

The Helensville Community News

Issue 108 - November 2018

Arts in the Ville 2018

by Helen Martin

The great turnout for Labour Weekend's Arts in the Ville demonstrated how much traction this fabulous festival has gained in just four years. With over 1,500 people attending – up 33% on last year – locals and out-of-towners had the chance to talk to some 54 artists and watch them work, some in their studios, some in public venues like the community hall and the former Art Stop. There was plenty of art on sale too, and many people either bought work or filed away an artist's name for a future purchase.

As it did last year, the celebratory atmosphere started a week before Labour Weekend, kicked off by Mitre 10's Art in the Garden, a Saturday event where visitors could view some of the pieces that would be on show during Arts in the Ville, have a glass of wine and some crackers and cheese and listen to Ukelele Union strum some tunes and sing old favourites. On Friday 19 October, the night before Arts in the Ville opened, Helensville Women and Family Centre held a fantastic art auction.

The town, brightened considerably by the yarn bombing efforts of organisers Kura



Festival organisers Kura and Jo

Geere-Watson and Jo Dixey, was buzzing all weekend, with local businesses reporting brisk sales in food and drink. One highlight was The Hat Walk where, before a large, appreciative audience, locals modelled Myra Lloyd's gorgeous hats in the hall. Another was the Alphabet Hunt, the Helensville Art



Jeff presenting six-year-old Abigail with her corrugated mahoe leaf, her brother Daniel in full support

Centre's contribution to Arts in the Ville. The hunt involved finding each letter of the alphabet, made from corrugated iron by local sculptor Jeff Thomson; the prize was a Jeff Thomson sculpture, in the form of a very large, corrugated iron mahoe leaf. Lured by the prospect of owning a Thomson art work, hundreds of people spent many hours trailing up and down Commercial and Mill roads looking for the letters, with some out-of-towners even returning to Helensville each day. In the end, 178 entries went into the draw, which was won by local six-year-old Abigail George, who went on the hunt with her mother Anita (Helensville Community

News compiler), her Nana Cushla and her brother Daniel. Drawing out the name of winner, on the spur of the moment Jeff decided to award prizes to two more entrants.

The organisers wish to thank everyone who took part and make special mention of the North West Business Association, who generously paid for the indispensable map, which guided people around the venues, and the map's designer Hannah Stoddart from the Uptown Business Association.

Question: Will there be an Arts in the Ville next year?

Answer: Put it in your diary. The hall, which provides the festival's central point, is already booked.

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

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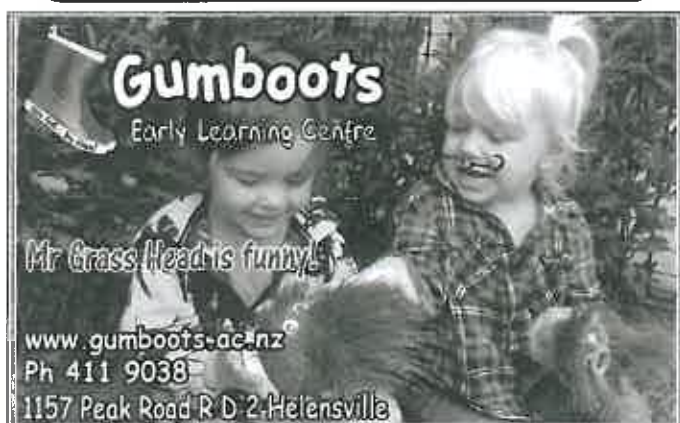
Corel Draw 9, Pagemaker 6.5, Powerpoint, .jpg, .tif or MS-Word (with any graphics sent as .jpg or .tif images as attachments).

The Helensville Community News is published as an independent community newsletter in conjunction with the Helensville Community Website, www.helensvillecommunitynews.co.nz, 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.

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Helensville Christmas Parade midday Saturday 8th December

Has your business or organization considered entering a float in the Parade?

A proven way to make your place in the community known. Cash prizes

The popular bike decorating competition has been expanded to include prams, pushchairs and buggies, plus mobility scooters. So an opportunity for many.

Otherwise you can contribute by volunteering for the many roles necessary to make the event a success. Volunteers are needed at various times between 8am and 4pm. Even half an hour is helpful.

Entry forms and volunteer registration available via helchrisfest@gmail.com, phone 021488427, Library, CAB.

Santa at RSA for photos from 9.30am. Bouncy castle, face painting, icecream and entertainment in Creek Lane from 9.30am

Parade ends at Museum where there will be entertainment, food, face painting, lolly scramble, bouncy castle and Santa from 1pm. Harcourts lolly scramble at 2pm. Tours of the Museum will be available.

Ben Lummis returns to perform and MC the afternoon entertainment. Troy Kingi, recent Silver Scrolls Best Song finalist and recorded locally, will headline the entertainment, complemented by Village 90, an Auckland group. Husband and wife classical guitar and cello duo Heartstrings will perform. Other entertainers will add to the variety, with something for everyone. Of particular note is the 3pm kapahaka performance by local Kahurangi Ki Kaipara.

Christmas Colouring Competition

This year South Kaipara Rotary are organising an expanded competition, including all ages. Preschool, 5-8, 9-12, 13-18, 19+. Children will receive prizes of Paper Plus Vouchers, teens and adults Vouchers from Helensville Unichem Pharmacy.

Entry forms will be available at schools, and Library, or via southkaipararotary@gmail.com. Prizes will be given out at the Helensville Christmas Festival concert at the Museum afternoon of 8th December.

SOS

Gazebos, marquees needed to borrow for Christmas concert at Museum after Christmas Parade 8th December. Branded is acceptable — an opportunity for promotion in return for contributing to a community event.

Required to be in place at Museum by 9am. We will have volunteers on site. May be retrieved around 4pm. Please have some ID attached to item.

Enquiries to 021 488 427 or helchrisfest@gmail.com



What's happening this month



Friday, 9 November, Kaukapakapa Pony Club Fundraiser, Pub Quiz at the Kaukapakapa Hall, Contact Sharleen Guerin on 027 733 3755 for more details.

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. 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.

Wednesday, 14 November, AGM of TARRA (Te Awaroa Residents & Ratepayers Association), 7.30pm at Helensville War Memorial Hall meeting room, Guest speaker Steve Graveson, President of Katikati Open Air Art. All Welcome. Holly Southernwood Chair 021 488 427, tarraassoc@gmail.com

Sunday, 17 November, Come and help us celebrate our new exterior paint job and our new Name. Yes that's right our NEW NAME!!! Helensville Christian Life Centre is changing its name. All will be revealed at our celebration at 2pm, 118 Commercial Rd, Helensville. Light refreshments will be served after the event and live entertainment. All are welcome

Sunday, 18 November, 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 November is Michelle, 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, 18 November, Kaukapakapa Library, 9am to 1pm

While the Kaukapakapa Village Markets is on the Kaukapakapa Library is hosting "Your Country Wedding", bringing together local services for all things wedding. Two beautiful little churches will be open from 10am to 1pm, All Saints on Peak Road and St. Cuthberts in North Crescent, both build in 1880. As well as the centrepiece of the Churches open to view, market goers can meet wedding stylist Renee Harns in the Library onepoppyweddingflowers.co.nz. There will be info from Bridgewater Estate, Mataia Homestead, Makarau Hall, Waterfall Farm and the Kaipara Coast Sculpture Trail, wedding photographer Jodie jodiephotography.co.nz. Wedding gift baskets from sarah@riversidecrafts.co.nz and so much more. If you're in the market for wedding ideas, come and see what's on offer and in the country. Look for details on the Kaukapakapa Library Facebook page or contact Megan threehorses@xtra.co.nz or 021959017

Thursday, 22 November, Gibbs Farm Visit, 10am – 2pm Barr Road, Makaru, \$50 per adult. Fundraising for Kaukapakapa Playground. Tickets available from www.eventbrite.co.nz

Sunday, 25 November, Fencing Workshop, 9.30am – 11.30am, Kaipara Coast Plant Centre. The presenter for this event will be Roy Herbert from North Harbour Fencing. \$20 per person charge to cover costs.

Friday, 7 December, Helensville Aglow will be meeting 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop Sandra Weir, advisor to South Auckland Aglow, will be ministering. All welcome. Contact yvonne@hello.net.nz if you want more information.

Saturday, 8 December, Waitoki Village Christmas Market at the Waitoki Hall, Kahikatea Flat Rd, 8.30 till noon The ever popular fire truck returns with Christmas trees for sale on the day, giving you a practical opportunity to support the local fire brigade. Not to mention a photo opportunity with you in fire fighters garb! **Gather and Gossip,** before Christmas, while picking up baked goods, 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

Saturday, 8 December, Helensville Christmas Parade

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

Al-Anon Family Groups can help. Free lunchtime meeting every Wednesday, 12midday in small building behind Christian Life Centre, 118 Main Road, www.al-anon.org.nz.

Combustion Youth: Friday, 7.30-9pm, Helensville Christian Life Centre, 118 Commercial Rd, Helensville. For young people, 13-18yrs. Contact Armand Claassens.

Community Dinner – Whether you are new to the area or been here for along time you are invited to the fortnightly community dinner at 118 Commercial Rd, Helensville. Starts 6:30pm Contact Niki Greendale 0272059573

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 Lions Club, meet 2nd and 4th Mondays of the each month, in the Tennis Club Building, 124/164 Ruatawhiti Road, 6.30pm for 7pm start. Just come along to any meeting to see what we are about - you will be made very welcome or contact Pauline 420 6208.

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

Noah's Ark Playgroup - Playgroup for caregivers and for toddlers under 5. Meets every Wednesday during school term from 9:30-12pm at 118 Commercial Rd, Helensville. Contact Kim Duncan 09 420 8911

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

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 tarraassoc@gmail.com

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PROFILE



Ralph Martin

by Helen Martin

In Kaukapakapa and Helensville Ralph Martin is well known as an energetic volunteer and community activist. He's turning 72 in November but shows no signs of slowing down - his fitness activities include walks up Pinchgut Road and tramping with the North Shore Tramping Club, where he's the membership



secretary (he recently walked with them from Mercer to Rangiriri). Not long ago he tramped in the Swiss and Austrian mountains and he travels overseas regularly with his partner Val -they've just been to Japan, Alaska and Vancouver and are next going to India.

Ralph has always been active. He and his four brothers grew up on a small dairy farm in Te Kopuru, just south of Dargaville and, because their father was badly injured in Crete during World War II, they all had to pitch in and help, quickly becoming accustomed to hard work. As well as doing farm chores, from the age of 14 Ralph worked on sheep and cattle farms in the district.

When he left school, he went to Auckland to take up a High Voltage Electrical Engineering apprenticeship, then completed a Diploma in Electrical Engineering, married Susan and did a brief stint at university. Impatient with the theory - Ralph liked the practical side of the work - he found a job working for the NZ Electricity Department. It was the first in a long career from 14 which took him quickly from hands-on to management. Having spent 46 years in the business there's not much he doesn't know about the ins and outs of such things as power stations and sub stations, transformers and transmission lines, cellphone tower installation, pylon installation, seismic proofing, high voltage upgrading and maintenance. From overseeing apprentices to managing budgets to writing reports for the government, Ralph's work was always varied and absorbing and carried with it a lot of responsibility.

His first community involvement, beginning when he was 20, was with the Jaycees, an organisation that in its heyday did great work with young people, training them in leadership roles (including running meetings and public speaking) and getting them involved in helping run events like *Top Town*, a travelling TV game show where teams representing New Zealand towns competed in a series of physical challenges. Ralph's 10 years with the Jaycees included roles as president, secretary and treasurer - a harbinger of things to come.

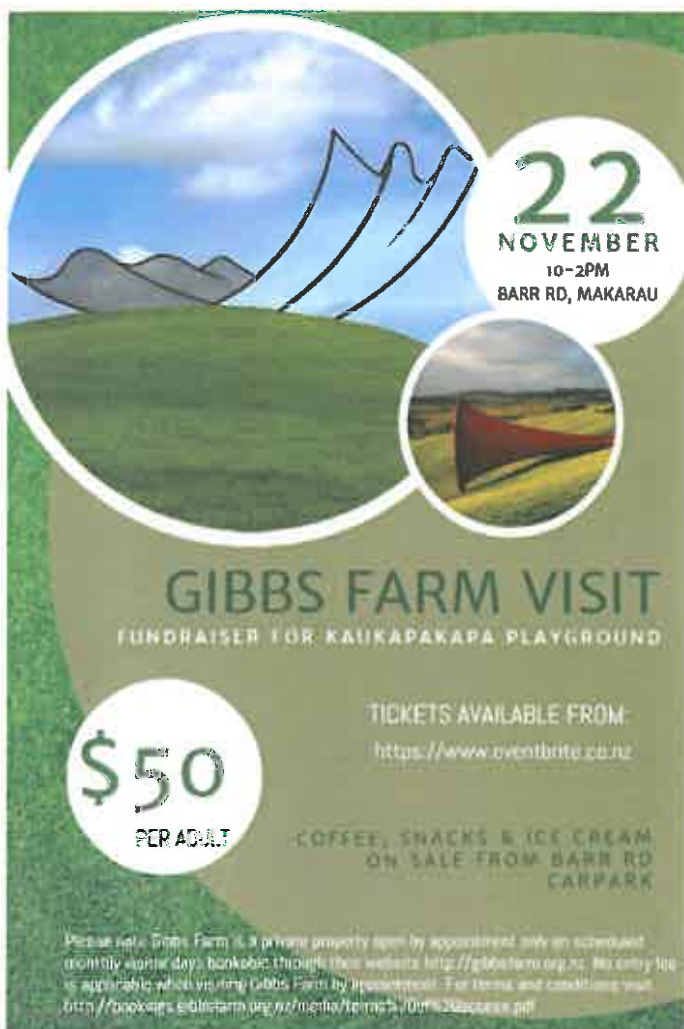
As father of three girls (tragically, his only son was premature and did not survive), Ralph first joined Pakuranga Heights' primary school committee and became the secretary, before moving on to chairing the school's first Board of Trustees. He then became a member of Edgewater College Board of Trustees. On leaving the Jaycees he joined Rotary, whom he was with for many years in various roles, like president and secretary, focussing on raising money for community projects.

While he had a challenging, enjoyable career Ralph missed the country life so, when the girls had left home, he moved to

Kaukapakapa a few months before his retirement in 2009. "I'd always wanted to go back to my roots and have a little bit of land to play around with," he says. "I found a house with land and a pond I really liked, and I still do." The sign on Ralph Andrew Martin's gate, RAMS RETREAT, plays on his initials.

With a vege garden, two ewes, half a ram, Shaun— the other half is owned by a neighbour—Ralph is busy at home, but community work takes up a lot of his time. As well as acting as the neighbourhood support coordinator for his street, he spent four busy years on KARRA, the Kaukapakapa Residents and Ratepayers Association, four of them as the chairperson. Projects he's proud of leading in that time include a landscape architect-designed development plan, public meet-the-candidate election meetings, clearing and planting the reserve and lowering the speed limit through the town. He's a local Justice of the Peace, running clinics at the Helensville Plunket Rooms on Saturday mornings and helps with South Kaipara Rotary projects, like the new orchard at Parakai Primary. His main effort is with the Helensville Citizen's Advice Bureau (CAB). After six years as chairperson he's now 'just a volunteer' locally but has a further role as a member of the Auckland CAB Board, a body whose main role is to provide funding for the 31 bureaux in the Auckland Council area.

And that's not all. In his 'spare time' Ralph works as an odd job man for elderly women in Helensville, cleaning out gutters, gardening, painting and mending, for a nominal fee. Recently, he says, he cut a hole in a railing for a cat too fat to jump over the top. All in a day's work. Ralph is one of those people, then, who exemplify the notion that Helensville is held together by its volunteers. What motivates him? "I enjoy it," he says. "I like doing practical things, it keeps me busy. I've been very lucky in my life and helping people out has always been something I like to do."



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Management Changes at Kaipara Medical Centre

The Kaipara Medical Centre has begun the search for a new Practice Manager to lead its team through the next stage of growth and development.

The new role is being created after an external review of the Centre identified the need for a full-time manager to oversee the operation of the busy GP clinic.

Kaipara Medical Centre Chair, Dianne Kidd says with so much growth in the northwest Rodney area it's important the Centre is able to expand and cater to its diverse population.

A recent Health Needs Assessment report found the South Kaipara has an ageing population and many more young families are moving to the area. The demographics are now 20% Māori including the five marae of Ngāti Whātua o Kaipara.

"Our new Practice Manager will be someone with sound management experience, the enthusiasm and confidence to seek out new business opportunities and the ability to establish our reputation as a leading provider of health to a largely rural community."

As a result two part-time roles have been disestablished, those of Richard Reid as Business Manager and John Issott as the centre's Administration Manager.

Dianne Kidd says "both men are well known to our patients and we are immensely grateful for their years of dedicated and committed service to the health of our community."

John has worked for the Kaipara Medical Centre for 13 years. He will continue his long-standing commitment to local health through his other part-time role as Administration Manager at the Helensville District Health Trust and his many years of volunteer service with the local St John Ambulance Area Committee.

Richard Reid will likely be a familiar face for a while yet while the transition to the new Practice Manager is completed.

Dianne Kidd says the growth of the local GP service has been significant over the years from a sole-charge rural doctor around 50-plus years ago, to a large medical practice with eight doctors and 16 other nursing and support staff servicing over 6000 registered patients.

She says one of the rewards of this new job will be uplifting the health of the South Kaipara community, especially for Māori and other ethnic minorities.

Meanwhile, plans for the building of a pharmaceutical dispensary within the Kaipara Medical Centre building have been put on hold until the Practice Manager role is filled.

Applications for the role close in the middle of November.

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Helensville Women and Family Centre



Celebrating their 25th birthday, Helensville Women and Family Centre raised over \$11,000 at their art auction, held the Friday night of Labour Weekend. Plenty of people turned up to Kaipara College's festively decorated hall ready for a good time, bid enthusiastically for hotly contested art works and stayed on to dance to Nick Roberts' band which, amazingly, was able to play requests with aplomb, despite being assembled for the event just hours before. All round it was a great night.

Craigweil House update

Innovations have been ongoing since the rest home was bought by the family operation Henrikwest Management Limited last year. The place has been refreshed with purchases that include camera and call bell systems, a bus, a fence upgrade and a gas fireplace. The rest home also now has a new logo.

Residents are being given more opportunities to interact with our tight-knit community. Recent examples include popular visits from members of Helensville Junior Rugby, who have been sponsored by Craigweil House for their upcoming planned trip to the Gold Coast in 2019 and a regular pet therapy group, whose collection of animals, which includes a guinea pig, a budgie and a kunekune piglet, delights residents.



Resident Doc Roy enjoys his time with a kunekune piglet

A promotion initiated by Craigweil House and supported by Kaipara Medical Centre is offering a day's free care, meals and activities, to non-residents who are over 65 and lonely or needing time out. This runs until the end of November 2018.

An innovation enjoyed by residents is the monthly newsletter, which reports on activities that have taken place and flags events in the pipeline.

Plans are now underway to enter a float in the Helensville Christmas Parade.

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Lions Club of Helensville CHRISTMAS BOOK FAIR

“The Best Book Fair in the West!”

24th/25th November 2018 at Helensville War Memorial Hall

This is an event that is rapidly becoming the “Go To” amongst book lovers and follows on from the success of the Autumn Book Fair in May where \$8,958 was raised. The Lions Club of Helensville, is once again holding their Christmas Book Fair on, Saturday 24th, 9am to 4pm and Sunday 25th 10am to 3pm of November, in the Helensville War Memorial Hall.

As a point of difference from other book fairs all our books have been sorted before the event and are not just dumped in boxes on tables for the public to scrabble through. The aim of the

Helensville Lions is to make your weekend of browsing as effortless and pleasurable as possible.

Nonfiction is split into twenty separate categories, from Animals & Pets to Wines including one dedicated to New Zealand plus a large General Non Fiction section. Of special interest this fair is the Maritime Section featuring a large collection of books on boat building, sailing and solo navigation.

Fiction is arranged alphabetically, authors from Atwood to Zigman, with six special interest groups, the largest of which is the Fantasy section. We also have a great selection of children's books for all ages.

Books are priced to sell with paperbacks at \$1, hardbacks at \$2.00 and all children's books being 50c each.

There is also a good selection of jigsaws, board games, puzzles, LPs, DVDs, CDs and quality magazines available.

All funds raised go into The Lions Club of Helensville Charitable Trust, and are used for the benefit of the local community.

Smaller donations can be left at Helensville Copy & Print or call Chris on 09 420 8527

Please note that the last date we are accepting books for this Book Fair is Friday 16th November, this gives us time to categorise the books.

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Putting local health first

Helensville District Health Trust (HDHT)

- 100% community owned
- Governed by volunteer board
- Approx \$5M in property assets
- Founded in 1989
- Financial Hub providing financial management to community organisations

Helensville Birthing Centre

- 100% owned by HDHT
- 65 births and 460 post-natal stays per year
- Ongoing community support

Kaipara Medical Centre

- HDHT has 50% shareholding in local GP clinic
- Eight GPs + 16 nursing and support staff
- 6300 enrolled patients

Te Whare Oranga ō Parakai

- 100% owned by HDHT
- Community-orientated facility
- Rooms for hire
- Kitchen runs Kaipara College tuck shop
- Hub for learning and well-being

MOTV8N to succeed

It has been great to have some sunshine, it definitely puts a spring in your step.

Now is a great time to think about what you want to be doing in summer. Instead of waiting for New Years resolutions, why not put something in place now.



Kim McNamara

What would you love to be doing in summer? What could you put in place now? Do you need to do some research? Who do you need to help you? Who would your positive support team consist of? Just asking these questions gets your brain thinking about any goals you might have. Once you have thought about what it is you would love to be doing, then consider your current reality around the goal at the moment. This is always a great starting point. Once you have thought about that current reality, brainstorm some options on moving yourself forward on that goal. Allow your mind to wander and write down any options you come up with. Don't filter your ideas as you are writing. Once you come up with your brainstorm, then look back through and think of one option you have written down that could move you forward.

Once you have an option, time frame what you need to do. Make yourself accountable. Have a date on the calendar when that one thing needs to be completed.

Start today, why wait. If there is something you are passionate about doing or getting done, start the process today, you might be pleasantly surprised with your outcome.

Great news. I now have a room at the Healing Heart in Helensville. Feel free to message me for an appointment time. Remember to check out our online courses at www.lifesuccesscoach.coursegenius.com

Check out our latest online course on Kids and Devices

Kim McNamara

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CONGRATULATIONS!!

October was a big month, as several milestone anniversaries were celebrated in Helensville. Hearty congratulations to:

Mt Tabor Trust: After the Trust was established 40 years ago in Williamson Ave, Grey Lynn, homes were opened at South Head then Helensville. People with intellectual disabilities and those who assist them, live together and are equally responsible for the life of their home and community.

St John Youth: The Helensville branch has been in operation for 30 years. Its programmes help young New Zealanders develop first aid, health care, leadership and life skills. Penguins are aged 6 to 8, Cadets are aged 8 to 18.

Sunny Days Community Preschool: The preschool has been open for 30 years. It provides early childhood education and care service for children from Helensville and the surrounding areas. It is licensed for 28 children over two years and six children under two years of age.

Helensville Women and Family Centre: The Centre has been open for 25 years. It provides counselling and support in response to the needs of the South Kaipara community.

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Why not shop local

The idea that we should shop local around Christmas time is not new, but it's a sure-fire winner. A place is more prosperous when local businesses are supported, and money spent stays in the community. We'd be lying if we said you can buy absolutely everything you want in Helensville, but once you've decided to buy local you'll be amazed at how much variety is on offer. And buying local is kinder to the environment and your pocket - think how much you'll save on petrol if you don't drive to a mall every time you think of something else you need. Win/win!

HUSK Macadamia Store & Eatery - A modern Eatery offering Macadamia based products for morning teas + lunch + afternoon teas. A wide variety of gourmet products, gifts and homewares are also stocked on Husk's Shelves. Locally Grown Macadamia Nuts, Olive Oil, Free Range Eggs and more...

Riverside Art, Craft, Gifts - Gorgeous gift baskets made to order. Also Teacher Gift Baskets for the end of year. Come and see their Pop Up Shop on Saturday 8th December, War Memorial Hall Meeting Room 9.30am - 1pm (The day of the Parade!)

The Healing Heart of Helensville - A new age gift shop with Reiki healers, Massage therapists and Herbal therapists. "We are here to help you with your health concerns. We have a lovely range of spiritually aware giftware including: incense, crystals, buddas, jewellery, clothing, books and tarot/oracle cards. I also offer Reiki, Shaman, Crystal Healings, Rife and Foot Spa-Detox therapies. Medium & Tarot Readings". Marie holds weekly Meditation meetings at the shop. "I understand that each client has different needs - that's why I am more than willing to serve unique requests". If you are searching for something that is not on their services list, just ask! "I am more than happy to help. Contact us today!"

DEVI Helensville - We are nails & cosmetic tattooing /microblading /feathering brows salon & spa located in the centre of Helensville. Come and check out our Gift Voucher options.

BRING THIS VOUCHER!



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4 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.

I this Christmas?

Parakai 4 Square - Welcome to Parakai Four Square! 2018 winners of the Retail Category in the North West Country Business of the Year awards proves voters got it right. The store took out the top prize and Love Flowers was Highly Commended. Having just invested in new refrigeration the store is now looking better than ever with almost everything costing less than it did last month. They are also very excited to announce, that, due to your support they have moved into the top tier of 4sq supermarkets and have been able to reduce the shelf price of thousands of products this month! "Hundreds of products are now only 5% more than New World. Sure we're not Pak N Save but we have now reduced our price by at least 10% over the last 2 years." says Dan.

"On top of the reduction in RRP we have hundreds of products on permanent multi deal. These deals are similar or even better than New World or Countdown. Stay tuned for some comparison shops to show that we are a viable alternative to the big store for your weekly top up shops. Christmas gifts, toys, decorations now available in store." Always welcome. Always local. Always Four Square. **Love Flowers** - NOW DELIVERING AUCKLAND WIDE! - Remember to order your flowers in advance to guarantee availability!...and avoid disappointment!! Also instore gorgeous gifts, perfumed candles and loads more great gift ideas for xmas.

Beauty Elixir - Vouchers are available for you or your family Skin Specialist, Facials, Dermal Micro Needling, Aroma Touch Massage, Waxing, Manicure, Pedicure, Cosmetic Tattoos, Tinting and Depilator Hair Removal. **Zubu** - Beautiful Women's Fashion, Shoes and Accessories, Christmas Gifts, Gift Vouchers and much more.

Paper Plus Helensville - They have all your Christmas needs sorted. Books, Toys, Gifts and Cards. Follow them on Facebook to keep up with their sales. Shop Local and support our community business.

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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

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.

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Bridge to Hope

by Helen Martin

Bridge to Hope, the suicide prevention awareness team established in Helensville in 2015, continues to support families and individuals. The team of volunteers, coordinated by Marie Takefala Adlam, attend the Christian Life Centre in Commercial Road. They're grateful for their church's support, which includes provision of a



designated office in a building beside the church, and access to the church building itself for workshops. Everyone is welcome to take advantage of the service, whether or not they are Christian.

Marie is in the office from 3pm – 5pm on Wednesdays and support numbers are displayed on the office window. Other volunteers help out by distributing flyers and attending community events in their bright yellow Bridge to Hope tee shirts. The team participate in Christmas parades and meet up monthly and pray for families who have lost loved ones to suicide. Bridge to Hope suicide prevention walks are held in Helensville and the team are very grateful for the solid support they receive from front liners, Parakai Pools and their families.

Marie, who wants to let the community know about the free service provided by Bridge to Hope, explains that her expertise for the coordinator's role comes from lived experience and from her suicide prevention and intervention training, provided by the 1degree workshops, safeTALK and ASIST, run by Caroline Wilson.

As well as organising free workshops for the community, Marie assists people by helping them find the right support, which may be from a GP, or Waitemata District Health Board's Manu Foto. Other help available is through a free text or call to 1737, a government-funded counselling service.

"My sincerest condolences go out to family or friends who have lost a loved one through suicide. Although I am not a counsellor or a psychologist, I am here to listen to you and can put you onto people who are qualified and more than happy to help," says Marie. "It's important to start a conversation about suicide. A meeting of family or friends can be very effective when someone is feeling low and needing support."

The team would love more people to join. If you are interested in volunteering contact Marie by text 0211161054.



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Women's Institute alive and well in Helensville

October saw the first Women's Institute (WI) Awareness week in New Zealand. You may have noticed the displays in the windows of the Citizen's Advice Bureau and Copy & Print. The Helensville WI thank these premises for the opportunity to share the word about their organisation.

Helensville WI took the opportunity to brighten people's days by leaving Lonely Bouquets around, much to the delight of the recipients. The library's school holiday theme of 'Time Turner' fitted in well with WI's ongoing project of *Teach a Skill*. Members taught children and adults how to make peg dolls, churn butter (thanks Helensville Museum for the loan of your churn), knit, and crochet.

Why WI?

Mission statement: to encourage and support all women within their communities.

What we do:

- Offer friendship and fun
- Travel and walking groups
- Get involved with our local community
- Encourage leadership
- Teach and share homemaking skills
- Provide opportunities for members to be involved in choral, drama, floral art, all types of handcraft and writing
- Help others

We are the largest women's organisation in New Zealand. We began in 1921 and have remained relevant for women in town and country communities since then.

Following on from the WI Awareness week coverage, Helensville WI would like to continue with the ongoing WI theme of *Share the Friendship* by starting a Night Circle. Details, as to day of the week, times, and venue, are to be confirmed once we have interest.

- Do you want to make new friends?
- Do you want learn new skills?
- Do you want to share your skills?
- Do you want to help in our community?

Contact the Auckland West Federation of WI to register your interest.

Email: awfcwi@gmail.com

Facebook: [facebook.com/AWFWI](https://www.facebook.com/AWFWI)

Anne Coppell

Member of Auckland West Federation WI executive committee member, on behalf of Helensville WI

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Shelly Beach foreshore upgrade

A massive \$1.5 million project to upgrade Shelly Beach is well underway. To fight erosion, a new seawall and five groynes to modify sea currents and wave energy to help trap sand on the beach are being constructed. Additional sand from the Kaipara Harbour is being placed between the groynes and there will be a new walkway along the shore to connect the playground and parking areas.



Around 3200-square metres of mangroves have been removed, giving the beach a very different look. The large structure at the south end of the reserve resembles a sound shell but is there to house machinery and other equipment being used in the upgrade.

Ian McLean from Birds New Zealand has said that the banded rail, kingfisher, and Australasian bittern will be adversely affected by losing cover that enables them to hide from predators and by losing feeding territory, but oystercatchers and godwits that use mudflats will benefit from the increase in area of open mud and sand flats for wading and feeding.

Fencing Workshop

Sunday 25th November

9.30am to 11.30am

Do you have problems keeping stock under control? Need to prevent Fido from roaming from the garden? Maybe you just want to better secure your property, or make it look more attractive?

Find out how you can achieve these objectives efficiently and cost effectively at our upcoming Fencing Workshop.

The presenter for this event will be Roy Herbert from North Harbour Fencing.

Roy has decades of experience within all aspects of various fencing technologies and will cover:



- Practical demonstration of stock fencing repair and installation
- Tooling requirements for the above
- Other fencing solutions for rural and urban environments
- Pros and cons of different options
- Security fencing/gating
- Hands on segment for those interested at the end of the presentation

Roy will also happily answer any questions you may have. Booking is essential as these events are always very popular and numbers are limited.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa

To secure your place please contact us on:

info@kaiparacoast.co.nz OR 09 420 5655

(\$20 per person charge - to cover costs)

Kaipara COAST
sculpture gardens



Celebrating Diversity in the November Exhibition at the Art Centre

This exhibition is aimed at celebrating the artistic giftings of those considered as having disabilities, be it mental health issues, physical or intellectual difficulties. There will also be a tactile art exhibition designed to be accessible to kids who can't help but touch things and also accessible to the blind and visually impaired. Vision impaired Rachael Clarke stands next to one of her works from a previous exhibition. Sandy Sturgess does delightful colouring, which look beautiful when framed. Fantastic Mr. Fox by Vicki Pratt was the people's choice winner in a previous exhibition. Ian Sangster holds up one of his paintings.

The exhibition, which is held in the Helensville Art Centre, runs from November 3rd - 24th



Ian Sangster



Rachael Clarke

Cash & Carry Exhibition

Any artistic creations you want to sell for Christmas?

Bring them to the Art Centre between 10am and 2pm on Saturday 25th November or 10am-4.30pm on Tuesday 27th, pay \$3 per item and put them into the Art Centre's 'Cash & Carry' Exhibition, running December 1st-23rd. Opening evening Friday 30th November 5-7pm. All welcome. Items need to retail at \$100 or less. More info? Pauline 021 158 6859

coordinator@artcentrehelensville.org.nz

Kid's Art Show Receiving Entries

Art Centre Helensville invites kids of all ages to enter the Annual Kids Art Show.

Artworks of any media or size accepted. The art show will run from 1st December to 23rd December, just in time for Christmas. Grand Opening Friday 30th November, 5-7pm. All welcome. Artwork can be priced for sale or "NFS" (Not For Sale). Works to arrive either Saturday 24th November between 10am and 2pm, or Tuesday 27th November between 10am and 4.30pm. Please attach a swing label on a string to the artwork with artist's name, age, medium and price.

Any questions, please phone Pauline on 021 158 6859, email

coordinator@artcentrehelensville.org.nz

Photo 7 year old Marley Seakens painted her 'Hummingbird' while sheltering from a bushfire in Canada



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 - 4.30pm,
Saturday 10.00am - 2.00pm



Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

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

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

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Room 14 column, Helensville Primary

by Ashleigh Edlington and Fiagloria Tavui

Mind your own beeswax

For the past two terms Helensville Primary has been participating in litterless lunches to reduce the amount of rubbish our school produces. This has been really successful, but we discovered one large problem. Plastic wrap!



Beeswax Wraps on display on Ag Day

So, the Rimu team researched some alternatives and discovered beeswax wraps were easy and cost effective to make. They provide a more sustainable way to wrap sandwiches, biscuits and fruit, etc. and beeswax is reusable, so it doesn't harm our marine life.

Here is how we made them;

1. Cut pieces of cotton fabric to size
2. Melt beeswax into an electric frying pan
3. Soak our pieces in the wax
4. Wait to dry
5. Use them.

The Rimu team would like to thank Mr. Graham Clark, a local beekeeper, for his donation of beeswax.



TARRA
Te Awaroa Residents & Ratepayers Association

KATIKATI INSPIRATION

Steve Graveson, President of Katikati Open Air Art, is visiting Helensville on 14th November. He will tour the town in the afternoon and speak at the Annual General Meeting of Te Awaroa Residents & Ratepayers at 7.30pm at the Helensville War Memorial Hall meeting room. All are welcome.

Steve is keen to foster murals and other outdoor art such as sculptures, and is available to have an ongoing connection with Helensville. He will breakfast at The Café from 7.30am on Thursday 15th and you are welcome to join him at your own expense.

Thanks to Raywin and Wayne Cruickshank for accommodating Steve overnight at their Greenlaw B & B.

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Helensville Primary School's Agricultural Day



Ag Day, on Friday 26th October 2018, was a HUGE success! The food, crafts, music and games were enjoyed by all who attended.

An overwhelming sense of support was felt by the students and staff of Helensville School, with almost 150 people offering to volunteer an hour of their time to help run one of the stalls during the event.

The students eagerly shared their various projects worked on both at home and in classrooms with those who came and visited our school.

Lambs, kids, dogs and caged animals were shown by a number of students and we saw some impressive animal training skills. The cup and trophy winners of the lamb and goat competitions will have the opportunity to participate in the annual South Kaipara Group Day on Saturday 3rd November, at the Helensville A&P Showgrounds.

DJ Too Tall played music and our very own Kapahaka and Pasifika group performances kept the crowd entertained.

There were prizes galore, including some sort after silent auctions. Many businesses and families from our wonderful community made generous donations and the school was very appreciative of the support. For a full list of prizes, prize winners and donations, please see our school website. www.helensville.school.co.nz



activity.

The school grounds were buzzing with enjoyment and excitement. An estimated 2000 people were believed to have attended our annual Ag Day event. The final amount of money raised has not yet been



calculated, however, once this is revealed all proceeds will go towards building a new playground specifically designed for the senior school students of Helensville Primary.

Thank you to everyone who supported our school event. We look forward to another successful Ag Day in 2019.

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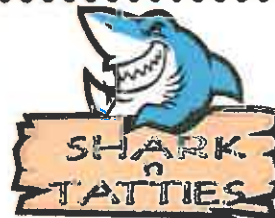
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BRIDGESTONE TYRE CENTRE

Yvonne Rust: Maverick Spirit, by Theresa Sjoquist

by Helen Martin

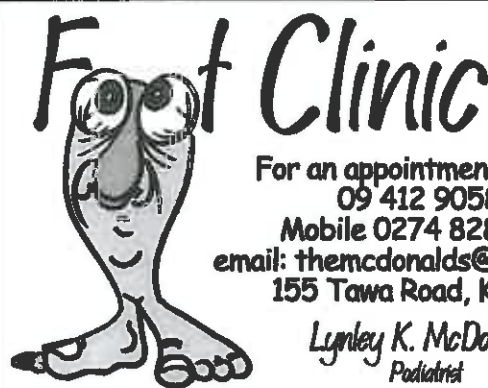
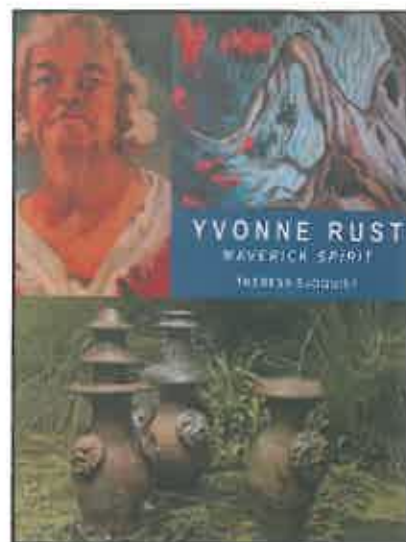
Helensville has many artists, as we see by the fabulous variety of work on display each year during Labour Weekend's Arts in the Ville. Ask any of them about the source of their inspiration and one thing they'll talk about is the people who have been important to them in their lives. The late Helensville artist Noeleen Healey, a wonderful woman who, as a teacher and artist, inspired many people, was herself greatly

inspired by incomparable potter, painter, teacher and mentor, the late Yvonne Rust, describing her in an interview as someone who "constantly sits on my shoulder".

Rust was a big personality, a woman who influenced everyone who crossed her path, artist or not. When I met her in the early 1970s she was in full flight, combining her two great loves, making beautiful pottery and running workshops from her studio in Whangarei. I remember her telling me firmly that if I wasn't a potter it was time I got started. That was not my calling but, because she looked me in the eye and called me Chum (the name she gave everyone), it really felt like she had my best interests at heart.

Rust's huge and enduring influence on artists and craftspeople in New Zealand is painstakingly detailed in Helensville writer Theresa Sjoquist's biography 'Yvonne Rust: Maverick Spirit', published by David Ling in 2011. It's a great read, beginning with stories of Rust's childhood in the Far North during the Depression years, following her every move as she grew into the towering figure she became. The liberal use of Rust's own words, taken from various attempts at getting her story down on paper, adds depth to the narrative and the generous photographs of people and places, as well as of Rust's work, provide fascinating visual illustration. If you're at all interested in the arts it's a book that, having read it once, you'll want to keep going back to for another hit.

'Yvonne Rust: Maverick Spirit' can be ordered direct through the website theresasjoquist.com. It is also available at libraries and at The Quarry Art Centre, Whangarei, known widely as Yvonne Rust's enduring legacy.



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Michael Van de Elzen Comes to Helensville

Kiwi Chef's Commitment to Changing Child Obesity in New Zealand

New Zealand's much-loved celebrity chef Michael Van de Elzen is on a new mission to help tackle Kiwi kids soaring obesity rates and is visiting **Helensville School** as part of his eight week tour. Van de Elzen wants to make sure Kiwi kids know what's in their food and most importantly how to cook with the release of his latest cookbook written specifically for children, *The Good From Scratch Kids Cookbook*. Van de Elzen has jumped in his ŠKODA Kodiaq and will be in **Helensville** on **29th November** to teach our tamariki how to cook.

"What I've found after working with groups all over New Zealand is that often it starts with the next generation. In most cases if you teach the children, they go home and teach their parents. Obesity causes lots of health problems and side-effects but also behavioural issues, such as concentration and sleep, which then impacts on learning. It's not about reinventing the wheel but changing up some kiwi favourites like fish and chips and pies, and adding a healthy, easy-to-cook twist to them."

The father of two has been spurred into action over his growing concerns about child obesity in Aotearoa with new research by The University of Auckland cementing that there is an ever-growing problem.

"After having our two girls, Hazel and Ivy, the reports around child obesity in New Zealand have become increasingly worrying to me. I'm a chef, I want to educate and upskill our Kiwi kids and I feel hugely motivated to make a difference.

Helensville School's PATHS committee are very excited to be hosting local food hero and well known chef, **Mike Van de Elzen** to our community and we are looking forward to seeing him in action.

Van de Elzen is partnering with ecostore, New Zealand's leading environmental and sustainable brand, whilst also known for its world leading sustainability practises. Through ecostore's support, Michael's cooking demonstrations will open children's eyes to how fun cooking can be, while speaking to them about the importance of healthy food and healthy kitchen hygiene habits.

"The 'Good From Scratch Tour' is about knowing what's in your food, and what you're fuelling your body with. Being in the kitchen from a young age helps build that association with food, teaches life skills while also knowing how to make healthy meals and snacks.

"I have been using ecostore products for years, both in my restaurants and at home. Like my Good From Scratch philosophy, ecostore really care about what ingredients go into their products and if it isn't good, it gets the boot and I really respect and appreciate that. Their recycling and sustainability initiatives are also fantastic, especially the fact their bottles are made from sugar and not petrochemical plastic, now that's the type of sugar use I love!"

The Good From Scratch Kids Cookbook is on sale now. To see Michael in action, you can purchase a ticket at the door on the night CASH only, \$5 a ticket and childred under 18 free with accompanied with an adult. **Thursday 29th November, 6.30pm**. Optional for kids to bring a cushion. Because it's all about getting kids in the kitchen and teaching them healthy food options PATHS wanted to make it accessible for everyone, hence it's a pretty cheap event.



Apology

We apologise to Helensville resident Noel Smith for incorrectly referring to him in the October issue of Helensville Community News in an obituary for Mihi and Hiki Hill. The final sentence in the obituary should have read "We acknowledge the Smith whanau at this time, who have also been affected by this tragic accident, and we send our love to Edward and wish him a speedy recovery."

SHELLY BEACH TIDE CHART

| Date | High Water Shelly Beach | Sun Rise | Sun Set |
|---------------|-------------------------|----------|---------|
| November | | | |
| 1 Thu | 0459 3.5 1737 | 0616 | 1953 |
| 2 Fri | 0614 3.5 1850 | 0615 | 1954 |
| 3 Sat | 0727 3.6 1959 | 0614 | 1955 |
| 4 Sun | 0833 3.7 2059 | 0613 | 1956 |
| 5 Mon | 0931 3.9 2154 | 0612 | 1958 |
| 6 Tue | 1023 4.1 2242 | 0611 | 1959 |
| 7 Wed | 1109 4.2 2326 | 0610 | 2000 |
| 8 Thu | 1152 4.2 - | 0609 | 2001 |
| 9 Fri | 0007 4.2 1231 | 0608 | 2002 |
| 10 Sat | 0045 4.1 1307 | 0607 | 2003 |
| 11 Sun | 0121 3.9 1342 | 0607 | 2004 |
| 12 Mon | 0155 3.8 1417 | 0606 | 2005 |
| 13 Tue | 0231 3.6 1453 | 0605 | 2006 |
| 14 Wed | 0310 3.5 1535 | 0604 | 2007 |
| 15 Thu | 0357 3.3 1627 | 0603 | 2008 |
| 16 Fri | 0457 3.2 1730 | 0603 | 2009 |
| 17 Sat | 0609 3.2 1839 | 0602 | 2010 |
| 18 Sun | 0719 3.3 1942 | 0601 | 2011 |
| 19 Mon | 0820 3.4 2037 | 0601 | 2012 |
| 20 Tue | 0913 3.6 2127 | 0600 | 2013 |
| 21 Wed | 1000 3.8 2213 | 0559 | 2014 |
| 22 Thu | 1045 4.0 2259 | 0559 | 2015 |
| 23 Fri | 1129 4.2 2344 | 0558 | 2016 |
| 24 Sat | - 4.2 1212 | 0558 | 2017 |
| 25 Sun | 0029 4.2 1256 | 0558 | 2018 |
| 26 Mon | 0114 4.1 1341 | 0557 | 2019 |
| 27 Tue | 0202 4.0 1428 | 0557 | 2020 |
| 28 Wed | 0252 3.9 1520 | 0556 | 2021 |
| 29 Thu | 0348 3.7 1617 | 0556 | 2022 |
| 30 Fri | 0450 3.6 1720 | 0556 | 2023 |
| December 2018 | | | |
| 1 Sat | 0556 3.6 1827 | 0555 | 2024 |
| 2 Sun | 0703 3.6 1931 | 0555 | 2025 |
| 3 Mon | 0806 3.7 2031 | 0555 | 2026 |
| 4 Tue | 0905 3.8 2127 | 0554 | 2027 |
| 5 Wed | 0959 3.9 2218 | 0554 | 2028 |
| 6 Thu | 1047 4.0 2304 | 0554 | 2028 |
| 7 Fri | 1130 4.1 2346 | 0554 | 2029 |
| 8 Sat | 1210 4.1 - | 0554 | 2030 |
| 9 Sun | 0025 3.9 1247 | 0554 | 2031 |
| 10 Mon | 0101 3.9 1321 | 0554 | 2032 |
| 11 Tue | 0135 3.8 1355 | 0555 | 2033 |
| 12 Wed | 0210 3.7 1430 | 0555 | 2033 |
| 13 Thu | 0247 3.6 1508 | 0555 | 2034 |
| 14 Fri | 0329 3.4 1552 | 0555 | 2035 |
| 15 Sat | 0418 3.4 1643 | 0555 | 0835 |
| 16 Sun | 0515 3.3 1741 | 0556 | 2036 |
| 17 Mon | 0617 3.3 1841 | 0556 | 2037 |
| 18 Tue | 0720 3.4 1942 | 0556 | 2037 |
| 19 Wed | 0823 3.5 2041 | 0557 | 2038 |
| 20 Thu | 0922 3.7 2138 | 0557 | 2039 |
| 21 Fri | 1016 4.0 2233 | 0558 | 2040 |
| 22 Sat | 1107 4.1 2325 | 0558 | 2040 |

Trade/Professional & Services List

| | | | | | |
|---------------------------------------|---|-----------------------|----------------------------------|-------------------------------------|--------------------------|
| Accountants | ECE Astute Accounting | 420-7835 | Insurance | Rodney Direct Insurance | 022-363-2377 |
| Accountants | UHY Haines Norton | 420-7972 | JP's | Greville Walker | 02108-290-768/420-7173 |
| Agecare | Craigweil House | 420-8277 | Landscaping | Vision Landscapes | 0274-817-478/420-8738 |
| Age Concern Rodney | | 09-426-0916 | Laundromat | Helensville Laundromat | 420-6050 |
| Acupuncture | | | Lawyer | Blucher Law Limited | 021-665-752/09-412-5624 |
| | Helensville Acupuncture and Herb Clinic | 021-1133-665/420-8211 | Licence Endorsements | Wheels, Roller, Tracks | Paul 0272-477-948 |
| Architects | Schulze Poursoltan Architects | 420-8421 | Lions Club of Helensville | Pauline | 420-6208, Chris 420-8527 |
| Beauty Therapy | Beauty Elixir | 021-187-2661/420-9775 | Markets | Kaukapakapa Village Market | 0274-831-542 |
| Birthing Centre | Commercial Road, Helensville | 420-8747 | Markets | Waitoki Village Market | Gill 420-3301 |
| Block & Bricklayers | Gary | 027-339-9038/420-8380 | Mechanical Repairs | Helensville Mechanical Services | 420-8177 |
| Boats & Outboard Mtrs | Mike Stanton | 0276-058-225 | Mechanical Repairs | McLeod Motors | 420-8633 |
| Budget Service | Francis | 420-7740 | Motorcycle Repairs | Helensville Motorcycle Services | 420-7754 |
| Builder | Joel Mitchell | 021-255-5875 | Mower Repairs & Sales | Helensville Mowers | 420-8569 |
| Building Supplies | PlaceMakers | 420-9150 | Mower Repairs & Sales | Lifestyle Mowing Machinery | 0274-955-948 |
| CAB | | 420-7162 | MP-Elect | Chris Penk | 021-0230-6106 |
| Cabins | Rodney - Just Cabins | 0800-58-78-22 | Osteopath | Osteopathic Natural Health | 420-7867 |
| Carpet & Upholstery | Cleaning | Curtis 027-200-5456 | Panel Beater | Helensville Automotive | 420-6050 |
| Chiropractor | Kaipara Chiropractic Healthcare | 420-6224 | Pet Food | Te Pua Garden Place - Avon Aspdon | 420-8383 |
| Clothing | Zubu | 83 Commercial Rd | Picture Framing | The Picture Framing Company | 0800-372-633 |
| Computer Repairs | Michael | 021-251-4138/420-9307 | Plant Centre | Kaipara Coast Plant Centre | 420-5655 |
| Concreters | Brewis Concrete | 021-992-590 | Plumbers | ATL Plumbing Ltd | 0800 ATL PLUMBING |
| Diggers | Helensville Diggers | 021-454-793/420-7023 | Plumbers | KPL Ltd | 420-9108 |
| Dog Grooming | Christine | 420-2706/021-521-303 | Podiatrist | Lynley McDonald | 0274-828-683 |
| Drainage | Helensville Drainage | 021-657-276/420-9091 | Property Maintenance | Linda and Reid | 0274-488-613/420-5521 |
| Driver I Drive You - Jan Scott | Text 021-0256-3865/420-7283 | | Real Estate | B&T - Doug & Kerry King | 420-6090 |
| Early Learning Centre | Gumboots | 09-411-9038 | Real Estate | Prestige - Jana Mills | 021-509-990/420-9953 |
| Electrical | Kinetic Electrical | 027-420-6545 | Restaurant/Takeaways | Curry Leaf Helensville | 420-9989 |
| Electrical | Koast to Koast Electrical | 021-417-992 | Reiki Healers | The Healing Heart of Helensville | 420-9098 |
| Engineering | BSC Engineering | 027-277-4150 | Shower Installation | | |
| Engineering | Village Engineering | 027-203-6870/420-3364 | | Guaranteed Shower Installations Ltd | 0800-466-5327/420-8777 |
| Excavators & Machinery | Complete Cartage Ltd | 021-117-1570 | Stationery | Paper Plus Select | 420-8646 |
| Funeral Celebrant | Danielle Smith | 021-612-546/420-3341 | Storage | JS Storage Helensville | 420-9991 |
| Gibstopping | Shaun Sainty | 0274-731-755 | Takeaways | Kaipara Fresh Fish & Takeaway | 420-7190 |
| Gift Baskets | Riverside Crafts - Sarah | 0800-831-542 | Takeaways | Parakai Four Square Cafe & Takeaway | 420-8186 |
| Gunsmith | John Hall | 420-2837 | Takeaways | Shark n Tatties | 420-5062 |
| Gym | Forge Fitness - Open 24/7 | 420-6303 | Typesetting/Photocopying | Huapai Copy & Print | 09-412-8882 |
| Horse Cover Repairs | Cova Girls - Angela | 0275-316-959 | Tyre Specialists | Bridgestone Helensville | 420-7385 |
| House Wash/Wblasting Washworx | Phone Stuart | 027-804-9005 | Venue Hire | Kaipara Memorial RSA | 420-8888 |
| Hypnotherapy | Janice McMurdo | 021-131-7308/420-7858 | Water Carrier | Water Wagon 1 | 0800 KKK H2O |
| Ink and Toner | Huapao Copy and Print | 09-412-8882 | Windscreen Repairs | Bullseye Windscreen Repairs | 027-605-4630 |
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Melissa Moore, bowling champion

Congratulations to Year 11 Kaipara College student Melissa Moore, who has become the 2018 National Junior Girls Champion in tenpin bowling. In October, Melissa won Gold in six events, including singles, doubles and masters, Bronze in the team event and two other trophies at the 2018 Junior Youth Nationals in Hastings.



Since Melissa began playing tenpin bowls five years ago she has competed in four national tournaments. She is currently playing with Waitakere Rangers. Melissa and her family send a big shout out to Ernie Jensen, who has seen her potential and put time into coaching her.

Goodbye see you in Huapai

