

The Helensville Community News

Issue 106 - September 2018

A new chapter for South Kaipara Men and Family Centre

by Helen Martin

Following the temporary closure of Alison McKenzie House in 2016, the South Kaipara Men and Family Centre was grateful to find temporary accommodation at the Helensville Women & Family Centre across the road. A permanent home has now been found in the Awaroa Road building formerly housing the Te Awaroa Youth Club, a grand old lady who was formerly the Takapuna Post Office and was transported to Helensville in six pieces by Hans van Duyn's Eurovision Building Removals in the mid-80s.

Last December, the South Kaipara Men's Trust (now referred to more commonly as the Men and Family Centre) appointed retired Helensville resident Mike Bridgman as its new manager. His purpose is to re-build and re-energise the Centre, which has evolved considerably since it was set up around 15 years ago "to strengthen the role of fathers within the family" in response to the proliferation of graffiti in the town.

Mike, who had an extensive business background in the media, including roles in sales, marketing and management, and who is also involved in the community through the voluntary literacy group and the Citizens Advice Bureau, is focused on turning the place into a community hub, with the Men and Family Centre as its primary focus. He's pleased that, with a shared space that now includes a gym corner, a meeting room and a budding library, the building is really coming to life. The Van Duyn family trust, which owns the building, has generously allowed the Men and Family Trust to use the building rent-free for its first year of

occupancy. Money must still be found for the operating costs, and a considerable part of Mike's time is spent bringing in and managing funding from organisations such as Foundation North and the Community Organisation Grants Scheme (COGS). The local branch of St John and others have donated things like kitchen equipment. More recently a generous local donated a fridge/freezer.



Currently Mike is working on building six specific activities at the Centre. Four are already well underway: the literacy group, which has been under the Trust since it was formed three years ago, has five tutors currently helping local people with literacy issues. The plan is to bring more volunteer tutors into the programme to meet increasing client numbers; South Kaipara Youth Trust (SKYouth), also running for several years, is now also using the space. This not-for-profit organisation supports community-led youth initiatives in the South Kaipara area. With a weekly youth club for 11-15-year-olds, together with the Kaipara Men's Centre, SKYouth supports pathways for youth-led initiatives including literacy support, and runs community movie nights and a homework club; local St John cadets are also pleased to be able to use the space for weekly training as their numbers are growing; a women's exercise group meets there regularly and rents space for their exercise programme.

Two more projects are in the beginning stages. A support group for solo dads is being built around a workshop concept, because, as Mike says, "Men talk better while they're making things." Generous donations of tools

and a bench are helping turn this project into a reality.

Last, but by no means the least, the raised gardens already in place will be cleared and replanted, with a view to having a thriving community asset right at the back door. Mike's plan is that the gardens will be an important learning site and provide seasonal produce.

Collaborating with other agencies in Helensville is a key part of the plan and the Men and Family Centre takes part in monthly community support meetings where all the agencies in the town get together and talk about what they're doing. As Mike explains, "Collaboration between agencies is vital, especially given that there's so much voluntary work underpinning our local community."

Contact: sthkaiparamenstrust01@gmail.com

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

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The Helensville Community News is published as an independent community newsletter in conjunction with the Helensville Community Website, 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

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.

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Karen St John *By Helen Martin*

Kaukapakapa artist Karen St John was raised in a single-parent family by her father, a practical man whose own upbringing gave him the skills to build his own houses and furniture, to make Karen a dress for the school dance and to teach her how to sew. Working around fabric has been a theme in Karen's life – her first job was in a Wellington sewing factory, later in Auckland, sewing for a friend who had a clothing label took her to the level of a professional, and when she worked in a costume hire shop she took her first steps towards becoming an artist by going to night school to learn pattern drafting.

Travel overseas to places like Korea, Hong Kong, the Phillipines and Great Britain came next. Time spent in Japan teaching English sparked the interest in the Japanese language that saw Karen studying it at university back in New Zealand and then in Sydney, where she lived, worked and partied for a time. Returning briefly to Hong Kong she became increasingly aware of issues facing the planet. "Someone I knew was working on a fundraiser for Belize Rainforest and I began to learn about what was happening to the environment," she says.

Back in New Zealand, Karen volunteered at Greenpeace and was hired to help them set up and run their first telemarketing operation, before being employed as a fundraising manager, overlooking the direct marketing and telemarketing. Skills gained in that job came in useful when, as the partner of chef and café owner Peter Brennan, Karen fell into doing the bookkeeping for his business, enhancing her knowledge by studying accounting papers through the Open Polytech.

Looking for a positive lifestyle change Karen and Peter moved with their son Buster to Kaukapakapa over 20 years ago. For seven years Peter ran Porcini, his popular Helensville restaurant, while Karen found bookkeeping work. They spent many hours on their land, establishing extensive organic orchards and gardens to supply the restaurant and their own needs.

After the move to Kaukapakapa, Karen began to paint. "Painting is a wonderful meditative thing and I found it came easy to me," she says. But eventually she became "bored with the flatness of it" and wanted to explore ways of creating forms in 3D. This year, joining a group of women doing wool felting got Karen working with three-dimensional forms, creating animals from felt. A suggestion from Arts in the Ville organiser Kura Geere-Watson that she exhibit some during the Labour Weekend festival became the catalyst for the direction Karen had been working towards – she wanted to work with clay in a way that would also use her sewing and painting talents.

Enter the critters, anthropomorphic textile sculptures which are fantasy creatures with human-like bodies made from a combination of clay and textile, wire and wood. Everything - the forms, the clothes, the little leather boots - is made by Karen from scratch. "I make a wire armature for the body, covered with batting, then I make a cover for the body. The heads are sculpted out of air dry clay, and other components, like the lasts I use for the leather boots, are made from baked clay," she says. You'll see some at Arts in the Ville.

Karen works from home, creating her art work and running a business; after completing a diploma in pattern drafting and design at the New Zealand School of Fashion and a couple of courses in tailoring, she set up her business de Saint Tailoring, specialising in pattern drafting, made to measure alterations and repairs. She also spends time in the beautiful garden she and Pete have created. "We make sure we have fresh greens and we know where they come from and what was used to grow them. But while the property started out as a place to grow food, it's no longer just about that, it's also about being in a beautiful environment. The enhancement to your life is hard to articulate but it's a holistic thing, being a part of it as opposed to what we can get from it. Being serenaded by a tui is a priceless moment."

What's happening this month



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 if you want more information

Sunday, 9 September, Kids Kitchen Cooking Class, Te Whare Oranga o Parakai 9am, 10am, 11am, At this month's Kids' Kitchen Cooking Class we're making everyone's favourite circular snack, pizza. Cost: \$5 each, ages 3-12. To book email kitchen@hdht.co.nz.

Sunday, 16 September, Family have a go day More information on Page 6

Sunday, 16 September, 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. Enjoy a freshly made coffee while you check out the stalls or sit and relax with something tasty from the market cafe while you take in the entertaining atmosphere and live music. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month—a great morning out for the family. Our musicians for September is Foster on the tenor sax, 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 - sarahl1@maxnet.co.nz. Eftpos cash out available.

Sunday, 16 September, Kaukapakapa Library, Come along to the Kaukapakapa Village Market and meet Helen Martin, **More information on page 6**

Wednesday, 19 September, Tikanga Ririki, Te Whare Oranga o Parakai, 9:30am, Tikanga Ririki is a six-week strengths-based Maori parenting programme promoting violence-free whanau and presented by Hestia Women's Refuge. Free to whanau. Childcare and lunch provided. Transport options available. To register contact Lee-Anne on 021 0811 7791 or email lecanerwr@xtra.co.nz.

Sunday, 30 September, Daylight Savings Starts

Friday, 5 October, Helensville Aglow will be meeting 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Our speaker will be Ngaire Harvey will be sharing on "Facing the Unexpected". All welcome. Contact yvonne@hello.net.nz if you want more information

Saturday, 20 to Monday 22 October, Arts n the Ville
Monday, 22 October, Labour Day

Sunday, 11 November, Armistice Centenary at Helensville, The Kaipara Memorial RSA will be commemorating the 100th anniversary of the signing of the Armistice that ended World War One on Sunday the 11th of November at 1100 hours. **More information on this day on Page 8.**

Sunday, 30 September, Breast Cancer High Tea, Te Whare Oranga o Parakai, The Helensville District Health Trust is hosting a high tea on the eve of Breast Cancer Awareness month to highlight this important health issue that claims the lives of 600 New Zealand women a year. Jools Topp will MC the event, which will include talks from local breast cancer survivors, relatives and health professionals. Tickets are \$35 each or \$200 for a table of six. Email events@hdht.co.nz to book.



Art Kaipara Members Exhibition 1 - 29 September
Anyone may join Art Kaipara for just \$20, \$10 if 16 or under.

Free Oil Painting demonstration with Vjekoslav Nemesh Saturday 8 September 11am - 1pm

Come along and meet the artist and be inspired to sign up to his upcoming oil painting class on 29 September.

Oil Painting techniques with Vjekoslav Nemesh Saturday 29 September 11am - 5pm, \$155, Bookings Essential. This workshop is designed for

those that range from no experience at all, to medium experienced students who have been painting already who would add to their practice a few more tricks and tools.

Vjekoslav Nemesh is an established artist with more than thirty years experience in the field. His teaching methods will show you how to express yourself with oil colours and enable you to find your own unique style of painting.

Through a set of exercises students will be able to learn how to handle oil using different tools and techniques. His class is known for fun and laughter followed by Nemesh's special selection of music.

Jeff Thomson Workshop for kids aged 10 and over. Saturday 6 October 10am - 4pm, \$40 at Jeff's Helensville Studio (Address given upon signing up). Create a corrugated weaving (parents welcome to come in a supportive role)



The Art Centre, Helensville, Basement to the rear of the War Memorial Hall, 49 Commercial Road.

Parking entrance on Porter Crescent

Open Tuesday-Friday 10.00am - 4.00pm,

Saturday 10.00am - 2.00pm

Regular Events

60 Plus, Held the last Thursday of each month, 10am morning tea provided, a great opportunity to meet others in a relaxed friendly atmosphere. Held at Helensville Christian Life Centre, 118 Commercial Rd, around the back, downstairs. (There is a ramp) Jocelyn Read 0211726547

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, 022 183 1811, Beverley Meredith, meredithpb@xtra.co.nz, 09 411 5201, Alwynne Wedgwood, 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

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Bee Keeping Presentation

Sunday 16th September
9.30am to 11.30am

As our contribution to the Bee Aware Month in September, being promoted by Apiculture NZ, Kaipara Coast Plant Centre is running a Bee Keeping Workshop on the above date.

This event will give a great overview not only of the techniques employed to nurture bees but also what you can do in your gardens to enhance their health and wellbeing and therefore your gardens appearance.

Our guest presenter is **Kim Kneijber** who has worked with Bees for over 15 Years, is a life member of the Auckland Bee Keeping Club and has a long time association with APINZ.

Kim will cover facets associated with this fascinating subject including hive maintenance and the associated equipment, challenges facing the bee population, pros and cons of bee keeping, the laws relating to this activity etc. There will also be a working hive on site.

If the "bug bites" (forgive the pun !!) and you think it's something you would like to have a go at or you just want to find out more, we will be running fortnightly follow up sessions (including working with a hive) which will go into more detail so as to get you started properly – dates to be confirmed.

Booking is essential as these events are generally very popular and numbers are limited.

Venue location: 1481 Kaipara Coast Highway (SH16),
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How will the Anti-Money Laundering and Countering Financing of Terrorism (AML/CFT) Act affect you? Pt 1

by Brian Hale

On the last day of July I received 'Beyond Balances', the monthly newsletter sent to their clients by Denise Maffey and Associates Ltd.

The main article covered the new rules that came into effect on 1 July 2018 for lawyers, and will come into effect on 1 October 2018 for Accountants. These rules are contained in the Anti-Money Laundering and Countering Financing of Terrorism (AML/CFT) Act.

A quick check on the Justice Department website at <https://www.justice.govt.nz/justice-sector-policy/key-initiatives/aml-cft/info-for-businesses/lawyers-accountants/> and my head was spinning.

The rationale given for the act is that "This will help prevent money laundering, make it easier for authorities to find out where 'dirty' money came from, prosecute criminals, seize illegally earned money and assets, and stop crime and terrorism." As usual, however, it will increase the workload of professionals and increase the costs for the innocent 'Joe public' who need to access these services!

From now on any business providing a whole range of services, such as Lawyers, Accountants, Real Estate Agents, Conveyancers, Business that provide trust and company services, Businesses trading in high value goods, Sports and racing betting as well as banks, casinos, various financial service providers, and some trust and company service providers, will be required to follow the new rules.

It means that when you ask your accountant to do a job for you, and it may seem only a simple job to you, like witnessing a signature for a Trust document, they will have to go through a number of steps to determine if the rules apply in your case. If they do you will be required to make an appointment with your accountant as it could take some time. You will need to supply proof of identity, evidence of where you live (not less than 3 months old), and if money is involved you may have to provide proof of where the money came from.

As each individual accountant, law firm, bank or other business needs to check how the rules apply to them and their clients individually the cannot rely on any check done by anybody else, such as a JP, furthermore the interpretation of the rules are down to the individual firms, so what one may be happy with another may not.

As Denise Maffey says "We're still learning about all the aspects of the new rules, what tasks they apply to, and how often we need to get proofs. For lawyers, they are collecting this information now, some on a job basis, and some on a client list basis. We will be starting to collect this information from now on."

Next month we will discuss how you may be affected when you ask a JP to sign /witness some documents for you and then we will cover what to expect when buying or selling a house.

Be patient

Don't blame the professionals, they are not happy about the new rules any more than you will be.

Proof of Identity

This is a current passport, or a current firearms licence. It may NOT be a drivers licence, if you do not have one of these there are a small number of other documents but you will need to ask the firm what they will accept.

Proof of Address

This needs to be less than three months old, and show your name and residential address as a delivery address. The list may include bank statements, rates notices, power bills or a government issued letter or statement. If your mail goes to a PO Box you will need to change the address to your home address for at least one of the documents.

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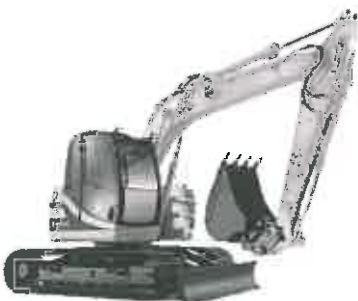
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Helensville Birthing Centre

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Meet Helen Martin, Freelance Journalist

Sunday 16th September, Kaukapakapa Library, 10am to 1pm

Helen was first published when, aged 12; she won an international short story competition and a £100 prize. That win convinced her she could be a professional writer and, after graduating from Auckland University with an M.A. (Hons) in English, she followed a dual career as a teacher and freelance non-fiction writer. For many years she taught English and Media Studies at secondary school level, then film and television studies at tertiary. Her publications include columns as film critic for magazines including the NZ Listener, On Film and Alternative Cinema and several book chapters, Te Ara online dictionary entries and co-authored books on New Zealand cinema and television, one of which won a national award.



She's currently enjoying writing for two rural magazines, Valley Voice and Helensville Community News, has written a self-published book on her paternal family history and is now working on its companion, her maternal family history. Since moving to Helensville she has been helping others with their writing projects.

Come along and find out more about her career and forthcoming projects.

For more information contact Megan Paterson 021959017, three_horses@xtra.co.nz.

Family Have A Go Day

Looking for something to do in Helensville...come down to Rautawhiri Park on Sunday 16th September between 11am - 2pm and Have A Go, have a chat or collect some information on what sports our community has to offer. There will be a fundraising sausage sizzle, fun for the family and an opportunity to learn. So far activities on the day will include - Athletics, Tennis, Touch Rugby, Futsal, Soccer, Baseball and Netball. There are still more groups coming on board so watch this space!!

An opportunity for a cuppa and a chat to the Lions Club of Helensville at the Rautawhiri Park Pavilion, take a look at the great work they do in our community.

All welcome!!!

Money Week

3rd - 7th September 2018

Money life skills -

Helensville Budget Service

Invite you to join us on
Wednesday 5th, Thursday 6th
or Friday 7th

between 10 - 12 in the Library,
to discuss anything about money
(retirement, debts, how to survive, savings)



3 - 9 September 2018

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MENU

Burgers Menu (From 11am every day)

Quarter Pounder (Hamburger)	\$5.99
Quarter Pounder with Cheese	\$6.99
BBQ Bacon Burger	\$7.99
Double Beef and Cheese	\$9.99
Chicken Tender Aioli	\$7.99
Vegetarian Burger	\$6.99
Chicken, Beef and Cheese	\$9.99
Add Regular Chips with burger for	\$1.99
Add Large Chips with burger for	\$2.99

Other options available - see full menu in-store.

High tea for breast cancer

The Helensville District Health Trust is hosting a high tea on the eve of **Breast Cancer Awareness month** to highlight the issue that claims 600 lives a year in New Zealand.

Guests will hear from a range of inspiring speakers, including cancer survivors, family of those who have lost

a loved one and experts in the field about the latest technologies for detection, treatment and recovery.

The event at Te Whare Oranga ō Parakai is 1pm-4pm, Sunday 30 September. Tickets are \$35 or \$200 for a table of six. RSVP to Amy Wood, email: events@hdht.co.nz or 09 420 9983.

Nurturing learning



The Helensville Birthing Centre's Coffee Group for parents and littlies will enjoy a talk on Wednesday 19 September by guest speaker Miriam Jones, on how to nurture

learning and encourage a child's sense of well-being.

Miriam Jones is a registered early childhood teacher and has over 20 years experience working with young children and their families including as a home based educator, a preschool teacher and raising her own four children.

The coffee group is held regularly every second Wednesday 10:30am – 12:30pm at Te Whare Oranga ō Parakai.

Cooking up a winner

The monthly Kids' Kitchen Cooking Classes at Te Whare Oranga ō Parakai remain as popular as ever with last month's class a sellout.

Pizza is on the menu at the next class on Sunday 9 September. And the following month, there'll be a special school holiday Kids' Kitchen on Tuesday 2 October. Bookings are a must so secure your spot now by emailing Chef Keryn on kitchen@hdht.co.nz.



Newsletter no. 59 • September 2018 • www.helensvillehealth.co.nz • 1 Porter Crescent, Helensville • Phone 021 142 3029 • Email a.wood@hdht.co.nz

Averil Chandler (January 1972 – July 2018)

Our community was shocked and saddened by the recent untimely death of much-loved 46-year-old Shelly Beach resident, Averil Chandler.

Averil, who had been diagnosed with MS, was remembered at her funeral as a larger-than-life, hugely popular person, loyal, staunch and with a heart of gold. Mourners spoke of her as an avid reader with an impressive command of the English language, a royal family fanatic who liked to jokingly fantasize about her links to royalty, a keen fisher and gardener and an enthusiast always looking for the next project to sink her teeth into.

As a Helensville WINZ Case Manager, Averil was a caring professional, touching many lives over the years through her work. As solo mother for ten years of her three sons, Averil faced her challenges with unwavering strength. Her family, both nuclear and extended, and her friends, were very important to her. Images shown of her pirate-themed wedding to Ben Chandler in 2016 captured her great sense of fun and her determination to always 'keep it real'. She was thrilled that her new family included Ben's two daughters.

Averil is survived by her mother Joan, husband Ben, sons Joel, Jared and Jayden and step-daughters Rebekah and Morgan.



Support Group turns 10

On the 6th of August 2018 Helensville Diabetes celebrated 10yrs to the day since our very 1st meeting in 2008.

The day was enjoyed by all, with a few games and a shared lunch. Members of Helensville Arthritis Group, with whom we amalgamated in 2015 also attended.

Many thanks to Dr Phillip Barter who is always there to support our members, and the 2 original nurses Christine Montgomery and Barbara McKenzie who also cut our birthday cake.



Christine Montgomery and Barbara McKenzie

Our group, which meets once a month, warmly welcomes any new members to join us. For any more information you can contact Shirley in 420 6501 or Glennis on 420 2801.





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RSA Armistice Centenary at Helensville



The Kaipara Memorial RSA will be commemorating the 100th anniversary of the signing of the Armistice that ended World War One on Sunday the 11th of November at 1100 hours. The club will hold a parade that will form up at 1045 hours between Countdown and the RSA and march to the Helensville War Memorial Hall Cenotaph, where at 1100 hours on the 11th day of the 11th month, exactly 100 years ago, a commemoration service will be held, including laying of wreaths and, as proclaimed by King George V, two minutes silence will be observed in memory of the 16,700 New Zealanders who died for their country in World War One, including the 35 soldiers from our district and who are remembered on the Cenotaphs at Parakai, Helensville and Kaukapakapa. (There are several names missing for some unknown reason).

The KM RSA holds dossiers on most of the men who are remembered on these Cenotaphs, with details of their name, number, rank, medals awarded, theatre of war, service records and home addresses prior to enlisting. Any relatives or people interested in viewing these dossiers should visit the KM RSA museum during opening hours at 49 Commercial Road, Helensville.

Families are encouraged to wear their relatives medals on their right chest and join the parade, Poppies will be available at the RSA. Medals should be worn by Service and ex-service personnel.

The club will be open for lunch and refreshments after the ceremony, the museum will be open and a video "ANZAC War Horses" will be playing.

Any queries regarding the parade, ceremony and wreath laying, call the RSA 420 8888 or email kaipararsa@hotmail.co.nz or text Rex Keane 027 293 2768.

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Crossing the Kaipara Bar

by Helen Martin

In July, Coastguard Northern Region, in association with Coastguard Kaipara, held a free, well-attended seminar at Kaipara Cruising and Sportfishing Club in Mill Road. Titled 'Raising the Bar', the purpose of the seminar was to give local boaties an opportunity to brush up on practices essential to avoiding danger when crossing the Kaipara Bar. As Coastguard Kaipara President Iain Gulliford said in his introduction, "The idea is not to put you off, but to give you the tools for safety."

The bar, we were told, can be a wild place; 13 miles long and 4 miles across, with a quick tide of 7 knots, waves up to 12 metres and few landmarks. 138 recorded wrecks, the most recent the Francie in 2016, are testament to the treacherous nature of the bar.

Northern Region Coastguard speakers, Darren Arthur, Coastguard Northern Region Education Manager and Nico Doodeman, Coastguard Northern Region Duty Officer, and Iain Gulliford gave a wealth of information, with plenty of examples, including You Tube clips, maps and discussion from the floor. Points covered included: why the Kaipara Bar is dangerous; local area knowledge; pre-trip planning (e.g. check weather, tide and bar conditions); essential equipment (with a lot of emphasis on the right kind of life jacket to wear when crossing the bar); steps necessary for safety (e.g. approach at moderate speed, assign roles to the crew); how to communicate with Coastguard when you're planning a crossing. The Coastguard Maritime Education Programme, which provides recreational boating courses, was also discussed.

The Victorian poet Alfred Lord Tennyson (1809-1892) wrote about his impending death in 'Crossing the Bar', using the sea as a metaphor for the barrier between life and death. It's a poem often read at funerals, with the final lines - I hope to see my Pilot face to face/When I have cross'd the bar - very familiar to mourners. By contrast, the seminar at Kaipara Cruising Club was 100% literal, not about inevitable death, but about choices to ensure life. Bottom line: If in doubt, don't go out.

For further information see www.coastguard.org.nz and www.coastguard.nz/regions/northern-region/units/kaipara/



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From Penk's Pen

Free Speech and 'views that divide'

Whenever I'm invited to provide a contribution to this publication, my usual preference is to highlight matters of local significance. This time, however, I've decided to share some thoughts on free speech, as it's a subject that has been in the news a lot lately.

Freedom of expression is the principle that individuals and communities have a right to articulate their opinions and ideas without fear of arbitrary retaliation, censorship or sanction. It's one of the most precious human rights.

As you will no doubt be aware, our city's Mayor, Phil Goff recently sought to control the usage of an Auckland Council-owned venue, arguing that:

"Venues shouldn't be used to stir up ethnic or religious tensions. Views that divide rather than unite are repugnant and I have made my views clear."

Many of my constituents have contacted me recently to convey their concerns. In a letter to Mayor Goff, I challenged him to explain what legal or moral right he was invoking when he decided that some views were too divisive for us to hear.

The point I relayed was not that overseas visitors had the right to be heard (or even that their points were "right"). The point was actually more that Auckland's residents and ratepayers had the right to hear them, if they so chose. That right was denied.

Every day as MP for the electorate of Helensville – the west and northwest of Auckland, in other words – I hear from constituents annoyed about Auckland Council dropping the ball. (There are some honourable exceptions, particularly among our own local elected representatives, but the overall mood is dissatisfaction.)

With this in mind, my open letter concluded with the following words to the Mayor:

"I will not advocate to reduce the legitimate expression of political views, whether or not I agree with such views personally. Nor should you. Focusing attention on the core business of local government might remove any temptation you might feel to do so in the future."

QUIZ NIGHT

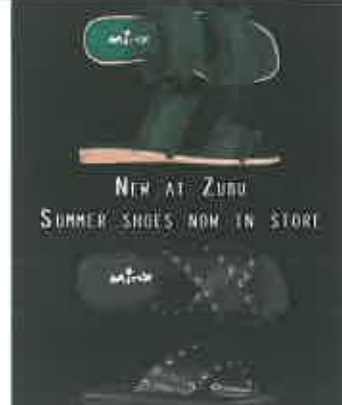
WHEN: 7:30pm, Friday 21 September

WHERE: Kaipara College Hall

It's a battle of the generations in the first annual Kaipara College Students v Parents Quiz Night. Koha entry Maximum eight people per table. Prize for best dressed table. Food will be available for purchase as fundraiser for 2018 World Challenge Trip to Malaysia and Borneo. To book your table, email pta@kaipara.school.nz.



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Room 14 review Strike day, 2018

By Calvin and Alex, Helensville Primary.

On Wednesday 15th August, 1,479 primary and intermediate schools in New Zealand closed due to the 2018 strike day. The strike happened because teachers wanted more money, they haven't had a pay rise in nine years and that means their wages have not gone up with inflation. The sad thing is that 40% fewer teachers are in training. Last time teachers had a pay rise guess how much they earned... they didn't earn an extra \$20 or \$15 they only earned an extra 20 cents!

We interviewed some people about the strike. According to Mrs Clarke (a teacher at Helensville Primary and a mother of 2) it



was a stressful occasion, not only because she didn't get paid but also because she had to find a place for her children to stay. Although it was also a good thing because teachers need more support.

According to Mrs Stokes (a teacher at Helensville

Primary and a mother of 3) "It felt empowering to march down Queen Street because we all had a common cause and the heart of the problem is that our children are not getting the best education they can because the teachers are overworked. When I was marching I thought we would get some negative responses from people, but instead we had a lot of support."

Haylee and Emma (two students at Helensville Primary) said they were happy about the strike day because they had a day off and felt like the teachers should get paid more because they basically have to handle children all day.

In total, 10,000 teachers marched down Queen Street, Auckland, with many more attending large rallies in Wellington, Hamilton, Whangarei, Dunedin and Christchurch.

We need to support these teachers because eventually we may not have any teachers left!

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Shelly Beach Fire Brigade is fundraising for vital equipment!



Shelly Beach Volunteer Rural Fire Force was first setup by the South Head community back in 1977 and is now a part of Fire and Emergency NZ.

Over the years SBVRFF has adapted to meet the needs of this unique community. The SBVRFF covers the whole of the South Head/Kaipara Peninsula, and co-responds to other emergencies in the Nor-West region.

We are usually the first to arrive at local emergencies, and these call outs include: Medical Emergencies, Rescues, Motor Vehicle Accidents, Natural Disasters, Structural Fires and Wild Fires.

We also have crew who have travelled further afield participating in the Fire Campaigns in Australia, the US and Canada and Nationally crew have been deployed to Christchurch in the Search and Rescue operation immediately following the Earthquakes.

Crew involved in these areas undergo specialised training and all of our crew members are well trained, gaining NZQA and Fire and Emergency New Zealand industry specific qualifications.

Currently we are fundraising to make our service even more efficient. We are looking to purchase two new defibrillators to provide the community on the South Head Peninsular with greater coverage and quicker response time in the event of a cardiac emergency.

We already have defibrillators on both of our appliances at the Shelly Beach Fire Station and one with our medical co-responders in Tupare; we are looking to expand this by having defibrillators available to our medical co-responders at Wilson Road and another one further north along South Head Road.

We would greatly appreciate any help you can give by way of donation to purchase the equipment needed to respond quickly to life threatening cardiac emergencies.

To donate please contact:

CFO Brian Flood on 027 226 9997 or contact us via Facebook
www.facebook.com/shellybeachfire

Alternatively you can make a direct donation to:
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Decisions made regarding funding for local board projects:

- The local board's key advocacy project (One Local Initiative) for an indoor court in Huapai will be progressed, with \$22.4 million earmarked for allocation following completion of any necessary pre-work or business cases which will begin this year.
- An additional \$10 million of funding per year for the local boards' transport capital fund (in the Regional Land Transport Plan).

The majority of local responses (70 per cent) were in support of the Rodney Local Board's priorities, either partially or in full. Following feedback, the Rodney Local Board will:

- Allocate a total of \$290,000 to continuation of the Healthy Harbours fund, which contributes up to 50 per cent of the cost for landowners to undertake riparian (riverbank) planting and build stock proof fencing to protect our harbours and waterways
- Grant \$150,000 to the Mahurangi Sports and Recreation Collective as a contribution towards the design of the next stage of the multisport building on Warkworth Showgrounds
- Allocate \$55,000 to the development of a master plan for the future reserve at Green Road, Dairy Flat
- Allocate \$80,000 to the development of an open space management plan for reserves across Rodney
- Continue to support and fund community-led town centre improvements, with Warkworth and Helensville receiving funding to undertake detailed designs this year
- Deliver a number of public transport, footpath and park and ride projects through the introduction of a transport targeted rate.

Hard copies of all documentation will be distributed on 31 July 2018, and made available at your local library, service centre or local board office by early August or you can request a hard copy by emailing: LongTermPlan@aucklandcouncil.govt.nz

Plans for Enhancing Helensville Township Community "POP IN" Session

*Saturday 8 September 2018 10am – 1pm
Helensville War Memorial Hall*

Over the last couple of years the community has been asked what they think would make Helensville an even better place to live. Improving the quality of the main street has consistently been identified as a priority. People have talked of the need for an improved look and feel in the town - more trees and street planting, better connections with the river, shops needing to look more loved, revitalising the retail strip.

Based on this feedback, the North West Country Business Association arranged for draft concept plans to be drawn up that provide for new street trees and vegetation pockets, hanging baskets, upgraded seating, better pedestrian spaces and improved connections with the river.

If you would like to have a look at these concept plans and either comment on these or have some input into the next stage of the process, which will be the detailed design phase, please come along to the Community "Pop In" Session.

This is an exciting opportunity for the local community to see their ideas coming to fruition and influence what happens next.

For further information contact either:

Sue Dodds (Auckland Council) phone: 021 863 326, email: sue.dodds@aucklandcouncil.govt.nz or Geraldine Bayly (Kaipara Coast Landscape Architecture) phone: 021 475 222, email: geraldine@kaiparacoast.co.nz

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Activities from The Helensville Floral Art Club

TOPIARY - June
Floral Art Club meeting was Hosted by Trudy Hall and Jenny Place. Trudy had Topiarys on her mind and thought we should have a go at doing a Floral one.

What a great success it was and very enjoyable! Twelve members were present and every design was different and all amazing. There was a Topiary design for a wedding, one for a centrepiece



on the Christmas table, as it was edible. (made with chocolate covered balls) a great kitchen topiary made with limes and rosemary, one for the front door made of lavender and daisies, a pretty in pink bathroom/bedroom design.

Just goes to show what can be done with a Title. Well done ladies, another very successful and enjoyable day.

BONSAI -July Club day was hosted by one of our members, Pam Blok and her husband Adrian at their home in Shelly Beach, as they are growers of Bonsai trees of all varieties.

They shared the knowledge they have learned over many years with us. We all went home with a trimmed and planted Bonsai Tree to care for and enjoy.



FORAL WALL HANGING - August Club day was hosted by Sue Glasson and Jenny Holst. Our topic was a Floral Design you could hang. We had 15 members attend, which is great; we are getting a few new members lately. Every design was beautifully arranged, some simple and some, more intricate, but everyone unique and lovely. This was Judged by one of our Platinum members, Carmel Wilson, who was pleasantly surprised by the fabulous work entered by our new Novice members.

After lunch we then got out the roll of chicken wire and sphagnum moss and cut, filled and joined into a wreath shape, to fill with succulents. These all turned out super, a great adornment to an outside table

Our next Helensville Floral Art Club Meeting will be September 20th. New Members Welcome!! Phone Cushla Hawkes 420 8905/021 258 8979

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Thanks and Appreciation

To the person who placed the beautiful "please don't pick my flowers" signs in my plant boxes, a huge thank you. The joy and delight I felt when discovering them whilst watering at 6am one morning. I had worked on the boxes until 6pm the evening before, so they were done under cover of darkness. I do have cameras but assumed you prefer anonymity.

To those who thought the signs were my doing, I appreciate the compliment but I am absolutely not creative in that way. However, I would love to have one for every box and would be happy to pay.

Thanks also to the creator of the lovely card embellished with butterflies staked into one of my boxes in appreciation of flowers and chairs. I am pleased to see people using and enjoying the chairs. Someone commented it gave the town a 'village' feel. What better than that?

A reminder of an invitation extended more than 10 years ago: the deck at the rear of the WINZ premises is there for the community to enjoy sun and view. A bench seat provides a good lunch spot. Likewise the rough ground beside the rail line is available for anyone to park, but please do not park on sealed access ways beside buildings.

I hope the timber stakes will pacify those concerned about potential safety issues with the nails. Costing hundreds of dollars for materials and many hours of time, but the only solution I could come up with. If it spoils the effect of the boxes, thank the small number of careless and destructive amongst us.

I never cease to be amazed at the audacity and viciousness of a few. But the generous appreciation from so many keeps me going.
Holly Southernwood

Know Your Onion

South Head resident Mick Smith has published 'Know your Onion: Turning Desires into Realities', a self-improvement/motivation book aimed at helping people realise their goals and desires. There is also a companion website at www.Micksmithmentor.com

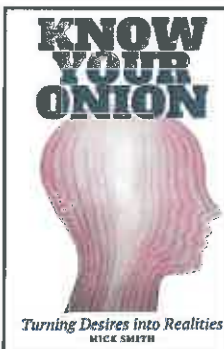
Mick, whose many qualifications include a Master of Philosophy in rehabilitation and who has worked in that field for many years, is practised at using psychotherapeutic interventions to assist people with motivation. He is a former executive member of the New Zealand Rehabilitation Association and is a member of MINT, the international Motivational Interviewing Network of Trainers.

His clients range from A-class athletes, either looking for an extra boost to excel or alternatively are about to give up because of frustration, to people in total despair because they either have no vision for the future or the vision they have is not coming to fruition. "The approach to each is exactly the same regardless of age, status or background" says Mick. "The book will show you how to get into a pattern of sustainable rewarding change in your life, following methods used by the best health and wellness professionals."

The website is a stand-alone resource with the same theme as the book. It outlines the courses Mick has taught for many years in the innovations in rehabilitation programme at AUT, incorporates blogs about motivation, health and wellness and rehabilitation, and offers reviews of courses and other works in a similar vein.

"There should be something for everyone from an individual needing mentoring through to courses for allied health professionals in motivational Interviewing," says Mick.

The book is available from Helensville's Paper Plus and other outlets and can also be purchased in electronic form.



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The Café dresses up

Business was brisk as staff at The Café brightened a wet, grey Friday in August by dressing themselves and the café in a rockabilly theme. Elvis looked on from the walls as customers enjoyed their coffees at tables covered in bright checked tablecloths, served by staff in costume. What a great idea!



Café staff members, Barb, Sandra and Talia, dressed up for rock-a-billy Friday.

SHELLY BEACH TIDE CHART

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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
6 Thu	0653 3.6 1936	0635	1804
7 Fri	0807 3.8 2042	0634	1805
8 Sat	0910 4.0 2138	0632	1806
9 Sun	1005 4.2 2228	0631	1807
10 Mon	1053 4.3 2314	0629	1807
11 Tue	1138 4.4 2357	0628	1808
12 Wed	- 4.3 1220	0626	1809
13 Thu	0038 4.3 1300	0625	1810
14 Fri	0117 4.1 1340	0623	1811
15 Sat	0156 3.9 1420	0622	1811
16 Sun	0237 3.7 1503	0620	1812
17 Mon	0323 3.5 1555	0619	1813
18 Tue	0421 3.3 1703	0617	1814
19 Wed	0538 3.2 1822	0616	1815
20 Thu	0656 3.2 1929	0614	1815
21 Fri	0759 3.4 2023	0613	1816
22 Sat	0849 3.6 2108	0611	1817
23 Sun	0932 3.8 2147	0610	1818
24 Mon	1010 3.9 2222	0608	1819
25 Tue	1045 4.0 2257	0607	1819
26 Wed	1120 4.1 2332	0605	1820
27 Thu	1155 4.1 -	0704	1921
28 Fri	0009 4.2 1232	0702	1922
29 Sat	0046 4.1 1310	0701	1923
30* Sun	0127 4.1 1452	0659	1924
* Daylight Saving			
October			
1 Mon	0312 3.8 1540	0658	1924
2 Tue	0404 3.6 1637	0656	1925
3 Wed	0507 3.5 1747	0655	1926
4 Thu	0623 3.5 1906	0653	1927
5 Fri	0743 3.6 2020	0652	1928

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Celebrant	Theresa Sjoquist	021-577-503
Chiropractor	Kaipara Chiropractic Healthcare	420-6224
Clothing	Zubu	83 Commercial Rd
Computer Repairs	Michael	021-251-4138/420-9307
Concreters	Brewis Concrete	021-992-590
Designer/Dressmaker	Amy Howat	021-119-0336
Diggers	Helensville Diggers	021-454-793/420-7023
Dog Grooming	Christine	420-2706/021-521-303
Drainage	Helensville Drainage	021-657-276/420-9091
Driver	I Drive You - Jan Scott	Text 021-0256-3865/420-7283
Early Learning Centre	Gumboots	09-411-9038
Electrical	Kinetic Electrical	027-420-6545
Electrician	Koast to Koast Electrical	021-417-992
Engineering	BSC Engineering	027-277-4150
Engineering	Village Engineering	027-203-6870/420-3364
Excavators & Machinery	Complete Cartage Ltd	021-117-1570
Funeral Celebrant	Danielle Smith	021-612-546/420-3341
Gibstopping	Shaun Sainty	0274-731-755
Gift Baskets	Riverside Crafts - Sarah	0800-831-542
Gunsmith	John Hall	420-2837
Gym	Forge Fitness - Open 24/7	420-6303
Horse Cover Repairs	Cova Girls - Angela	0275-316-959
Hypnotherapy	Janice McMurdo	021-131-7308/420-7858
Ink and Toner	Copy and Print	09-412-8882/420-9307

Insurance	Rodney Direct Insurance	022-363-2377
JP's	Greville Walker	02108-290-768/420-7173
Landscaping	Vision Landscapes	0274-817-478/420-8738
Laundromat	Helensville Laundromat	420-6050
Lawyer	Blucher Law Limited	021-665-752/09-412-5624
Licence Endorsements	Wheels, Roller, Tracks Paul	0272-477-948
Lions Club of Helensville	Pauline	420-6208, Chris 420-8527
Markets	Kaukapakapa Village Market	0274-831-542
Markets	South Kaipara Harvest Market	www.thrivekaipara.org.nz
Markets	Waitoki Village Market	Gill 420-3301
Mechanical Repairs	Helensville Mechanical Services	420-8177
Mechanical Repairs	McLeod Motors	420-8633
Motorcycle Repairs	Helensville Motorcycle Services	420-7754
Mower Repairs & Sales	Helensville Mowers	420-8569
Mower Repairs & Sales	Lifestyle Mowing Machinery	0274-955-948
MP-Elect	Chris Penk	021-0230-6106
Osteopath	Osteopathic Natural Health	420-7867
Panel Beater	Helensville Automotive	420-6050
Pet Food	Te Pua Garden Place - Avon Aspden	420-8383
Picture Framing	Helensville Copy & Print	420-9307
Plant Centre	Kaipara Coast Plant Centre	420-5655
Plumbers	KPL Ltd	420-9108
Podiatrist	Lynley McDonald	0274-828-683
Real Estate	B&T - Doug & Kerry King	420-6090
Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Restaurant/Takeaways	Curry Leaf Helensville	420-9989
Reiki Healers	The Healing Heart of Helensville	420-9098
Shower Installation		
	Guaranteed Shower Installations Ltd	0800-466-5327/420-8777
Stationery	Paper Plus Select	420-8646
Storage	JS Storage Helensville	420-9991
Takeaways	Kaipara Fresh Fish & Takeaway	420-7190
Takeaways	Parakai Four Square Cafe & Takeaway	420-8186
Takeaways	Shark n Tatties	420-5062
Tuition	South Kaipara Adult Literacy	0274-448-6436/420-9971
Typesetting/Photocopying	Helensville Copy & Print	420-9307
Tyre Specialists	Bridgestone Helensville	420-7385
Venue Hire	Kaipara Memorial RSA	420-8888
Windscreen Repairs	Bullseye Windscreen Repairs	027-605-4630
Your Local Business Book	yourlocalbusinessbook@gmail.com	420-9307

Gearing up for ARTS IN THE VILLE, 2018

In celebrating its fourth fabulous year, the line-up for the 2018 Labour Weekend ARTS IN THE VILLE shows the festival is going from strength to strength.

More than 40 participants will be displaying their skills and finished work in a wide range of sites throughout the town. As well as a focus around the War Memorial Hall there will be open studios and other venues. Thanks to the generosity of owner Wade Holdsworth, there will be a pop-up exhibition of emerging artists in the former Art Stop café on Commercial Rd and an UpCycle Gallery at the former Art Centre building on Karaka Street.

A special fun event, directed by Myra LLoyd from Marmalade Hats, is a scheduled 30-minute show which will take place at the War Memorial Hall on Labour Day, Monday October 22 at 11am. THE HAT WALK will invite members of the public to join our local models to be part of an exhibition and celebration of

Myra's marvellous hats.

It's great to see some of Helensville's new businesses actively involved this year, with Husk Macadamia Store and Eatery hosting Janet McLeod's work and ZUBU featuring "interactive tee-shirts. Earth, Fire and Indigo is also energetically supporting us with their own creations and features.

The weekend before ARTS IN THE VILLE, Mitre 10 is once again holding its ART IN THE GARDEN display, featuring many of our artists' works.

Over the weekend a treasure hunt, in local retail and businesses, will be held. This collaboration between Art Kaipara and ARTS IN THE VILLE will be co-curated by sculptor Jeff Thomson.

We have a website being launched in September. More on this in the next issue of HCN.

For further information contact Kura Geere-Watson, 02102395949.



Pre-festival yarn bombing in the Ville.