

The Helensville Community News

Issue 139 - June 2021

In search of good food



You may have seen conversations happening around the community over the last few months about food, and more specifically good food. It's part of a wider project currently underway to create a Food Plan for South Kaipara.

The project is one of the initiatives that came out of the community-led response to last year's COVID lockdown.

In the first week of the Level 4 lockdown, a number of social service agencies including Te Ha Oranga, Kindred Family Services, Out West Youth and Parent Aid North West banded together to create a foodbank for people they knew would struggle over those unprecedented few weeks.

Over a year later and the Kai Collective Te Awaroa is still going strong. A manager has been employed and every week a committed and dedicated team of volunteers pack kai parcels to feed an average of 45 families.

"As proud of the Kai Collective as we are, and as impactful as it is, we know that it is not solving the bigger issue of food security," says Ana Christmas of Kindred Family Services, one of the agencies involved in the foodbank collective. "We're so fortunate in this area to have an abundance of food with farmers, hunters and the biggest harbour in the Southern Hemisphere right on our doorstep, and yet people are still struggling to put a nutritious meal on the table each night for their family, particularly when a crisis happens."

The answer, it's hoped, will come from the community. From people who have a few too many apples falling off their backyard trees when it's picking season, to people who know how to preserve fruit and are keen to



pass that knowledge on to others.

Community gardens is an idea that's receiving a lot of interest. But there are other ideas like berm gardens where someone walking by would be welcome to pick a bunch of silverbeet, food co-ops so people can take advantage of buying in bulk, as well as ways to get food delivered for those who might struggle with transport to get to town to do a big shop.

The ideas don't stop with growing food. It could go further, for instance a community kitchen or café that creates employment, runs cooking classes and has a pay-what-you-can menu.

Mike Bridgman of the South Kaipara Men's Trust is also excited about the potential of the Food Plan. "Having people work alongside one another, at a community garden for instance, offers so much in terms of education, connection and community building," he says.

There's still time to have your say before the South Kaipara Food Plan is completed in mid-July. You can follow the plan on Facebook @southkaiparafood or visit <https://linktr.ee/southkaiparafood> to discover how you can get connected.

Rochelle Gillespie

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Like us on Facebook or visit www.helensvillecommunitynews.co.nz

A Punny Performance

April's bi-monthly Poetry and Storytelling event saw Barbara Harry perform a very humorous piece called 'Work in Progress' with lots of job related puns such as; Didn't stay with Dentistry - I couldn't get my teeth into it Optometry? I lacked supervision and lost sight of my goal, this caused a spectacle!

Why not have a go at performing an original poem, story or piece of writing? Next event will be 6-8pm June 12th at the Helensville Community Church, 40 Mill Road, next to the Hospice Shop, opposite Mitre 10. Bring a supper plate. \$3 cover charge. Like a roving poet, this event changes venues each time and runs on the second Saturday of the second month. More info? Contact Pauline Denton paulinekiwidenton@gmail.com



ARTS in the VILLE 2021

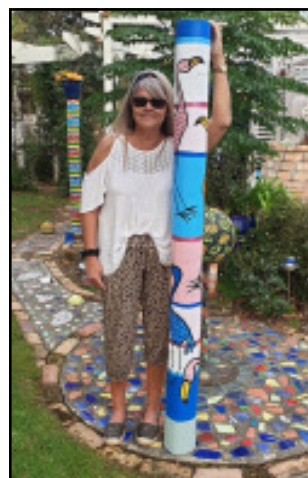
Last year 70 artists/groups took part in our annual Arts in the Ville Labour Weekend festival by opening their studios and gardens and exhibiting in popup galleries around the town – they can be seen on <https://artsintheville.weebly.com/>

This will be the festival's 7th consecutive year, with the baton having been passed to Art Kaipara by previous organiser Kura Geere-Watson, who has moved away from Helensville. Arts in the Ville was Kura's brainchild and over the years, helped by a small group of locals, including stitcher Jo Dixey, carver Denise Marshall and painter Mike Rowland, she turned it from a small event into one which, last year, attracted over 3000 visitors to the Ville. Kura leaves behind big shoes to fill, but Art Kaipara is looking forward to the challenge.

This year the stalls in the community hall will be a Makers' Market, where artists, artisans and crafters can show and sell their wares, with the proviso that they must make/produce their items themselves.

Cost for participation in AIV is \$50 per person or \$150 for a group of four or more. This fee gives inclusion in the brochure, which will include a map showing studio, gallery and hall sites. Deadline for brochure information is 30 June.

Artists on the 2020 AIV have been contacted, but there will be others out there wanting to taking part. Event manager Jo Ogilvie would love to hear from anyone interested: email events@artcentrehelensville.org.nz or call/txt Jo on 021 071 0246



Tracey and Nick Roberts' Whimsical Garden will be taking part in Arts in the Ville 2021.



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sarah@riversidecrafts.co.nz

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A logo for Jana Mills Real Estate Specialist. It features the name 'Jana Mills' in a cursive font, with 'Jana Mills Real Estate Specialist' below it.

A portrait of Jana Mills, a woman with blonde hair, smiling.

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

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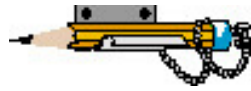
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What's happening this month



Friday, 4 to Sunday, 6 June, Helensville Rugby Club celebrates its Golden Jubilee

Saturday, 12 June, Waitoki Village market day. Our Guest is Stephanie Schellingerhout.

Saturday, June 12, Poetry and Storytelling event, 6-8pm at the Helensville Community Church, 40 Mill Road, next to the Hospice Shop, opposite Mitre 10. Bring a supper plate. \$3 cover charge. Like a roving poet, this event changes venues each time and runs on the second Saturday of the second month. More info? Contact Pauline Denton paulinekiwidenton@gmail.com

Saturday, June 12th 3pm - 5pm, Helensville Library 'Book Tasting', Helensville Library. More details TBA, see Helensville Library on Facebook

Sun, 13 June 3:00 PM – 5:00 PM, South Kaipara Food Plan, Helensville War Memorial Hall 2 Porter Crescent

What are people's experiences accessing good food in South Kaipara?

Join us for an afternoon of playback theatre - improvised story telling - that explores main themes emerging in the South Kaipara Food Plan. The audience will tell stories based on themes that come from the Food Talks that are currently happening in the community. The storytelling improv actors (that could be you) then replay the story using Playback Theatre techniques. The performance will be open and free for family and friends to attend.

WANT TO PERFORM? We are assembling a team to act out the stories. To be part of this performance you need to be able to attend all these sessions:

6 pm come for kai provided by us 7- 9pm Friday 11th June

9:30 - 4:30pm June 12th,

9:30 - 2pm June 13th

Dinner provided Fri night, lunches provided Sat & Sun.

Message us, email SouthKaiparaFood@gmail.com and check out the info sheet to get involved.

Saturday 19 June 2021 7:30pm – 9:00pm, AYO - Auckland Youth Orchestra – LOVE, Helensville War Memorial Hall, 49 Commercial Road, Helensville, Auckland Romeo & Juliet, one of the world's most famous love stories, is brought to life in music: Prokofiev's Romeo & Juliet ballet suites were written just before the outbreak of World War 2 – most listeners will recognise the dramatic opening music depicting the warring Montague & Capulet families. Bernstein wrote West Side Story, his modern take on the Romeo & Juliet story, 20 years later. It contains such well-known music as the songs "Somewhere", "Maria", and

"America". The warring families of the Romeo & Juliet story are replaced with gangs - the Jets and the Sharks. Modern dance replaces ballet. The story is a post-war urban drama and the musical score is rhythmic and dramatic. Listen out for the musicians' voices in "Mambo"! For more information, ticket prices or purchase of tickets please visit eventfinda or call 0800 BUY TIX (289 849)

Sunday, 20 June, Kaipara Coast Sculpture Gardens Nature Trail Extension – Opening Event. 10.30am to 12.00pm See article page 8.

Sunday 20 June, Kaukapakapa Village Market, Kaukapakapa Hall, 8.30am – 1pm Held on the 3rd Sunday of every month all year round, this lively village market is located in the Kaukapakapa Village a pleasant 45 minutes drive from Auckland City. 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. Live music duo Denise & Barry. Free hair plaiting, kids crafts etc. For more information, stall-holder, busker and music enquiries contact Sarah: Phone - 0274 831542 or Email - sarah1@maxnet.co.nz. Eftpos cash out available.

Sunday, 20 June, Kaukapakapa Historic Library, Voices from the past, 9am to 1pm. The Helensville Museum holds a substantial collection of recorded interviews featuring the stories of people from Te Awaroa/Helensville and the surrounding districts, or from public gatherings. These provide both individual and general information on early families, the lifestyle of their times and records of significant events since the start of the Te Awaroa/Helensville settlement. A list and summaries of the recordings will be available at the library and orders for copies will be taken on the day. Come along and listen to recordings from Neill Barr, Phyllis Hooper, Roger West, William Tangaroa and more. Kaukapakapa library open in conjunction with the Kaukapakapa Village Market. For more info contact Megan 021 959017, email threehorses@xtra.co.nz

Saturday, 26 June, Art Kaipara Inc. AGM 3pm, Art Centre Helensville, basement of War Memorial Hall, 49 Commercial Road, Helensville. We warmly welcome all comers to attend our AGM

Upcoming events

JULY

Friday, 2 July, International Women's Day Breakfast. at The Riverhead. A morning of inspiration and motivation is promised at a special event celebrating women making a difference in our community, our country and our world. Tickets are \$40 and are available from Eventbrite or call 09 420 7992. See article page 11.

Term 2 ends 9th July

Term 3 starts 26th July

7.30pm on Friday 2nd July HELENSVILLE AGLOW at Helensville Community Church, 40 Mill Rd, Helensville. All welcome. Our guest speaker at the July meeting will be Estelle Rawlinson. Email Bridget Sundgren at helensvilleaglow@outlook.com for more information.

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Press release: Report shows National Climate Change Risk Assessment grossly exaggerated climate change risks

A Tailrisk Economics review of the National Climate Change Risk Assessment (NCCRA) found that it grossly overstated climate change risks and assessments were based on poor quality evidence and analysis.

The purpose of the NCCRA, which was released in August 2020, was to provide the 'best available evidence, information and assessment of risks' to inform the development of a National Adaptation Plan (NAP) that will set out what will be done to respond to climate change risks.

The central message in the assessment was that the climate change risks are very serious, even in the relatively near term. Eight of the 43 sectoral risk assessments found that the consequences of climate change would be 'extreme' by 2050.

'Our review of the NCCRA found that for the most part, the assessments were not based on the 'best available evidence' and often consisted of little more than a recitation of their 'five horsemen of the apocalypse': more extreme weather events, more drought, more river flooding, higher sea levels, and more wildfires, followed by unsubstantiated claims that they will have either major or extreme consequences, with little regard to the underlying science,' said Ian Harrison Principal of Tailrisk Economics. 'Some of the NCCRA assessments were plainly absurd,' Harrison said. 'It was claimed that extreme risks to social cohesion by 2050 would result in *'permanent disruption to education, employment and community services. Patterns of daily activity and behaviour unable to continue. Coping range of all communities exceeded,'* all because the temperature had increased by less than one degree and sea levels had risen by about 20 centimetres.'

The science does not show that wind speeds will increase significantly, and river flooding risk might actually fall overall. There might be some more droughts, a few more wildfires, and expenditure to protect against sea level rise, but these effects are likely to be outweighed by the positive impacts of climate change, including warmer weather and more fine days in summer, and the impact of carbon fertilisation on primary sector productivity. Tailrisk Economics reviewed the social, political and economic risk assessments, assigning evidence quality scores of between 0 and 10 to the cited evidence. The average score was a very low 3.09. Much of evidence was irrelevant or did not support the arguments. Critical research reports that did not support a 'catastrophist' narrative were often ignored or misrepresented, and in some cases steps were taken to cover up 'inconvenient' evidence. 'It is disturbing,' Harrison said 'that the science is becoming increasingly corrupted by politics and money'. Report available at <http://www.tailrisk.co.nz/documentlist>
Contact: Ian Harrison – Principal Tailrisk Economics
ian@tailrisk.co.nz Ph. 022 175 3669

Background

Tailrisk Economics is a Wellington economics consultancy. It specialises in the economics of low probability, high impact events including financial crises and natural disasters. Principal, Ian Harrison (B.C.A. Hons. V.U.W., Master of Public Policy SAIS Johns Hopkins) has worked with the Reserve Bank of New Zealand, the World Bank, the International Monetary Fund and the Bank for International Settlements.



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From Penk's Pen

CHRIS PENK – MP

Traffic congestion

My personal philosophy is that you catch more flies with honey than vinegar, as the old saying goes. And I think that's generally true but every now and then I encounter a situation where the honey appears to be achieving very little, so it's worth giving vinegar a go.

At the moment (and basically every day I've spent as local MP for this area, for that matter), the vexed issue of traffic congestion is front of mind.

My approach to the problem has tended to be more along the lines of honey than vinegar.

I've been asking questions to find out the extent of planned improvements, writing polite but pointed letters to government ministers and meeting officials – along with anyone else likely to be able to help – in an effort to solve these problems. My belief has been that by acting in a constructive, good faith way to engage decision makers with the problem, they'll be more likely to make the decisions we need to solve it.

Having tried that diligently for over 3 years now, I'm rapidly reaching the conclusion that some "vinegar" in our advocacy efforts may have at least as much chance of success.

This is all a rather roundabout way of explaining that I'm in the process of arranging a rally or two to allow you, as residents in this area, to display your disappointment about the lack of transport infrastructure progress.

I should acknowledge in fairness that progress has been slow for many years (across the tenure of several governments) and I don't think that anyone would deny that. It's certainly the case, however, that in my time as local MP – when it comes to the timeframes involved for various transport improvements – there have been far more promises broken than kept by officialdom.

I'm inviting you and your family to join me soon at a "shovel-ready" event for this very reason, with details soon to be published on my Facebook page. Please search "Chris Penk" and follow me to find out more. The idea is to turn up with a shovel or spade and demonstrate just how ready we are for the long-awaited, much-needed roadworks to get underway!

It's a serious problem, of course, but we'll have some fun too. I'd love to see you there!



Traffic, morning, noon and night



Helensville Library news for June 2021

We Read Auckland this June! aucklandlibraries.govt.nz/WeReadAKL

Over the first two weeks of June, Auckland Libraries are celebrating We Read Auckland.

At Helensville Library, we will Read Together Auckland with two Auckland-themed kids time sessions, on Thursdays at 10am to 10.30am.

Helensville Library are hosting the We Read Auckland Booktasting event on Saturday 12 June, between 3pm and 5pm.

There will be four tables, each representing one of the We Read Auckland themes:

- Speak Auckland
- Imagine Auckland
- Uncover Auckland
- Read Together Auckland – this table for sharing books with younger family members and friends – so they are more than welcome to come along!

You can RSVP to us in person, message us on Facebook, or email us at helenlib@aucklandcouncil.govt.nz.

With winter coming, now is a good time to check out one of our Home Energy Audit Toolkits (HEAT kits).

The HEAT Kits provide practical tools and information to help you work out which areas of your home are using the most energy, and where you can make changes to make your home healthier and warmer, save on your power bills, and reduce your carbon footprint.

Home delivery service: We offer a homebound service for people who are homebound for various reasons.

Perhaps, you are at a higher risk of contracting Covid-19. Or your mobility is compromised, either permanently or temporarily. You could have young children and can't get out of the house.

This service can be ongoing, or a one-off.

Contact us via our Facebook page, via our email (helenlib@aucklandcouncil.govt.nz), or phone 0800 695 427, and say that you want to talk to Helensville Library about their homebound service.

Keep up-to-date with library happenings via our Facebook page: [Facebook.com/HelensvilleLibrary](https://www.facebook.com/HelensvilleLibrary).

Anne Coppell, Senior Librarian / Poukokiri - Children & Youth Helensville Library

Helensville Library / Helensville Service Centre

We're changing the way we offer our services in Helensville and making it easier.

From Monday 28 June 2021, we're bringing together council and Helensville library services, so council services will be available during library opening hours.

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Nature Trail Extension – Opening Event

Sunday 20th June (10.30am to 12.00pm)

Our very popular Sculpture Gardens nature trail has now been extended from 1.2kms to 3.5kms.

The track meanders around farmland and native forest, has a beautiful new lookout point of the Kaipara Harbour and forms an important part of the Kaipara Coast Plant Centre conservation and restoration program.

Join David Bayly at 10:30am Sunday 20th June 2021 for a guided 1.5 hour tour. During the walk he will discuss the building of the track and the conservation measures in place, as well as some of the history of the property and interesting facts and features along the way.



You will also be able to check out the 2021 exhibition of sculptures created by local and international artists.



Although the track is very walker friendly, be sure to bring gumboots as well as a rain jacket (unfortunately we can't guarantee the weather!) with you.

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through after the tour.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

*Please note that, whilst the terrain is very benign, the trail is not suitable for wheelchairs or walking frames.

Venue location: 1481 Kaipara Coast Highway (SH16),
Tickets: \$15.00 per person

To Book: **info@kaiparacoast.co.nz**
OR 09 420 5655.





Sold

FOR OUR COMMUNITY

3 RERE PLACE, PARAKAI

The Helensville District Health Trust is a community owned, not for profit organisation, established in 1989. And we are delighted to have achieved a successful sale for them, selling the property at 3 Rere Place, Parakai, as a fundraising prospect to benefit our entire community.

We jumped at the opportunity to assist them by providing a free marketing campaign, contributing our commission and marketing costs to maximise the return to HDHT, allowing greater support to our community!

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"When the Trust had made the decision to sell its residential property in Parakai the choice over which real estate agent to use was an easy one. One agent stood head and shoulders above the rest not only for their experience and ability to sell but also their work within the community and supporting local not-for profits.

Nicky's professionalism and property knowledge was exceptional and her presence within the region is second to none! The communication was clear and concise throughout the whole sale process which ultimately got us the result we so needed! The marketing, using multiple platforms, gave us huge reach and saw that all the open homes were busy.

The sale concluded with the Trust facing offers from four potential purchasers, all of which were not to be sneered at!

Thank you Nicky! You are a legend!"

James Scott
General Manager
Helensville District Health Trust



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

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

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A new answer to clean and safe water

Water tank owners are now able to clean their tank and keep the water too thanks to an innovative new service.

Safe H2O Auckland CEO Hamish Grey has brought his country-first water tank cleaning technology to cover the Helensville and Kumeu region, as well as greater Auckland.



Hamish explains: "The Safe H2O mobile unit is equipped with state-of-the-art nano-filtration which filters out anything larger than 0.001 micron. Tank sediment is vacuumed from the bottom of the tank and the balance of the water is cycled through the system removing e-coli, giardia, lead, pesticides and other contaminants to make your drinking water safe. The purified water is returned to the tank ready for use."

The Safe H2O process retains and purifies your precious water, meaning there is no requirement to purchase replacement water. The process has the added benefit of not risking damaging the insides of your tank.

The Safe H2O system has been successfully running for six years elsewhere in New Zealand. Hamish decided to bring the service to the northern market after observing the recent droughts and the difficulty in sourcing water.

"Water is a precious commodity, and especially as climate change continues to affect weather, it's important not to waste it."

Clean and safe drinking water is critical to ensure the good health of you and your family. And it is something we often take for granted, as various recent incidents with water quality around the country demonstrate.

The Ministry of Health recommends water tanks are inspected and cleaned annually, and Hamish says it is important to continually do a visual check of sediment build up.

"Whether its birds, rats, possums, pollen or someone spraying in the area, contaminants build up over time. This can apply to rain or bore water."

Hamish says a regular tank clean will not only provide clean and safe water it will also allow household filters to work better and last longer. Ultimately this saves costs, on top of being better for your health.

Hamish said, "We regularly hear the comment that 'we have built up immunity' to whatever is in the tank water. We had one farmer who had not cleaned his tanks for 20 years and suffered from shingles for over a year with his medication making no impact on the disease. We cleaned his tank and water and he contacted us two weeks later to say the shingles were clearing up."

"Your health and that of your family and friends is not something to compromise on and we can help by providing affordable, safe water, fast."

For prompt ACTION call Safe H2O Auckland. Premium tank cleaning and water purification. Call on 027 276 6950 for bookings or visit FB @safeh2oauckland for more information.



**Local operator
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International Women's Day Breakfast

A morning of inspiration and motivation is promised at a special event celebrating women making a difference in our community, our country and our world on Friday 2 July at The Riverhead.

The event, hosted by Kindred Family Services, was to have been held on the official International Women's Day on 8 March, but was postponed due to the Level 3 lockdown.

Among the speakers are Hon Priyanca Radhakrishnan, Minister for the Community and Voluntary Sector, Minister for Diversity, Inclusion and Ethnic Communities and Minister for Youth. The Minister has spent her work life advocating on behalf of people whose voices are often unheard –



Hon Priyanca Radhakrishnan who will be a guest speaker at the upcoming International Women's Day Breakfast being hosted by Kindred Family Services.

survivors of domestic violence, and migrant workers who have been exploited.

Another of the speakers is award-winning journalist Barbara Dreaver, TVNZ's Pacific Correspondent. For 18 years Barbara has been telling the stories of the Pacific.

Joining them is Waratah Taogaga (Ngati Whatua), teacher and cultural advisor at Helensville Primary School and fierce advocate for helping our Maori tamariki succeed.

"My Maori culture has been my backbone in life," says Waratah, "I grew up in a mainstream school, lost in a system that didn't support my learning style – but I was surrounded by many incredible teachers in my whanau and iwi. I became a teacher to make a difference for our Maori tamariki in mainstream school settings – I want them to succeed and reach their potential in all areas of school. "

This event is proudly hosted by Kindred Family Services, the social service agency serving northwest Auckland and South Kaipara. The organisation provides a range of services, from counselling, family support, youth work, food packs through the Kai Collective Te Awaroa, a women's refuge safe house and support and advocacy for men and women on their journey away from family violence.

Tickets are \$40 and are available from Eventbrite or call 09 420 7992.

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Kaipara College Rocks at Rockquest

by Gemma Bayly, year Head Student, Kaipara College

On the 21st of May, 10 Kaipara College bands and their supporters headed over to Auckland Girls Grammar for the Smokefree Rockquest Northshore heats.

Smokefree Rockquest is a music competition for secondary school students where bands write and perform original music. It has been running since 1989. Out of the 39 Bands from the North Shore who entered, 10 were from Kaipara. This is an amazing achievement, considering that many of the schools who entered are much bigger than Kaipara College.

Kaipara College had a very supportive audience for our bands. Each time a Kaipara College band performed, students raced down to the stage to dance along to the songs.

At the end of the evening, 12 bands were selected to go through to the regional finals. 4 of these were from Kaipara College. These were Collusion and Rusty Van, both year 9 bands, Selohrae, a year 13 band, and Zoned Out, a band with members from year 11-13. These bands need to write a second song to perform at the Regional finals. Getting into the finals is an amazing achievement and shows all the hard work that the students put in.

Since the start of the year, all the musicians spent their Wednesday nights at 'band factory', run by the music teachers, Nick Roberts and Greg McLarin. At band factory, the students formed bands or stuck with the ones they already had. Once they had formed a band, they had to work together to write a song to perform at Rockquest.

Some students entered their songs into the Youthtown Songwriting Competition as well. This is a songwriting competition for students. It is run by the Play it Strange Trust. Three songs from Kaipara College students were finalists. These were the songs 'Officially Trash' written by the band Collusion, 'Shining Star,' written by Kayla Hutchinson and 'Fly,' written by Lara Middleton. The finalists will be going to a recording studio to record their songs professionally. Their songs will be on the 2021 Youthtown Songwriting Competition Aotearoa Album.

Before the bands headed off to Rockquest, Kaipara College held 'Into the Fire', a gig at Kaipara College to prepare for Rockquest. The night was MC'd by Morgan Costello, the music captain. It was a great night. It was great for the bands and solo-duo performers to practice performing in front of a crowd before they competed. This was the first gig the school has held since 2019 due to COVID-19.

There are still students performing at the solo-duo Rockquest, as well as the bands who are performing at the Regional finals. We wish these musicians the best for their performances.



Zoned Out performing at Rockquest

Art Centre Helensville

Every year Art Centre Helensville holds two exhibitions where Art Kaipara members exhibit without charge. While this is not a competition, visitors to the exhibition vote for their favourite work. The winner of the people's choice for the year's first member exhibition in May 2021 was Leda Daniel, whose mixed media work *Wings of Freedom* won her the People's Choice Award, recognised by the presentation of a bottle of wine and a certificate. Other popular choices were Mike Rowland's *North Piha*, Annabel Brechelt's *Barn Owl* and Barbara Carter's *Old Lady*.

Following the successful *Being and Becoming* art therapy-inspired exhibition, which showcased the work of Leesa Minton-Skirrow, Linda Stevenson and Janet McLeod, is the Festival of Photography, which is open to all contributors. The theme of the exhibition is *Synthesis*: the combination of elements to form a connected whole. The exhibition's opening event will be held at Art Centre Helensville on Friday 4th June from. If you wish to exhibit work at the exhibition, please bring it in on Wednesday 2nd or Thurs 3rd June. The fee for entry is \$5 per photo.

Workshops/classes in Term 2 will be run on Wednesday mornings by Raranga Whariki, 1, 9 and 16 June and a pottery class will be held on 23 June. A Kaipara College Special Needs Art class will be held on Thursday morning, 24 June.

Leda Daniels' mixed media work *Wings of Freedom* won People's Choice Award at the first Art Kaipara member exhibition, held twice a year by the Art Centre.



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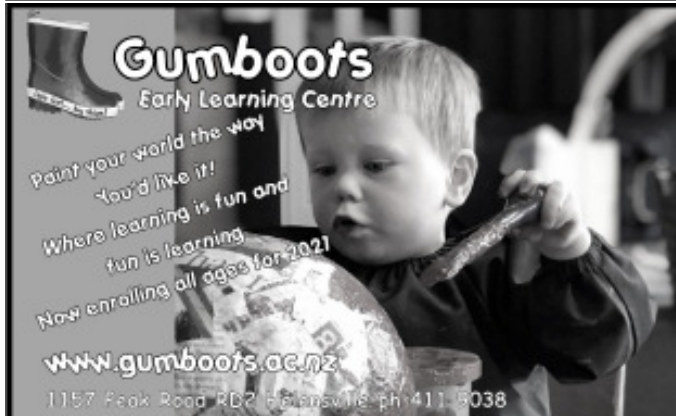
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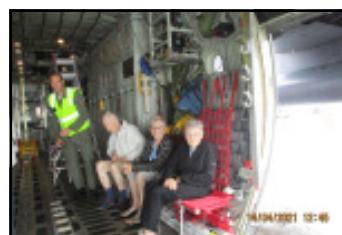
Activities at Craigweil House are many and varied

The residents of Craigweil House have been keeping busy with in-house events, special visitors and unique outings. Recently a group travelled to the Air Force's largest operational air base, RNZAF Base Auckland in Whenuapai-Hobsonville.

Group Captain Andy Scott and Executive Assistant to the Base Commander Alison Elford warmly welcomed our residents to the historic airfields and spoke of its interesting history. The team had prepared a plane, the C-130 Hercules Loadmaster, to show residents and give them an inside look. Avionic Mechanic Hope Gregory was there to answer questions, and residents took turns sitting in the cockpit. It was a fun outing and for many a chance to reconnect with old interests.



Flight Sergeant Nathan Hodges giving Craigweil House residents a tour of the C-130 Hercules Loadmaster.



Craigweil House residents Alf, Rose and Elaine sitting in the C-130 Hercules Loadmaster at the RNZAF Base Auckland.



One corner of the room as the jam session was in progress. Others were playing tambourines, drums, ukuleles, bells and maracas.

For Anzac Day, in collaboration with the Kaipara Memorial RSA, Craigweil House held a traditional service to remember and pay tribute to the Anzac service men and women of our dear country. We were joined by Steve Wilson (RSA Vice President) and Rex Keane of the Kaipara Memorial RSA who spoke stirringly of the courage, camaraderie and determination of the Australian and New Zealand Army Corps.

If you would like to enquire about Craigweil House for your loved one, please get in touch. We are a boutique countryside facility with personalised compassionate support and care for rest home, hospital and secure dementia levels of care – 09-420 8277.



Rex Keane of Kaipara Memorial RSA, who led the service, reciting the Ode of the Fallen.



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 Magnify, 118 Commercial Rd, around the back, downstairs. (There is a ramp) Jocelyn Read 0211-726-547.

Al-Anon Family Groups can help. Free lunchtime meeting every Wednesday, 12 midday in small office at rear of carpark Magnify, 118 Main Road, www.al-anon.org.nz.

Circle of Friends: Meet every Wednesday morning 9.30am - 12.30pm River Valley Church, Fordyce Road, Parakai. Membership \$4 per week, \$10 membership annually. Please bring a plate for lunch. Occasional trips out which are paid for by the club. We also play friendly Bingo games. For more information contact Joan 021 029 51753.

Combustion Youth: Friday, 7.00-9pm, Meet at Magnify, 118 Commercial Rd, Helensville. For 13-18yrs. Ph 420-8911.

Community Dinner – Whether you are new to the area or have been here for a long time you are invited to the fortnightly community dinner at Magnify, 118 Commercial Rd, Helensville. Starts 6:30pm Contact Niki Greendale 0272-059-573.

Diabetes & Arthritis Group - First Monday in the month unless it's a public holiday. Held at the Council meeting room in the Council and library building on the corner of Porter Ave and Commercial Road, from 10am to 12pm. We have also amalgamated with the Arthritis Group. Morning tea provided. Speaker and fun times. Contact Shirley on 420-6501 or Glennis on 420-2801.

Helensville Aglow, First Friday of the Month at the Helensville Community Church, 40 Mill Road Helensville (behind Hospice Shop) All welcome. Contact yvonne@hello.net.nz for more information.

Helensville Floral Art Club, Third Thursday of the month at Helensville Masonic Lodge, 9 Kowhai Street. All welcome. Contact Cushla 420-8905 cushandez80@gmail.com for more information.

Helensville Healing Rooms, Helensville Community Church, 40 Mill Road, Next to the Hospice Shop, Opposite Mitre 10, Every second and fourth Saturday, 11am-12 noon, Need healing in your body or a breakthrough in your life? Visit and experience God's love. ALL WELCOME Phone 0211-230-434 NO APPOINTMENT & NO CHARGE.

Helensville Lions Club, meet 2nd and 4th Mondays of the each month, in the Tennis Club building, 124/164 Rautawiri Road, 6.30pm for 7pm start. Just come along to any meeting to see what we are about - you will be made very welcome. 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 Marion 420-8867.

Hot Pool Stretching and Exercise Class: Every Tuesday 8-30-9.30am. Suitable for arthritis sufferers or those wanting to warm up these muscles and stay flexible. Lots of fun; pool noodles available and fully instructed. At Parakai Springs Hot Pools. For more information contact Chrissy on 027-258-2010

Icenz 4 Boys 8-18 yrs, Adventure, life skills, leadership and fun – every Tuesday of the school term, 6pm-7.45pm. Held at Magnify, 118 Commercial Road. Contact Adrian Low 021-999-449

Icenz 4 Girls 8-13yrs Awesome programme filled with games, activities and skills - every Tuesday of the school term 6.15pm-7.45pm. Held at Magnify, 118 Commercial Road. Contact Sonja Binks 021-202-4792.

Kumeu Friendship Club. Friendship New Zealand Inc. is a welcoming social organisation for people living in New Zealand who are retired or semi-retired. Come along and join us on the fourth Thursday of the month at 10am at St. Chad's Church, 7 Matua Rd, Huapai.

Noah's Ark Playgroup - Helping parents and caregivers enjoy the preschool years, every Wednesday of the school term, 9.30am-12pm at Magnify, 118 Commercial Road. Contact Kim Duncan 027-444-3492

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

Poems After Dark, bi-monthly in the Community Church, 40 Mill Rd. Story-telling and Poetry Performance 6-8pm on the second Saturday of the second month. Pauline Denton paulinekiwidenton@gmail.com

SeniorNet Kumeu Inc., Have you ever thought about joining SeniorNet? The Kumeu branch meets in St Chads Church, Huapai, 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, 0221-831-811, Beverley Meredith, meredithpb@xtra.co.nz, 09-411-5201.

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). Visitors welcome. Enquiries 021-488-427 or email tarrassoc@gmail.com

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	2 Wed	0350	3.6	1625	0725 1712
	3 Thu	0450	3.6	1725	0726 1712
	4 Fri	0549	3.5	1823	0726 1712
	5 Sat	0644	3.6	1918	0727 1712
	6 Sun	0736	3.6	2010	0727 1711
	7 Mon	0825	3.7	2057	0728 1711
	8 Tue	0909	3.7	2140	0729 1711
	9 Wed	0950	3.8	2219	0729 1711
	10 Thu	1028	3.8	2255	0730 1711
	11 Fri	1105	3.8	2330	0730 1711
	12 Sat	1142	3.8		0731 1711
	13 Sun	0005	3.9	1220	0731 1711
	14 Mon	0042	3.9	1300	0731 1711
	15 Tue	0121	3.8	1343	0732 1711
	16 Wed	0205	3.8	1430	0732 1711
	17 Thu	0254	3.7	1523	0732 1711
	18 Fri	0349	3.7	1622	0733 1711
	19 Sat	0449	3.7	1724	0733 1711
	20 Sun	0551	3.8	1827	0733 1711
	21 Mon	0653	3.8	1931	0734 1712
	22 Tue	0756	3.9	2034	0734 1712
	23 Wed	0858	4.0	2133	0734 1712
	24 Thu	0956	4.0	2227	0734 1712
	05 Fri	1050	4.1	2318	0734 1713
	26 Sat	1142	4.0		0734 1713
	27 Sun	0006	4.2	1231	0735 1713
	28 Mon	0053	4.1	1319	0735 1714
	29 Tue	0139	4.0	1406	0735 1714
	30 Wed	0226	3.9	1455	0735 1714

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90th Birthday Celebrations for Helensville WI

On 6th May 2021 members of the Helensville WI gathered together for a luncheon to celebrate its 90th birthday. With invited three guests from neighbouring Kumeu WI fifteen ladies descended on Nuts About New Zealand, a Macadamia Farm on South Head. The weather was wonderful so they were able to spend the whole time out of doors enjoying the grounds at the farm and the magnificent view across to the Kaipara Harbour.

The candles on the Birthday Cake were blown out by the WI's youngest member, Andrea Haslam (51), whilst the cake was cut by Lee MacDonald, who is the oldest member (98).



Helensville members and guests at our party.



Lee MacDonald cutting the cake, with Thelma Faulkner.