

## Shooting for the top

by Helen Martin

At the prize giving of the Auckland Branch of the New Zealand Deerstalkers Association on 7 July, Year 13 Kaipara College student Brenna Berger, who lives with her family at South Head, won two prestigious awards, best head of any species taken by a hunter aged 16-21yrs and best head of any species taken by a female member.

Brenna takes punching way above her weight in her stride. Having been introduced to hunting by her father Richard when she was nine, she shot her first deer at 11 and that year won her first trophy. "It was such a good feeling," she says. Included in the many awards she has won since then are two 2016 national titles.

As well as enjoying hunting as a competitive sport, Brenna is pleased to be providing food for the family table – she says she and her father waste as little of an animal as possible - and to be helping keep deer numbers down.

She is also busy taming her first wild Kaimanawa Ranges stallion and has her diving ticket. She is a volunteer fire fighter



**Brenna and Richard Berger with the trophies they've won in 2018.**

at the Shelly Beach fire station and as part of that is training to be a medic.

After gaining her gun licence this year, Brenna looks forward to branching out into clay target shooting. She hopes to eventually represent New Zealand at the Olympics in the shooting or equestrian events. She plans to study physiotherapy at AUT with a view to becoming an animal physiotherapist.



## Lions Club of Helensville Community Directory 2019 needs your help!

The Community Phone Directory has all the local phone numbers you might want, from your neighbour along the road to local businesses who need your support in the Helensville, Parakai, Kaukapakapa, Shelly Beach, South Head, Waitoki and surrounding Districts.

Helensville Lions have produced the Directory for the last 30 years, using information supplied by "Yellow Pages".

Lions use the proceeds from advertising to support community projects such as Rautawhiri Park, the Kaipara Medical Centre, School Camps, the Spirit of

Adventure and sporting scholarships.

Because of restructuring, "Yellow Pages" are unable to provide us with local names and phone numbers to create the Directory and they no longer supply residences with their "White Pages". This means you would need to use a computer every time you want to know a local number!

Helensville Lions want to continue to produce the Helensville Lions Community Directory. We can only include your details if we have your permission. This information will ONLY be used for the Directory. Please help build the Helensville Lions Community

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Directory 2019.

This month will see the Helensville Lions Community Directory 2018 delivered to your letterbox. In this is a flyer simply complete the box at the bottom fold this notice to form a "Postage paid" addressed envelope or drop the form at the Helensville Library or email the information to [helensvilledirectory@gmail.com](mailto:helensvilledirectory@gmail.com)

## Helensville Community News

Email: [helensville@copyandprint.co.nz](mailto:helensville@copyandprint.co.nz)

[www.helensvillecommunitynews.co.nz](http://www.helensvillecommunitynews.co.nz)

Phone: 420 9307

56 Commercial Rd, Helensville. P O Box 81006, Whenuapai

All correspondence should be legible and include writer's name and address.

~ COPY DEADLINE ~ 20TH OF THE MONTH ~

### ADVERTISING ENQUIRIES:

Phone: Sarah on 0274-831-542 or email

[helensville@copyandprint.co.nz](mailto:helensville@copyandprint.co.nz)

### ADVERTISING RATES (Excl GST):

**Advertisement sizes, rates and specifications are as follows:**

Business Card size advertisement in the newsletter - \$50.00 per single issue. \$47.50 per issue for 12 issues if paid in advance. Double Business Card size Advertisement in the newsletter - \$100.00 per single issue.

\$95.00 per issue for 12 issues if paid in advance. The above rates include a listing in the Trade & Professional section on the back page. A listing in this section only is \$10.00 per month. All advertisements will attract a 5% discount if paid at the time of booking. If we are required to create the advertisement there will be a one-off typesetting charge of \$40.00. Subsequent alterations will be charged on a time basis.

### ADVERTISEMENT SPECIFICATIONS:

All adverts supplied must be in one of the following formats:

Corel Draw 9, Pagemaker 6.5, Powerpoint, .jpg, .tif or MS-Word (with any graphics sent as .jpg or .tif images as attachments).

The Helensville Community News is published as an independent community newsletter in conjunction with the Helensville Community Website, [www.helensvillecommunitynews.co.nz](http://www.helensvillecommunitynews.co.nz), to inform the residents, ratepayers and visitors of events and proposals that affect the local area.

Circulation 4,200 — pass it on to your friends.

The views and opinions expressed in this newsletter are those of the individual contributors and not necessarily those of the publishers. While we try to ensure accuracy of information, the publishers accept no responsibility for errors or omissions made by individual contributors.

Publishers: Helensville Copy & Print

## Letter to the Editor...



Dear Helensville Community News,

My name is Jack and I am a Year 8 student from Helensville Primary School. Last Friday as part of our Inquiry into Plastic: Yay or Nay, my class cleaned up the Helensville Riverside Walkway and volunteered our time at the Helensville Recycling Depot. We wanted to make an immediate impact on our world so we started with our community.

We are very passionate about keeping our community clean and would love to let everybody else know so that they can also do their part to help with keeping our community clean.

We have lots of photos (107 to be exact) about our day. I have included a few for you to look at. Thank you for your time, we would love to hear from you.

Yours sincerely

Jack Sergeant



To see more of Jack's photos from Room 14's clean up go to [www.helensvillecommunitynews.co.nz](http://www.helensvillecommunitynews.co.nz)

# RSA



Are you a Defence Force Veteran who has been involved in overseas deployments since the 1990's?

If so the Kaipara Memorial RSA would like to hear from you as the University of Otago in conjunction with the Royal New Zealand Returned and Services Association is carrying out a study on the Health and Welfare needs you may have.

There are now more Veterans in our Community than at any other time since the end of World War Two. Little is known about the Health needs of this younger group of Veterans and if their Health needs are being met.

If you would like to take part in this important survey or to learn more about the assistance which the RSA can provide please contact the Kaipara Memorial RSA on 420 8888 or [KaiparaRSA@xtra.co.nz](mailto:KaiparaRSA@xtra.co.nz)

**NEED TO TALK** – Dial 1737 There are Trained Counsellors on call 24/7 to assist.

**Veterans Affairs** – Veteran Entitlements, care and recognition Call 0800 483 8372.

**No Duff Charitable Trust** – For immediate first response support for veterans in crisis.

Dial 022 307 1557 or No Duff Charitable Trust on Facebook or E Mail [no.duff.ngo@gmail.com](mailto:no.duff.ngo@gmail.com)



## What's happening this month



**Saturday, 11 August, Waitoki Village Market Day**, 8.30 till noon, Waitoki Hall, Kahikatea Flat Rd. Want to do your bit for the environment while protecting your property and orchard against Pesky Pests! Come and talk to a qualified pest control person, Adeline or Pauline who with numerous volunteers have been working on ridding Whangaparaoa Peninsula of pests, with great success, check out <https://pestfree.wixsite.com/volunteers>. They will also have information regarding activities you can become involved in with the Forest and Bird Society; encouraging birds into your garden, bird counts, bush walks etc. In addition, Nancy from Operation Christmas Child is coming to share in the "Joy of Giving" by explaining and showing how easy it is to bring joy to a child this coming Christmas season, by putting together a shoe box of small gifts to be sent to areas of poverty. Find out what is going on in your community; get involved in a friendly, relaxed atmosphere. Pick up baked goods, olive oil, plants, homemade and preloved bargains, Bric a Brac, preserves, and more. Support your community; proceeds from the Market go back to our local community. New stall holders welcome, contact Gill 420 3301 or email [waitokihall@gmail.com](mailto:waitokihall@gmail.com). Next Market 13 October.

**Saturday, 18 August, RSA Live Bank**, Last Chance are doing a gig at the RSA. Locals will know this great local band who wowed the crowd the last time they played at the RSA. Tickets \$10 per couple available from the RSA. We have a Special Licence especially for the night so everyone is welcome. Meals from 6:00pm. So come along for a great meal and dance the night away with one of Helensville's best.

**Sunday, 19 August, LEGO at Helensville Primary**, 10am – 4pm, 29 Rata St, Helensville. LEGO Displays, Sausage Sizzle, Cakes & Slices, Coffee. More information on Page 7.

**Sunday, 19 August, Kaukapakapa Village Market**, Kaukapakapa Hall, 8.30am-1pm, Held on the 3rd Sunday of every month all year round. With its friendly people, great atmosphere and a wide selection of quality stalls there's something for everyone with everything from locally hand-made crafts, fresh fruit & veg to pre-loved treasures and collectibles. Live music from Jessica on the Keyboard, Free Face painting, Kids craft Table from 10am to 12pm. For more information, stall-holder, busker and music enquiries contact Sarah: Phone - 0274 831542 or Email - [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz). Eftpos cash out available.

**Sunday, 19 August, Kaukapakapa Library**, Come along to the Kaukapakapa Village Market and meet June, June has been a teacher, specialising in the teaching of reading, and a qualified school librarian. You'll have a chance to buy her very newest book. All we can tell you now is that **Grandma's in the strawberry patch**. You'll have to wait to see why, and what happens.

**Saturday, 25 August and Sunday 26 August, Loaded Tough Guy and Gal Challenge**, 11:00am Helensville Tennis Club, 124-164 Rautawhiri Rd, Helensville, Auckland, The events are open to both male and female competitors who are 13 years of age and older. Challenge yourself on a course that includes swamp crossings, a spiders web net climb, crawl under barb wire, beautiful native bush trails, tunnels, hurdles, a climbing frame not to mention, mud mud and more mud!

Our events have awesome spot prizes, merit prizes, amazing goodie bags, souvenir coffee mugs, challenging obstacles, a fun atmosphere, hot showers and plenty of free parking. Grab your friends, workmates or family together for a truly amazing experience! For more information [https://eventpromotions.co.nz/tough-guy-gal-challenge/auckland/#\\_=">](https://eventpromotions.co.nz/tough-guy-gal-challenge/auckland/#_=)  
**Friday, 7 September, Helensville Aglow** will be meeting 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Our speaker will be Kaylene Subritsky from Dove Ministries. All welcome. Contact [yvonne@hello.net.nz](mailto:yvonne@hello.net.nz) if you want more information

**Friday, 28 September, Term 3 Ends**

### Regular Events

**Darts at the RSA** 5.30 onwards from March 22nd then every second Thursday onwards. Entry \$5pp Pints on the night \$5 ALL WELCOME  
**Helensville Healing Rooms**, Helensville Community Church, 40 Mill Road, Next to the Hospice Shop, Opposite Mitre 10, Every first and third Saturday, 11am-12 noon, Need healing in your body or a breakthrough in your life? Visit and experience God's love. ALL WELCOME Phone 021 123 0434 NO APPOINTMENT & NO CHARGE.

**Helensville River Valley Country Music Club** Held 3rd Sunday of the month at Helensville War Memorial Hall. 1pm start. All Welcome Contact 09 420 8246

**Peggy Squares knitting Group**, Wednesdays 10am - 11:30am Join us for a coffee and a chat while knitting your Peggy Squares and assist us in creating community blankets for children in your community. Glenys 09 411 8546

**Salt Youth Events**: Thursdays, 7.30-9pm, Helensville Christian Life Centre, 118 Commercial Rd, Helensville. For young people, 13-18yrs. Contact Tim Forlong, 09 420-8911.

**SeniorNet Kumeu Inc.**, Have you ever thought about joining SeniorNet? The Kumeu branch meets at the Soccer Rooms at Huapai Domain with a Helensville outpost in a private home in Garfield Rd. The cost of entry is \$3. Why not come along and find out what we have to offer. Contact details: Brian Lacey [brian@lacey.nz](mailto:brian@lacey.nz), 022 183 1811, Beverley Meredith, [meredithpb@xtra.co.nz](mailto:meredithpb@xtra.co.nz), 09 411 5201, Alwynne Wedgwood, [alwynneoh@xtra.co.nz](mailto:alwynneoh@xtra.co.nz), 09 420 9984

**South Kaipara Rotary**: 1st & 3rd Wednesday of the month, 7 - 8pm at Parakai School. All Welcome, Young or Old.

**Te Awaroa Residents & Ratepayers Assoc (TARRA)**, Helensville War Memorial Hall. Visitors Welcome. Enquiries 021 488 427 or email [tarrassoc@gmail.com](mailto:tarrassoc@gmail.com)

**Libraries**



## News and Events for Helensville Library

### Housebound Service:

Are you stuck at home – temporarily – or long-term? Would you like to have library books, magazines, etc to read, but can't get to us? Maybe you're recovering from an operation. Maybe you have small children and no transport. Get in touch with us at the library and we can talk about your options. Phone: 420 8163

Email: [helenlib@aucklandcouncil.govt.nz](mailto:helenlib@aucklandcouncil.govt.nz)

Keep up-to-date with library activities at: [www.facebook.com/HelensvilleLibrary](http://www.facebook.com/HelensvilleLibrary)

### Regular events at Helensville Library:

Each Tuesday, Wednesday, and Thursday 10.3am: Kids Time Under 6s and their adults are welcome to our storytime sessions, with lots of rhymes, songs, stories, and sensory experiences.



## Art Centre, Helensville

**Exhibition August '3 for ALL'** where any item in any media could be exhibited for just \$3 an item. Come along and enjoy the diversity of this exhibition. Previous exhibitions have seen funky clothing from Kim Nesbit, Mosquitoes from Andrew Denton, Reg Laurie with his Industrial Ruins to name but a few.

**Workshops** Mixed Media Painting for Adults with Jo Bain.

Jo's workshops have proven popular in the past as she has an ability to draw out the inner artist in people who may not feel particularly gifted as artists. **Sat 18th August** 10.30-12.30 \$20 Participants will create a textured surface with collage, layering this with paint and other mediums such as shellac/ink/pastel to finish a painting in the workshop. Learn the delights of working with different surfaces to paint on, giving in a rich in depth quality. Natural and man-made fibers' brought by tutor but feel free to collect your own to bring on the day.

**Mixed Media for Kids** will run 10.30-12.30 on Saturday 1st September and follow the same format.



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**Sunday 19 August**  
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# The Art of Celebration

A celebrant is someone who celebrates something, often a significant life event such as a marriage, a death, a birth, a baby naming, and other major milestones. No two weddings or funerals (the most common life events celebrants are called for) are the same, making celebrancy a satisfying and endlessly interesting profession.

Wedding celebrants go through a rigorous legal process to be registered with the Department of Births Deaths and Marriages (BDM) and must re-register each year. Funeral celebrants don't require legal registration. Anyone can be a funeral celebrant, but good celebrancy requires practised skills common to both weddings and funerals – sensitive interview skills, good writing skills, good public speaking skills, empathy, event management, and more.

For many, death doesn't touch us until later in life, but inevitably it comes into each of our lives as parents, friends, siblings, relatives, employers, workmates, and in some cases, children, die. We can be left very exposed by the death of someone we know well, and often surprised. In this state of surprised vulnerability many people find themselves suddenly having to also deal with funeral arrangements. The logistics of even a very ordinary funeral can be so challenging, that in a state of distress, many people accept whatever arrangements are offered because at least it is taken care of.

Yet the funeral is the last opportunity we have to be in the same room with the person who has died. At the funeral people want to hear out loud about the person who has passed and hear it in a way they can agree with. They don't want to hear a brother's name mispronounced, or a sibling's name left out, or facts of the person's life and achievements muddled up. Most want to nod in agreement with the eulogy, the funny stuff, the quirky things, the weird thing they had on their sandwich every day for eleven years straight, the good they did, the kindness they delivered when they thought no-one was looking, the arguments they had constantly with the neighbour's cat, who their children were, and their spouse, what achievements they managed, what their hobbies were, and so on. These things are not earth-shattering in most cases, but they are always very human and it is this human-ness which you'll find at the heart of any good funeral.

Celebrants write this human story from interviews with close people, and check it with them to make sure it's accurate, and just as importantly, that it strikes a tone that allows people who knew the deceased to feel that they are somehow present in the ceremony. They also keep the service on track and provide a focal point so that those mourning can do so without interruption – leaving their thoughts free to travel with the story.



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It's the same at a wedding. The celebrant makes sure the ceremony stays on track so that the bride and groom are free of concerns and able to be fully present in the act of becoming married.

Celebrants need to be flexible and willing to accommodate a wide variety of ideas for a ceremony, from the traditional to the wildly out there. A large group of people always requires logistical management and an experienced celebrant contributes their planning expertise.

Outside of legal or practical concerns, there is no right or wrong way to acknowledge the passing of a life. Today a funeral can cost an average \$15,000, or it can cost a lot less. Eco or natural burials are fast gaining popularity, but the traditional service will always have a place. You can hire an independent civil celebrant, use one supplied by the funeral home, or do it yourself. Almost everything is possible. It's really important that you feel comfortable with whoever you choose for this role.

Mostly death is a surprise, even when it is expected. It might help you to know beforehand that your choices in organising a fitting send-off are wide open. Do it the way you think best honours your loved one.

*Theresa Sjoquist, Independent Civil Celebrant, Member CANZ*

**Rotary**  
South Kaipara



**PARAKAI  
SCHOOL**

## School Orchard a Success

South Kaipara Rotary has completed the first phase of Parakai School's new orchard! Students will be able to learn how to care for the trees and how to harvest and process a variety of fruits, including apples, pears, peaches, plums, lemons, and oranges.

The first phase involved Parakai students, their families, South Kaipara Rotary, Henderson Rotary, and members of the community putting together 26 planter boxes.

In phase two, mulch, sheep wool and topsoil were added to the planter boxes, and then the fruit trees were planted.

The new orchard has been shifted several meters to make room for more classrooms and has also been significantly raised to avoid water logged roots that were hampering growth in the previous orchard. South Kaipara Rotary looks forward to working with Parakai School again and seeing how the students choose to use the orchard in their studies.

*South Kaipara Rotary is a fun, friendly, family- oriented club that aims to make a positive impact in our community. If you are aware of a project or something that needs doing in your community, or would like to join us, please email [southkaipararotary@gmail.com](mailto:southkaipararotary@gmail.com)*

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## Helensville Birthing Centre

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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.

53-65 Commercial Road, Helensville  
Ph (09) 420 8747

Email bookings@helensvillebirthingcentre.co.nz

www.birthingcentre.co.nz

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# Good on ya Mark

Great to see Mark Dennis featuring on TV 1's 'Good Sorts' on 22 July and in the July 'Valley Voice' cover article (spare free copies available at Helensville Copy and Print). Described as 'time poor',



because he has 3 kids under 5, a wife and a full-time job to occupy him, he's being celebrated for establishing the fruit and veg swap stand outside his house in Puriri Street so he could share his spare fruit and veges. Helensville came on board, then Parakai, inspiring people all around the country to do the same. It's no small feat, starting a national movement, especially when it involves handing on tips and advice, but Mark is taking it all in his stride - he's just happy that people like the idea.

Catch up with the latest on the Facebook page: Community Fruit and Veg Stands

## Comings and goings

Here's a quick update on recent developments:

**Opened - The Ville Turkish Café.** 25 Commercial Rd. Owned by Nima Jafari. Turkish food and burgers. Eat in or take away. Open 11am - 9pm. Orders taken through Facebook page. Phone 09 420 6442.

**Black Pete's Bar & Grill.** 167 Parkhurst Road, Parakai. Owned by Peter and Sue Williams. Open Thur - Mon 4pm - 10pm. Phone 09 420 6202.

**Parakai Pizza Hub.** 133E Parkhurst Road Parakai. Owned by Hemantkumar Vasantrao Jadhav. Pizzas, burgers, fish and chips, Indian, Indo-Chinese, desserts. Open 9am - 11pm. Facebook. Online orders [www.menulog.co.nz/restaurants-parakai-pizza-hub/menu](http://www.menulog.co.nz/restaurants-parakai-pizza-hub/menu). Phone 09 420 8732.

**Fire & Slice.** 4/16 Railway Street. Owned by Anuj Jangra. Pizza and Indian takeaways. Online orders [www.firenslicenz.co.nz](http://www.firenslicenz.co.nz). Deliveries in Parakai, Helensville and Kaukapakapa. Facebook. Phone 09 947 4200.

**On the market - The Café.** 46 Commercial Rd. 09 420 8615.

**The Grand Hotel.** 1 - 3 Railway St. Selling by tender process. Closed 4pm July 27. See story at [https://www.nzherald.co.nz/property/news/article.cfm?c\\_id=8&objectid=12090659](https://www.nzherald.co.nz/property/news/article.cfm?c_id=8&objectid=12090659)

**Sold - Shades Hair and Beauty.** 86 Commercial Rd. Now being renovated into a new business venture.

**Under renovation - Palm Springs.** 155 Parkhurst Road, Parakai. [www.palmspringsparakai.com](http://www.palmspringsparakai.com)

**Kaipara Dairy Factory.** 2 - 30 Mill Rd. Something's happening, we're not sure what. We've seen heavy machinery working there. Let us know if you have any information.

## Sort your life out!

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## Caring for mama and baby

There's a big focus on healthy living for new mums and their bubs this month.

Pregnant women and those with tamariki under four years old are invited to take part in the five week Healthy Mama course at Te Whare Oranga ō Parakai which starts Tuesday 7 August. Over the five weeks you'll learn about healthy kai — how to shop for it and how to cook safely, as well as giving new exercises a



Healthy Mama course this month at Te Whare Oranga ō Parakai.

go. Places are limited, so register now by emailing [marama.pairama@tehaoranga.co.nz](mailto:marama.pairama@tehaoranga.co.nz).

And still with exercise, personal trainer Kirstyn Campbell from KC Fit will be delivering a talk on safe ways to get back into fitness after baby at the Helensville Birthing Centre Coffee Group's regular morning session on Wednesday 22 August at Te Whare Oranga ō Parakai.

## Save the date



The Helensville District Health Trust is pleased to be hosting a Pink Ribbon High Tea on Sunday 30 September at Te Whare Oranga ō Parakai. Guests will be treated to a delicious array of savoury and sweet snacks and hear from a variety of speakers to launch Breast Cancer Awareness Month. Tickets on sale soon.

## Hear this!

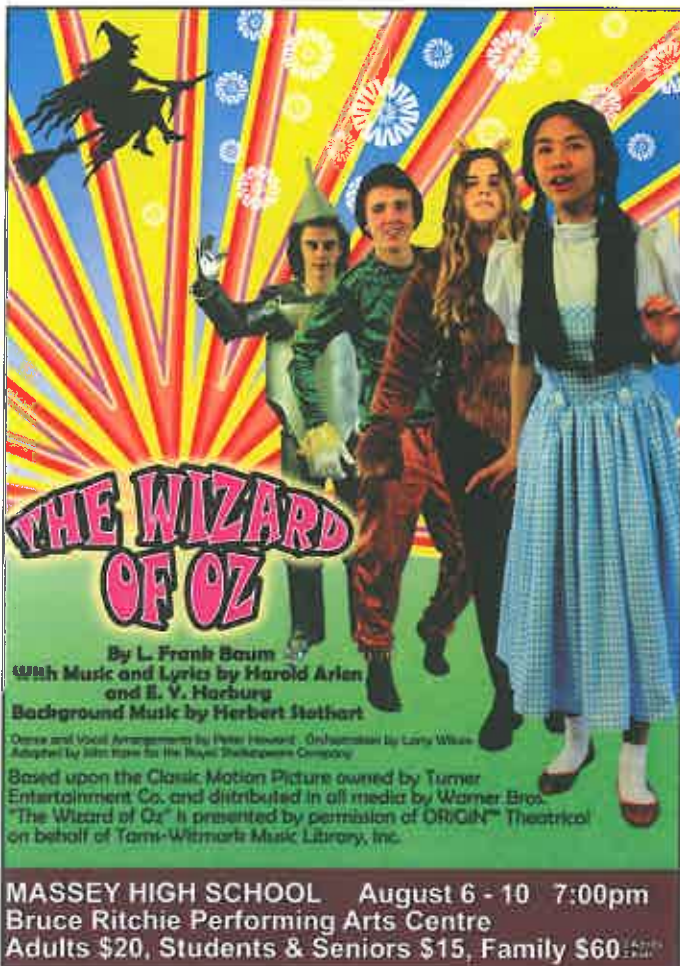


If you're Māori with a hearing impairment and unable to afford a hearing aid then a new weekly hearing clinic could set you on the path to better hearing.

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## PROFILE



## Fiona MacBride

by Helen Martin

Although she says she "came to it really late", Tin Shed Yarns business owner Fiona MacBride has been seriously knitting for 10 years, specialising for the last five in beautifully delicate lace cowls, stoles and baby shawls, made from local wool she has finely spun on her electric wheel.

For Fiona, knitting and spinning are both an art and a means of cultural expression, something she had a hankering to do from a young child. Growing up in the small English village of Lymm she learned to sew and crochet, but there was no knitting in her household. "There was a real social divide on it in England and handknitting was looked down upon in my family. They thought that if you had any class you bought everything from Jaeger," she says.

The family emigrated to New Zealand when Fiona was 14. At Auckland University studying for a BA in the 1980s she admired the beautiful Aran and polo necked jerseys she saw the students wearing, resolved that one day she'd learn the art of knitting. She learned to spin after time away from teaching to look after her sick son gave her the space to take a few classes. From there she taught herself to knit from books, then the internet. "I was always interested in knitting in the traditional way. I knitted for my kids at first and what I loved about traditional knitting is that you can go back to it and change it, so as they grew I unravelled the bottom of their jerseys and made them bigger. I had to learn the language of traditional knitting and through the Handweavers and Spinners Guild I got to know some teachers and overseas authors of books on the renewal of the traditional style. For example, guru Elizabeth Zimmermann, the hand knitting teacher and designer who revolutionized the modern practice of knitting, was a big influence. She used to run knitting camps for women in the U.S. and insisted knitters use real wool."

In the 90s Fiona became a dealer for Ashford spinning wheels and weaving equipment, running her business Artisanz from home in One Tree Hill, until the family shifted to Waiheke, where she became very involved as a director in local theatre productions and a teacher at the local high school. Her last shift was to Helensville. Tin Shed Yarns is the one-woman enterprise through which Fiona makes her hand spun wooland hand knitted garments at home. Through Facebook she has connected with local sheep owners who give her their spare fleeces. "I label the fleeces," she says, "that way people who buy wool ora garment from me know what farm the wool's from. There was a time when the Guild encouraged us to go for breeds, like Perendales and Corriedales, but I changed tack when I realised any sheep can have a gorgeous

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**Fiona wearing one of her hand spun, hand knitted cowls**

fleece if it's hand raised. Sheep off lifestyle blocks tend to be happier because there are fewer of them and they've been fussed over."

Because she likes to see artistry in knitting Fiona creates her own patterns, using a software programme, which she gives away to people who buy her wool. "I like to break the rules and I'm always experimenting," she says. "Once you get the neckline and sleeves right you can just enjoy the rest." She designs in the tradition of knitting in the Orkney Islands, an archipelago off the north eastern coast of Scotland where Fiona's mother's ancestors once lived, the Shetlands to the northeast of there and the Aran Islands on the west coast of Ireland. She also likes to use the stitches and rich patterns favoured in Latvian and Lithuanian work.

There are hours and hours of work in preparing wool, spinning it (it takes Fiona a day to spin and ply 100 grams) and then knitting it - feather stitch, fan stitch and basket weave are favourites - but Fiona's in it for the long haul. On spinning days she's out in her tin shed from 9am till 4pm, singing along to Mozart, getting lost in her work. "When I get up in the morning I can't wait to get out here. I'm obsessed by it," she says. Fiona is happy to do teaching and talks, has an excellent Facebook page (Tin Shed Yarns) and takes part in Arts in the Ville over Labour Weekend. Her next step is to aim for the tourist market.

There are things Fiona says she dislikes about Helensville - landlords who see the place as a rental-income only, the drug scene and high rents forcing people to deal drugs to make ends meet. She's still wild about the ASB bank's closure and she thinks that, while local representation on Auckland Council has improved in responsiveness, Parakai and Helensville always feel neglected and low on the list. On the positive side of the ledger, Fiona like the place for its strong community, where locals are straightforward and generous and ready to step up and help. She loves the way the people of the Mt Tabor Trust are "absorbed gently into the town" and says that services like The Women's Centre are a great example of how local initiatives are taken to meet a need.



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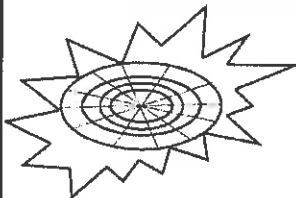
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# Kaukapakapa Library

**Sunday August 19th 10am to 1pm**

Our guest writer on 19 August, June Allen, has lately come out of retirement; her days are taken up writing and publishing children's books.

At one time June broke all shackles and went to live on Norfolk Island where she took the opportunity to perform on stage once again. As a result she was asked to research and write an historical script, which became the well-known tourist attraction 'The Sound and Light Show of Norfolk Island'.

That was the beginning of many play scripts, many of which have won writing awards in New Zealand.

June took up the challenge to write a children's story just six years ago. Her first story, 'The Little Glow worm who Couldn't Turn on his Light', has sold over 1400 copies.

The author achieved that without any funding, and very little support from mainstream bookshop chains. Specialist bookshops treat her better, and libraries and schools snap up her publications.

June has been a teacher, specialising in the teaching of reading, and a qualified school librarian. You'll

have a chance to buy her very newest book on Sunday 19 August at Kaukapakapa. All we can tell you now is that Grandma's in the strawberry patch. You'll have to wait to see why, and what happens.

Note: The accompanying illustration

is copyright to Polly Whimp Pawprints New Zealand.

It wasn't always easy for June. Reflections of when she was homeless in Auckland and her children in care were published last year as 'I'll Have you Home by Christmas'. But she's going to bring her sunny side to you in August. June Allen is a Life Member of Playwrights Association of New Zealand. Her children's books are printed in New Zealand, and published by her boutique company, Kwizzel Publishing. You'll find it on Google and Facebook.

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# The UHY Haines Norton \$6,000 Study Scholarship 2018

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UHY Haines Norton is a Chartered Accounting and Business Advisory firm whose beginnings date back to 1955 in a semi-rural Henderson. Today the practice has grown to more than 50 professionals across four office locations, including an office right here in the heart of Helensville. The firm is passionate about providing talented, ambitious young people with the opportunity to firmly establish their study and career path. The scholarship aims to recognise and support a deserving West Auckland student who could be tomorrow's superstar of the business sector.

## How Does The Scholarship Work?

All scholarship applications must be submitted online via the UHY Haines Norton website: [www.uhyhn.co.nz/scholarship](http://www.uhyhn.co.nz/scholarship). Nominations are open now and close on 15th September 2018. The top three finalists will be invited to an interview with UHY Haines Norton.

## Who Is Eligible To Enter?

The scholarship is only offered to Year 13 students enrolled at and attending 10 selected West Auckland secondary schools, including our own Kaipara College.

## What Is UHY Haines Norton Looking For In A Nominee?

UHY Haines Norton is looking for deserving students with a passion for finance and numbers, who excel in subjects such as business, accounting, economics or maths, and have a desire to pursue a career in commerce, business, management or similarly related fields. In addition to academic achievements, students who demonstrate involvement in areas such as sports, arts, culture or clubs will be viewed favourably, as will experience in leadership roles or community involvement.

## Who Can Nominate A Student?

Students may nominate themselves, or be nominated by family, guardians, teachers, friends or anyone close enough to the student to identify them as an ideal recipient for the scholarship. Students may be nominated more than once.

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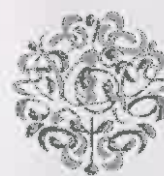
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## Naming Helensville: Part 2

*By Helen Martin*

In our April issue I asked whether, when our town's name was changed from 'Te Awaroa' to 'Helensville' in the early 1860s, the name was in recognition of Helen McLeod, wife of pioneering timber miller John McLeod, or the villa John built for the family to live in ('Naming Helensville', p.16). In asking this I was questioning the claim in C. M. Sheffield's history of Helensville and the Southern Kaipara 'Men Came Voyaging' (p.66), that the town was named after the villa, a claim picked up in the real estate agent's marketing material when the house was for sale earlier this year. I quoted Te Ara, the online Encyclopaedia of New Zealand, and the government's online NZ history site, both of which state that Helensville was named after Helen McLeod, with no mention of the villa. A recent visit to the Alexander Turnbull Library in Wellington has provided further evidence to support this.

The evidence I found was in the John Milton Room, a section of the Katherine Mansfield Reading Room that contains the laborious work of two avid researchers, Johannes Andersen, the first librarian and eventually chief librarian of the Alexander Turnbull, and A.W. Reed, publisher and author of over 200 books, including 'Place Names of New Zealand'. Both these men have catalogued New Zealand's place names, with information on their origins. Neither of the catalogue collections has any information on the name Te Awaroa, but both have information on Helensville.

The Andersen Place Names Index has a tantalising card which says "Letter 10 June 1954. Colleen M Sheffield to Andersen". Unfortunately, there is no record of the letter's contents, but there is a typed copy of another letter of interest. The letter is from 'Alfred J McLeod son of Isaac son of the first Isaac the brother of John' and is dated 16 Sep 1940. In describing the history of the town, the writer says it was "named after the wife of John McLeod."

The Reed Place Names Index refers to manuscript notes provided by G.G.M. Mitchell which mistakenly attributes the naming of Helensville to John's brother Isaac ("Isaac McLeod is said to have named the site of the settlement which grew up around his sawmill Helensville, after his wife, Helen ...") and has the amusing addition "... the young McLeods with considerable irreverence used to say, 'Grandma Helen put the Hell in Helensville.'" (It's true that some records refer to 'Hellensville', but I put that down to confusion over spelling, rather than anything more sinister.) In the Index, Reed also refers to Charles West's 1956 'History of Helensville and Kaipara'. In this book, which is

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in the collection held by the Kaukapakapa Library, West states "John [McLeod] owned the Otamateanui block of 360 acres at the north end of Helensville, calling the place after his wife. He built a good house on the property, on the same site where the two-storied house is now, it was built later by Daniel Stewart."

So far, so good. But since then I've been looking at various editions of A.W. Reed's 'Place Names of New Zealand' and it's got more complicated. Watch this space.



## Taking Health Care into the Future

A major survey of public views on health needs in the South Kaipara is helping to inform the decisions over what and how health services will be offered in the next 10-30 years.

The Helensville District Health Trust commissioned the report in conjunction with the Waitemata District Health Board and primary health organisation ProCare, a network that supports GP practices.

It comes as the Trust looks to redevelop its health campus on the corner of Commercial Road and Porter Crescent and serve a population that's set to increase by 40% in the next 15 years.

Last year's survey heard from a number of community organisations as well as members of the public and its findings have now been collated.

The majority of people who provided feedback were enrolled with one of the four local GP practices and many felt welcomed and cared for by their doctor, although they would like more timely appointments.

Also coming in for positive praise was Labtests in Helensville, the Helensville Birthing Centre, Māori health providers and the area's first responders.

Mental illness and addiction services were seen as the most important health issue facing the community, as well as a lack of transport which affected people's ability to access specialist services and Accident and Emergency care.

Health Trust Chairperson Erica McKenzie says, "We're about to embark on a redevelopment of our facilities and this feedback will be invaluable as we look to ensure that whatever is built will meet the needs of the community for the next 20-30 years."

Health Trust Business Manager Nicola Keen-Biggelaar says what she was excited to see in the survey was a desire for more collaboration and innovation.

"There's a real acknowledgement that with some clever thinking around smart use of new technologies and a holistic approach to health we can make it easier for people to access what they need to live healthier lives."

A summary of the report including recommendations is available on the Helensville District Health Trust's website, [helensvillehealth.co.nz/news](http://helensvillehealth.co.nz/news).

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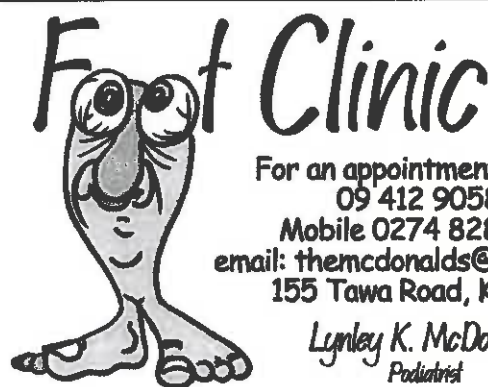
# Physio Talks

## Exercise Specificity

To understand the title of this Physio Talks a bit better, it may help to know a bit about the neurological principle stated eloquently in the phrase, the brain knows movement, not muscles. Now, that is, like many succinct phrases, an over simplification. But, the essence is still true, the brain and spinal cord organize movements using many highly coordinated muscle contractions and relaxations to accomplish a movement task. The brain does not organize one muscle at a time, but many muscles whose interactions are marvellously timed to make a coordinated movement. When more strength is needed then more of some muscles become involved while others need to dampen their efforts, and others start to contract to make sure the joints involved are protected and move in the proper direction. It's really rather marvellous to think about, actually.

So, when someone requires rehabilitation, or wants to get stronger at doing something or just more coordinated at doing something, the best way to go about it is to repeatedly perform the needed motions against resistance. The traditional way to go about retraining, or advanced training, and which is rapidly disappearing from PT as a treatment method, is to decide which muscle or muscles are the main ones responsible for the movement(s) under consideration and then developing an exercise program for each muscle to make it stronger, longer or whatever. So, if someone has difficulty rising from a chair because his/her thighs seem weak, the traditional exercise regime has the person sitting on the edge of a table and doing knee straightening exercise against resistance to make the quadriceps on the front of the thigh stronger, because they are the primary knee straighteners, and everyone knows that strength of knee straightening is very important to rising from a chair.

Will this exercise help the person rise from the chair more easily? Eventually, yes. But if the person needs to improve rising more quickly or if the person must not only rise but walk away as quickly as possible, then exercise specificity must be applied to the problem. So, rising from the chair is used as the exercise, which will not only involve knee muscles, but trunk, hip, and ankle muscles as well. To make it easier at the beginning of training, because the person wouldn't be needing the physio if it was easy already, we might start from a higher seat. Then lower the seat to increase the effort as the person gains strength until we could have the person on a regulation chair height holding addition weight in their hands to increase the effort more, and they would then be strengthening everything needed to come



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to stand in a faster, easier and more coordinated fashion.

This example is just that, and example. But it works for many needed exercises. It even works with professional athletes, who are perfectly healthy but need to perform at a higher level in order to win over the competition. You will see pictures of athletes running with parachutes attached behind, or pushing against weighted sleds, or swinging leaded bats or throwing weighted balls, all using the required motions to accomplish the coordinated act while repeatedly doing the activity against higher than usual resistance. Exercise specificity.

So, the next time you find yourself needing to perform some activity better, either because of injury, disuse over time or wanting to compete at a higher level, consider the motion rather than the muscle.

These comments are general in nature. Be sure to check with your physio or doctor if you are not sure whether they apply to your situation.

*Dave Rohe is a recently retired physio having practiced in New Zealand since 2004. He originally qualified in the USA, subsequently practicing in Malawi, Egypt and Cambodia prior to emigrating to New Zealand in 2003. He has enjoyed management positions in pediatric and adult outpatient facilities as well as taught physiotherapy for 15 years at the University of Georgia. He is currently living in Parakai with his wife, Sharon Robinson, a local midwife, near his adult children who are working, and one of whom is studying to qualify as a physio through the programme at the University of Otago. His articles previously appeared in local newspapers in Taranaki and on the blog site sponsored by NZSPT.*



## The Lions Roar

July sees the start of a new Lions year with a change of President and Committee members.

You will have seen the new Tennis and Netball Courts. The surrounding grounds will be completed soon and then we will be able to install our Keep Fit Stations.

We have planted out more shrubs along the Riverside Walkway and we continue to man our BBQ Trailer and Book Sale at the monthly Kaukapakapa market.

Lions International have sent US\$300.00 to assist Lions in Japan with disaster relief following the recent flooding causing millions to loose their lives and homes. All Lions Clubs subscribe to this Fund.

We continue to collect old spectacles, which are sent to the Islands, and old coins, which are returned to their country of origin. They reimburse Lions and that money is used for Youth projects.. Collection boxes are around Town (Opticians; Post Office, St Johns and Hospice).

It is vital that you return your completed form enclosed with your new Lions Telephone Directory. This is to enable us to compile next years Directory. Email details to [helensvilledirectory@gmail.com](mailto:helensvilledirectory@gmail.com) or hand the form in at the Library. Your details will NOT be in the new Directory if we do not receive your completed form.



# RSA



The Kaipara Memorial RSA is located on Commercial Road Helensville and is open Wed to Sat with Meals served Wed, Fri and Sat 6-8 pm

We also offer pool, darts and an active Fishing Club for our members. There are regular functions with Quiz night on Wednesdays.

Our rooms are for hire for functions of up to 100 people.

**You Can Easily Join Our Family Friendly Club for less than a dollar a week.**

**Previous Armed Forces Service Not Necessary.**

Contact the RSA on 420 8888 or see us on Facebook or E Mail [KaiparaRSA@xtra.co.nz](mailto:KaiparaRSA@xtra.co.nz)

## Citizens Advice Bureau



Te Pou Whakawhirinaki o Te Awaroa

*Celebrating 27 years' service to the Community*

Citizens Advice Bureau Helensville invites you to attend this year's Annual General Meeting

**DATE:** Wednesday 22nd August 2018

**TIME:** 10:00am – 11:30am

**VENUE:** RSA Helensville (49 Commercial Road, Helensville)

**RSVP:** [manager.helensville@cab.org.nz](mailto:manager.helensville@cab.org.nz) (09) 420 7162

### SHELLY BEACH TIDE CHART

Date	High Water Shelly Beach		Sun Rise	Sun Set	
August					
1 Wed	0057	4.0	1319	0720	1735
2 Thu	0134	3.9	1357	0719	1736
3 Fri	0214	3.8	1439	0718	1737
4 Sat	0259	3.7	1527	0717	1738
5 Sun	0350	3.7	1623	0716	1739
6 Mon	0449	3.6	1727	0715	1739
7 Tue	0555	3.6	1838	0714	1740
8 Wed	0707	3.7	1951	0713	1741
9 Thu	0819	3.8	2057	0712	1742
10 Fri	0924	4.0	2155	0711	1743
11 Sat	1020	4.2	2247	0710	1743
12 Sun	1112	4.3	2335	0708	1744
13 Mon	1159	4.3	-	0707	1745
14 Tue	0020	4.4	1245	0706	1746
15 Wed	0104	4.3	1329	0705	1747
16 Thu	0148	4.1	1413	0704	1747
17 Fri	0232	3.9	1458	0703	1748
18 Sat	0319	3.7	1548	0701	1749
19 Sun	0411	3.5	1645	0700	1750
20 Mon	0511	3.4	1751	0659	1751
21 Tue	0620	3.3	1900	0658	1751
22 Wed	0728	3.4	2002	0656	1752
23 Thu	0827	3.5	2054	0655	1753
24 Fri	0917	3.6	2138	0654	1754
25 Sat	1000	3.8	2217	0652	1755
26 Sun	1037	3.9	2252	0651	1755
27 Mon	1112	4.0	2325	0650	1756
28 Tue	1146	4.0	2358	0648	1757
29 Wed	-	4.1	1220	0647	1758
30 Thu	0033	4.1	1255	0645	1759
31 Fri	0109	4.0	1332	0644	1759
September					
1 Sat	0148	3.9	1413	0643	1800
2 Sun	0232	3.8	1500	0641	1801
3 Mon	0323	3.7	1555	0640	1802
4 Tue	0423	3.6	1702	0638	1803
5 Wed	0534	3.5	1819	0637	1803

# Trade/Professional & Services List

<b>Accountants</b>	ECE Astute Accounting	420-7835
<b>Accountants</b>	UHY Haines Norton	420-7972
<b>Age Concern Rodney</b>		09-426-0916
<b>Acupuncture</b>		
	Helensville Acupuncture and Herb Clinic	021-1133-665/420-8211
<b>Architects</b>	Schulze Poursoltan Architects	420-8421
<b>Beauty Therapy</b>	Beauty Elixir	021-187-2661/420-9775
<b>Birthing Centre</b>	Commercial Road, Helensville	420-8747
<b>Block &amp; Bricklayers</b>	Gary	027-339-9038/420-8380
<b>Boats &amp; Outboard Mtrs</b>	Mike Stanton	0276-058-225
<b>Budget Service</b>	Francis	420-7740
<b>Builder</b>	Joel Mitchell	021-255-5875
<b>Building Supplies</b>	Placemakers	420-9150
<b>CAB</b>		420-7162
<b>Carpet &amp; Upholstery Cleaning</b>	Curtis	027-200-5456
<b>Celebrant</b>	Theresa Sjoquist	021-577-503
<b>Chiropractor</b>	Kaipara Chiropractic Healthcare	420-6224
<b>Clothing</b>	Zubu	83 Commercial Rd
<b>Computer Repairs</b>	Michael	021-251-4138/420-9307
<b>Concreters</b>	Brewis Concrete	021-992-590
<b>Diggers</b>	Helensville Diggers	021-454-793/420-7023
<b>Dog Grooming</b>	Christine	420-2706/021-521-303
<b>Dog Grooming</b>	Cost effective - Lorraine Buswell	420-7988
<b>Drainage</b>	Helensville Drainage	021-657-276/420-9091
<b>Driver</b>	I Drive You - Jan Scott	Text 021-0256-3865/420-7283
<b>Early Learning Centre</b>	Gumboots	09-411-9038
<b>Electrical</b>	Koast to Koast Electrical	021-417-992
<b>Engineering</b>	BSC Engineering	027-277-4150
<b>Engineering</b>	Village Engineering	027-203-6870/420-3364
<b>Excavators &amp; Machinery</b>	Complete Cartage Ltd	021-117-1570
<b>Funeral Celebrant</b>	Danielle Smith	021-612-546/420-3341
<b>Gibstopping</b>	Shaun Sainty	0274-731-755
<b>Gift Baskets</b>	Riverside Crafts - Sarah	0800-831-542
<b>Gunsmith</b>	John Hall	420-2837
<b>Gym</b>	Forge Fitness - Open 24/7	420-6303
<b>Horse Arenas</b>	Horse Arenas	420-5524/0274-736-217
<b>Horse Cover Repairs</b>	Cova Girls - Angela	0275-316-959
<b>Hypnotherapy</b>	Janice McMurdo	021-131-7308/420-7858
<b>Ink and Toner</b>	Copy and Print	09-412-8882/420-9307
<b>Insurance</b>	Rodney Direct Insurance	022-363-2377

<b>JP's</b>	Greville Walker	02108-290-768/420-7173
<b>Landscaping</b>	Vision Landscapes	0274-817-478/420-8738
<b>Language tuition</b>	ABC Language	0274-904-321
<b>Laundromat</b>	Helensville Laundromat	420-6050
<b>Lawyer</b>	Blucher Law Limited	021-665-752/09-412-5624
<b>Licence Endorsements</b>	Wheels, Roller, Tracks Paul	0272-477-948
<b>Lions Club of Helensville</b>	Pauline	420-6208, Chris 420-8527
<b>Markets</b>	Kaukapakapa Village Market	0274-831-542
<b>Markets</b>	South Kaipara Harvest Market	www.thrivekaipara.org.nz
<b>Markets</b>	Waitoki Village Market	Gill 420-3301
<b>Mechanical Repairs</b>	Helensville Mechanical Services	420-8177
<b>Mechanical Repairs</b>	McLeod Motors	420-8633
<b>Motorcycle Repairs</b>	Helensville Motorcycle Services	420-7754
<b>Mower Repairs &amp; Sales</b>	Helensville Mowers	420-8569
<b>Mower Repairs &amp; Sales</b>	Lifestyle Mowing Machinery	0274-955-948
<b>MP-Elect</b>	Chris Penk	021-0230-6106
<b>Osteopath</b>	Osteopathic Natural Health	420-7867
<b>Panel Beater</b>	Helensville Automotive	420-6050
<b>Pet Food</b>	Te Pua Garden Place - Avon Aspden	420-8383
<b>Picture Framing</b>	Helensville Copy & Print	420-9307
<b>Plant Centre</b>	Kaipara Coast Plant Centre	420-5655
<b>Plumbers</b>	KPL Ltd	420-9108
<b>Podiatrist</b>	Lynley McDonald	0274-828-683
<b>Real Estate</b>	B&T - Doug & Kerry King	420-6090
<b>Real Estate</b>	Prestige - Jana Mills	021-509-990/420-9953
<b>Restaurant/Takeaways</b>	Curry Leaf Helensville	420-9989
<b>Reiki Healers</b>	The Healing Heart of Helensville	420-9098
<b>Shower Installation</b>		
	Guaranteed Shower Installations Ltd	0800-466-5327/420-8777
<b>Stationery</b>	Paper Plus Select	420-8646
<b>Storage</b>	JS Storage Helensville	420-9991
<b>Takeaways</b>	Kaipara Fresh Fish & Takeaway	420-7190
<b>Takeaways</b>	Parakai Four Square Cafe & Takeaway	420-8186
<b>Takeaways</b>	Shark n Tatties	420-5062
<b>Tuition</b>	South Kaipara Adult Literacy	0274-448-6436/420-9971
<b>Typesetting/Photocopying</b>	Helensville Copy & Print	420-9307
<b>Tyre Specialists</b>	Bridgestone Helensville	420-7385
<b>Venue Hire</b>	Kaipara Memorial RSA	420-8888
<b>Windscreen Repairs</b>	Bullseye Windscreen Repairs	027-605-4630
<b>Your Local Business Book</b>	yourlocalbusinessbook@gmail.com	420-9307

## Mataia Restoration Project news

Kevin and Gill Adshead, with the support of Ngati Whatua O Kaipara and the local community, have spent years turning 400 hectares of their 1300-hectare Glorit farm into a pest-free haven for kiwi under the umbrella of their Mataia Restoration Project. At this year's 'Kiwis for kiwi' hui in the South Island their efforts were rewarded with the Northland Brown Kiwi Good Egg Award. In accepting the award, they said it was "a real reflection of the wonderful work our kiwi volunteers, trapping volunteers, planting volunteers and family do to protect and grow the kiwi population at Mataia."

Most nights Gill and Kevin hear the calls of the two kiwi who live near their house. This year a male kiwi has moved into the bush near the house of their daughter Jenny and son-in-law Shane, who also live at Mataia. His calls are heard regularly and, along

with another of the birds, he has also put in an appearance in the garden. The last listening evening, where interested groups got the chance to hear kiwi calling, was on July 6.

As part of the ongoing tree planting project, this year's efforts include the planting of 7500 trees

by two Women's Outdoor Pursuits groups, Hidden Treasures walking group, Meadowbank School, Avondale College, Papatoetoe Intermediate School and Tauhoa School. The last planting day, for the year, was on July 14.

Send inquiries to [kgadshead@xtra.co.nz](mailto:kgadshead@xtra.co.nz)

