.

After their return to Helensville Peter worked at the family timber milling business, and later became the owner.

Although a person who was dedicated to her own and her extended family, Nola was also very involved in a

range of community organisations and activities.

In Helensville she was an active member of the Women's Institute, Red Cross, the Presbyterian Church, Tutanekei Rebekah Lodge, and she worked as a primary school teacher's aide. But one of her favourite activities was Scottish dancing, and along with Peter, who was the tutor, they ran the Helensville club, teaching and encouraging people of all ages. They continued this interest when they moved to Red Beach and Orewa.

Nola was widowed in 2005. She celebrated her 90th birthday last year with a large gathering of family and friends.

At her funeral service on March 23, tributes were paid to Nola's bright and friendly nature and her talents in hospitality and encouragement. She was described as the family's "favourite aunt".

She is survived by her older sister Dulcie Hall, and by daughters Mary and Jan, son John and their families.

- Wynne HaySmith



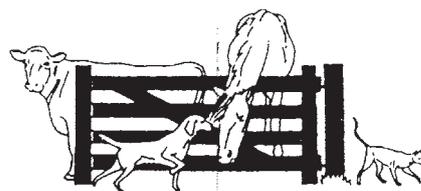
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Parent Aid aims to make day 'brighter and easier'

Extra helping hands are provided free by the 'Parent Aid' service, which is enjoying its new location in the Kaipara Medical Centre.

The professional free service available to local mothers has operated since 2002 and was previously located in the old doctor's surgery.

Parent Aid's new location in the medical centre, alongside the Helensville Birthing Centre in Commercial Road, was appropriate because of the professional link it provides, says coordinator Lynette Edmunds.

She has been with Parent Aid for the past five years and is proud of the service it provides.

Parents with babies or children up to five years, who are exhausted, sleep deprived or struggling with their responsibilities can receive short term help from Parent Aid. Its motto, "Because you have your hands full, we'll lend you one of ours," ensures the service is flexible for parent needs.

"We have five very special ladies on call who have developed a passion for helping mothers and we know every visit is beneficial," says Lynette.

The team is all first aid certified and

Yoga fundraiser for Chch

Helensville's Art of Yoga studio is hosting 'Yoga4 Christchurch' - an earthquake relief fundraiser on Sunday, April 17 as part of a national event.

It will be held at the Commercial Road studio at 10am, with participants donating \$10 or more for the 1.5 hour class. Contact: Linsey, phone 420 9898 or email linsey@thepauaroom.com.

offer diverse forms of practical support and encouragement such as playing with children, making a meal, or providing time for sleep or a shower.

There is also the opportunity for emotional support and sharing of information about parenting, breast feeding or raising twins.

"Our service is well connected and informed and can put mothers in touch with mother's groups, specialised advice and professionals," says Lynette.



• Fieldworker Elanie Claassens with Melanie Howard and her children, Ari (left) and Zevi

"Parenting is often a new chapter and emotional connection with others is really important. We are not here to tell people what to do, rather to pass on what works. Parent Aid's service is all about whatever makes the day brighter and easier."

Parent Aid is available for parents from Glorit to Riverhead and is funded by a variety of organisations such as the local Helensville Birthing Centre, Ministry of Social Development, New Zealand Lotteries, Lions Foundation and ASB Communities.

For further information contact Lynette on 420 7002.

- Linda Powell

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Children and teachers from the Sunny Days Early Childhood Centre dressed in Canterbury colours of red and black to raise money for the Christchurch Earthquake Appeal. Their walk down Commercial Road and sausage sizzle last month raised more than \$170.

Many local groups have raised funds for Christchurch, including a cake stall at Parakai Primary and two 'Wheels Days' where children could bring any wheels like roller skates, bikes and skate boards for use in the school grounds. They raised \$133. A mufti day at Helensville Primary School raised \$1000 with more fund raising to follow. (See story page 6 regarding cakes baked for Christchurch).

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Reprint of popular local history

Copies of local history book 'Men Came Voyaging' are available again at the Helensville Museum.

The comprehensive history of the district was first published in 1963 in time for the Helensville Centennial, and covers the history from pre-European times until the early 1960s. It has sold consistently over the 37 years since then, and is sought by local families, genealogists, historians, researchers, students and business people.

The reprint now available is the fourth edition, and has several improvements over earlier versions. The page size is slightly larger, and the font is clear and well-spaced.

Considerable trouble was taken at the proof-reading stages to improve page layout and bring it up to modern standards. The binding, which was converted from hard card to the more modern laminated cover at the 1995 reprint, has now a fold over flap, which strengthens the cover and protects the pages.

In the new edition it is also easier to find information as the index has been expanded and is much more comprehensive, growing from just six

pages in the earlier editions to now cover 22 pages.

The quality of the pictures is excellent - back to the standard of the first edition, as they are again reproduced on photographic quality paper.

Helensville & District Historical Society secretary Judy Lloyd says the executive committee are delighted with the new edition, and are sure it will be very popular.

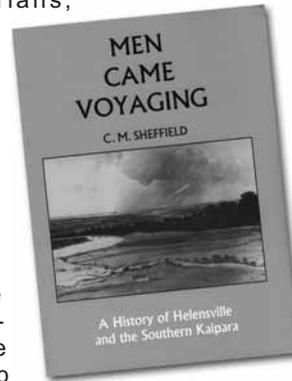
Despite the improvements the society has kept the price at \$45, plus \$6 per copy if postage is required.

Books are available from the museum in Mill Road, Helensville, (open every afternoon) or can be ordered by phoning 420 7881 or by email to helensvillemuseum@xtra.co.nz. They will also be

available at Helensville Take Note and at the Information Centre.

As the book has been out of print for more than a year, the Society is pleased to be able to meet public demand again. Work is also underway to bring out a reprint of the Society's other popular history - 'Pioneering Women Of South Kaipara' - later in the year.

- Wynne HaySmith



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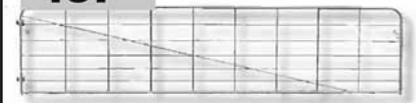
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Tamaki Sports Academy offers mentoring, coaching and work experience to South Auckland youth who have dropped out of the mainstream school system but who show some sporting talent. Academy members are enrolled in the Correspondence School, and work towards unit standard credits and national qualifications.

PH (09) 276 0328

kaipara kai

with Peter Brennan of Porcini Cafe

Introducing our new food column by award winning chef Peter Brennan of Porcini Café in Helensville. Each month Peter will feature seasonal local produce and share some of his favourite recipes for us to try at home. Enjoy!

Late summer, the nights are cooling off but the days still have some heat in them. Happily this signals the harvest of one of my favourite things - figs. The fig harvest, though brief, can be extended with selective cultivars to run from mid January until late April.

Figs in our house are stored as brandied fruit, dried, cooked as jams, roasted with blue cheese and pancetta, eaten fresh or baked with Marsala wine and served hot with vanilla gelato. (A few of these dishes are served at Porcini while the rest are enjoyed by friends and family at home.)

Figs, referred to as "the food of the gods" by Romans, have been with us a long time. There is evidence that they were cultivated in Jordon as early as 9200BC. This means they were domesticated some 1000 years before wheat and rye, making them perhaps one of the earliest cultivated plants - a Neolithic food no less.

Thriving in the well drained soils and hot dry summers of the Mediterranean and Middle East, they have adapted well to the more temperate climate in New Zealand. Here on the North West coast where the soil is tough and often dry for long summer spells, the fig has found a home.

While it is wonderful to enjoy fresh figs and fruit over the summer months, there is real pleasure to be had opening a jar, on a winter's night, of fruit you have preserved yourself. The recipe I have included is based on one I found in a 1960's book of home preserving.

Brandied Figs

For the syrup:

- 1 litre Water
- 800g Sugar
- Rind of 2 Lemons
- 2 Cinnamon sticks
- A few whole Cloves (optional)
- 2 whole Vanilla Pod (optional)

Place all these ingredients in a large pot and bring to the boil, simmer for five minutes then strain, and reserve.

Gently wash the figs in fresh cold water. Ensure jars and lids are clean and sterile by placing in a 120° Celcius oven for five minutes.

Bring the syrup back to the boil, drop in the figs and allow the pot to return to the boil. Remove from the heat. Use a spoon to remove the fruit and transfer them to jars, pack them well. Add brandy to half way up the jar then top with hot syrup. Tap the jar and gently press fruit to remove air bubbles, top with syrup to overflowing then seal with a lid.

Generally ready to eat after about three weeks, brandied fruit typically lasts about a year. This method works well with stone fruit too. Store any syrup that is unused in the fridge.



• Peter Brennan's Brandied Figs



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town talk

community titbits from town and around

■ KARRA AGM

The Kaukapakapa Resident and Ratepayers Association's annual general meeting is on at the Kaukapakapa Hall this Thursday, April 7 at 7.30pm. The meeting will include a report and photo presentation of the 150th celebrations and an update of the Structure Plan for Kaukapakapa.

■ ARTHRITIS SUPPORT

The next Helensville Arthritis Support Group meeting will be at Marj Maney's, 29 Karaka St, Helensville on Thursday, April 21 at 10.30am. The group has a bus trip planned for May 19 to the Matakoho Kauri Museum. Cost will be \$25pp (covers trip and museum entry). Bookings and payment by midday, Friday, May 13. Contact Merle

Griffiths, phone 420 8774 or Ina Stoner, phone 420-7875.

■ HELENSVILLE JUNIOR RUGBY

Helensville Junior Rugby fundraisers for a Year 7 and 8 tour of Gold Coast include a scrap metal collection on Wednesday, May 1 and a Trivial Pursuit evening on Saturday, May 14. For more information contact Mike Calder on 021 657 717 or Sharon Tulloch on 021 292 6072.

■ CALLING PHOTOGRAPHERS

During June local photographers can take part in 'Moments', being held as part of the Auckland Festival of Photography. For \$3 per piece they can exhibit their work at the Art Centre in Karaka St, Helensville.

Artists get Exposure at Waitoki exhibition

Local established and emerging artists will feature at a fundraising exhibition at Waitoki School this month. 'Exposure 2011' which runs from April 15 to 17, offers a silent auction of paintings, photographs, ceramics, sculpture and jewellery. A percentage of the funds raised will be donated to the Christchurch earthquake appeal and Japan tsunami appeal.

The three day 'visual symphony' of New Zealand art opens with a wine and cheese event from 7pm to 10pm and includes a fashion show by Donelle Scott of the 'Tilly and Lace' retail store in Helensville.

Local sculptor Jeff Thompson, who designed the popular new public toilets in Helensville, will be contributing work along with Dick Frizzell from Hawkes Bay. A café will be operating during the exhibition and a series of workshops offered. Henna tattoos will be available from New Zealand's leading henna artist, Usha Raman.

For more information or to order \$20 tickets to the opening night, email: exposure2011@waitoki.school.nz or phone Waitoki School on 420 5244.

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