

The Helensville Community News

Issue 114 - May 2019

ANZAC Day 2019

by Helen Martin

The national terror threat level was lifted to high following the Christchurch terrorist attacks on March 15 and lowered to medium a month later. The first many of us heard about how this was to affect our local Anzac Day commemorations was via a Facebook post then a New Zealand Herald report informing that the Kaipara Memorial RSA Anzac Day services, along with most other West Auckland-based Returned Services Associations locations, were to be cancelled due to fears over potential counter-actions to the attacks. Many were outraged, but it turned out the decision, following discussions between the police and the



Anzac Day parade, Kaukapakapa. (Photo Colin Lunt).

Returned Services Association, was that selected services were to be held indoors, not cancelled entirely. This was primarily because police felt they didn't have the numbers to cover all outside venues and were worried someone might drive a vehicle into the crowd. Our RSA was visited by police, who did a risk assessment of the Parakai site and the Helensville Parade area and advised the RSA they couldn't make the areas safe.



Anzac Day gathering at the Helensville RSA. (Photo Carol Mellsop).

Kaipara Memorial RSA therefore cancelled its traditional outdoor events and held a well-attended service in the Helensville community hall, while locals went ahead and independently organised and ran a dawn service at Parakai Cenotaph and a wreath-laying event at Helensville Cemetery, both of which were also well-attended. As always, the RSA club rooms were open all day for people to gather and share food, stories and companionship.

The Kaukapakapa Anzac Day service went ahead outside the community hall, with over 500 people turning up, far more than usual. The event is run by the community – specifically Athol McLachlan, John Tucker and Megan Paterson – and is therefore independent of the RSA. The organising committee invited Rex Keane from Kaipara Memorial RSA to MC.

Despite their independence from the RSA, the community group had to go through considerable red tape to get the show on the road. After Auckland Council arbitrarily informed Megan by email the service was cancelled, MP Chris Penk and Board member Phelan Pirrie intervened. "They were both amazing going into bat for us and we would not have pushed it through without their support," says Megan. There was also intense pressure from the police to cancel, but after their risk assessment and lengthy discussions they agreed the ceremony could go ahead if, to mitigate the risk, the entrance to the carpark was blocked off by the local brigade's two fire engines once the service began. While there is usually no police presence at the service, this year four armed police were there. Also there from Trentham was a representative of NZDF, Wing Commander Michelle White.

Asked why she fought so hard for the event to go ahead Megan, who has spent many hours posting information on the online cenotaph about the Kaukapakapa men and women who have done war service, says, "It did get pretty scary, especially when the

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Council said we'd be liable if anything went wrong, and I did spend most of the service watching the road in case there was a drive by. But I've got very attached to 'my' soldiers. They went to war so we could be free, and we shouldn't have had to fight another battle to honour that."



Big crowds at the Kaukapakapa ceremony. (Photo Colin Lunt).

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

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

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

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

Publishers: Huapai Copy & Print

A week in the life of Kaukapakapa

Third Kaukapakapa Photo Competition, Sunday 2nd June to Sunday 9th June.

The third photo competition for A Week in the Life of Kaukapakapa is coming up in June. Come along to the Library on Sunday 19th May when the Village Market is on to find out more and have a look at the entries from the last two years to get inspired. The competition, which will take place during the period from Sunday 2nd June to Sunday 9th June, is for any photos taken in the Kaukapakapa area during the week. Images must be identifiable as Kaukapakapa to qualify for a prize. A maximum of three digital images from each entrant must be received by 6pm Tuesday 11th at threehorses@xtra.co.nz. One picture from each entry will be printed and displayed in the Kaukapakapa Hall during the market on the morning of Sunday 16th June so that a People's Choice award can be selected.

Prizes will be presented to the Best Junior Photo for Under 12 photographers, The best Over 12 Photograph and a People's Choice Photograph. Winning photographers will receive an A3 canvas print of their winning image and a \$50 Westfield Voucher. Awards will be presented in the Hall at Mid-Day on Sunday 16th June during the Kaukapakapa Village Market. The People's Choice Winner will be chosen from the images displayed during the morning of the Market. The decision of the judges will be final.

For more information please contact Megan Paterson, 021 959017, threehorses@xtra.co.nz.



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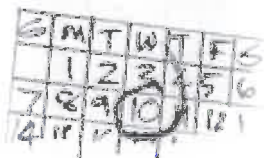
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What's happening this month



Saturday, 4 May, Big end of Summer Sale, 9am – 1pm, St Chad's Church, Orahia Road, Huapai. Lots of clothing and bric-a-brack – bargains galore. Free tea and coffee. The St Chad's Op Shop is always open on Tuesdays and Fridays 10.30 to 3.30pm and on Saturdays 10.30am – 1pm. Contact Jenny 09 412 5585 or Mary 09 412 2262

Sunday, 5 May, Kids' Kitchen Cooking Class, 9am, 10am and 11:30am, Te Whare Oranga ô Parakai

The number one thing mums want most on Mother's Day is a gift made with love. The second best thing is something delicious to eat. Let us help give your kids a nudge in the right direction with a special cooking class dedicated to Mother's Day treats. **AGES:** 3-12 year olds **COST:** \$5 each **BOOK:** kitchen@hdt.co.nz

Tuesday, 7 May, U3A, 10am Helensville Men and Family Centre Hall, 8 Awaroa Road, Helensville. This is the first monthly meeting of the South Kaipara U3A. *For more information see Page 12.*

Saturday, 18 May, Up-cycle junk, Helensville Art Centre, 10am – 2pm Up-cycle junk into art with established up-cycler Andrew Hall, just \$5. BYO junk or use Andrews. See page 10 for more info.

Sunday, 19 May, 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. Live music from Foster on the tenor sax, Easter egg hunt, 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 - sarahl@maxnet.co.nz. Eftpos cash out available.

Sunday, 19 May, Kaukapakapa Library 10am to 1pm. Author of "Missing on Kawau", "When Hope went South" and "Unshakable", Christian writer Patricia Snelling pens inspirational romantic suspense and light mysteries. Her stories are based on faith, hope and love and in particular the ability to rise above circumstances and overcome setbacks. For emotional page turners of love, forgiveness and redemption, come along to the library, meet Patricia and feel inspired. For more info contact Megan Paterson 021 959017, threehorses@xtra.co.nz, Kaukapakapa Library Facebook page. Library open in conjunction with the Kaukapakapa Village Market.

Saturday, 25 May & Sunday 26 May, Helensville Lions Club Book Fair, Helensville War Memorial Hall

Wednesday, 29 May, Understanding the Health & Safety Act Seminar, 10am-12pm, Te Whare Oranga ô Parakai

The Health and Safety at Work Act 2015 (HSWA) is New Zealand's workplace health and safety law. It came into effect on 4th April 2016. This seminar delivered by ANCAD, Auckland North Community and Development Inc, will cover a non-profit organisation's duties under the Act as an employer. **COST:** \$30 **REGISTER:** info@ancad.org.nz

Friday, 7 June, Helensville Aglow 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Guest speaker will be Julie Calvert, director of Healing Rooms NZ. All welcome. Contact yvonne@hello.net.nz for more information.

Saturday, 8 June, Waitoki Village Market Day, 8.30am - 12pm, Elegant Empowerment Come and check out Georgina's handmade crystal bracelets charged with Reiki, necklaces, affirmation and oracle cards, books and a selection of crystals at the next Waitoki Market. Talk to her about how you can use them to help relax and calm. Have a chat with Lisa on how to use native plants to enhance your garden and bush. Don't wait for a disaster to meet your neighbours and find out what is going on in your community. Pick up baked goods, plants, homemade and preloved bargains, preserves, and more. Support your locally owned hall; proceeds from the Market go back to our local community.

New stall holders welcome, contact Gill 420 3301 or email waitokihall@gmail.com. Next market 10th August.

Saturday, 29 June, Auckland Youth Orchestra, 7.30pm – 9.30pm Helensville War Memorial Hall, 49 Commercial Road, Helensville.

The Auckland Youth Orchestra is a full symphony orchestra comprised of 75 of Auckland's most talented young musicians (ages 14-24). AYO toured to Germany and Slovenia last year, receiving standing ovations from capacity audiences at their six performances - don't miss this experience! Door sales available. **Saturday, 29 June and Sunday 30 June, Loaded Tough Guy and Gal Challenge, 11am start**, 124-164 Rautawhiri Rd, Helensville, Registration will be at the Tennis Centre. If you want to get down and dirty and have a whole lot of fun, then these unique off-road running events are for you.

The events are open to both male and female competitors who are 13 years of age and older. Challenge yourself on a course that includes swamp crossings, a spiders web net climb, crawl under barb wire, beautiful native bush trails, tunnels, hurdles, a climbing frame not to mention, mud mud and more mud!

Our events have awesome spot prizes, merit prizes, amazing goodie bags, souvenir coffee mugs, challenging obstacles, a fun atmosphere, hot showers and plenty of free parking. Grab your friends, workmates or family together for a truly amazing experience! Numbers are limited to 1100 per day!

Saturday, 28 September, Women's Street Smart Self Defence Workshop 10am – 4.30pm at Helensville Primary School, Garfield Road, Helensville. Age Restriction 13 & over, for more information contact Charlie 027 368 9245, info@selfdefencecourses.co.nz

Sunday, 29 September, Daylight Saving (Clocks go forward one hour)

For Regular Events see page 15

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Mother's Day Ideas

It's the time of year when all Mum's get to be appreciated for all the amazing work they do. Whether it's hard, exhausting or energy draining, mum's get up every day and do it over and over again for their family.

So, having a day dedicated to celebrate the incredible work they do is VERY important (can you tell I'm a mum?), but it doesn't have to be expensive. Here are a few budget friendly ideas that your wife/partner will love:

- ❖ Let her have a sleep in – heavenly
- ❖ Breakfast in bed
- ❖ Cook lunch or dinner
- ❖ Arrange for her to have a lovely bath to herself (i.e. no kids allowed), with candles, oils, a glass of bubbles
- ❖ Give her a foot rub or massage
- ❖ Paint her nails (probably best for an adult to do this one)
- ❖ Write a list of all the amazing things that she does and that you and the kids appreciate
- ❖ Do a video of yourself and/or the kids saying how much you love her and each saying one to three things that you appreciate
- ❖ Get her favourite movie on DVD (are those still around?) or Netflix, make popcorn, get her a snuggly blanket and let her watch it in peace
- ❖ Take her for a walk on the beach or in a forest
- ❖ Do some chores for her – washing, vacuuming, dusting etc
- ❖ Treat her to some amazing chocolates (dark chocolate 70+ is a healthier version)
- ❖ Make a picnic of all the foods she loves
- ❖ Clean her car – vacuumed and washed
- ❖ Secretly give the children \$5 each to not fight
- ❖ Shower her with love, hugs and kisses

Hope that helps!

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Rotary

South Kaipara



Rotary International is a service-based organisation that has been around for over 100 years and has been involved in many local and overseas projects. Among other things it is a major influence on and contributor to the eradication of polio worldwide. It has six main areas of focus:

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development
- South Kaipara Rotary is a child-friendly organisation. Children are encouraged to work alongside their parents and grandparents to learn about giving back to the community. Like the adults, they have their own T Shirts with the South Kaipara logo. This makes them feel special and part of Rotary.

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Wet but keen buyers at the South Kaipara Rotary machinery auction.

have their own T Shirts with the South Kaipara logo. This makes them feel special and part of Rotary.

We have been very active in the community over the last few months. We had a successful auction on 6th April where we sold both donated machinery and machinery on behalf others. Hopeful bargain hunters were not deterred by

the rain and buyers were pleased with their treasures. We're delighted to be have added around \$5,000.00 to our funds to invest back in the community. Because of the success of this auction, there is likely to be another one in the future.

Other 2019 projects South Kaipara Rotary include:

- Clean waterways tree planting on a farm in Wainui on 5th May. Anyone interested in helping please email southkaipararotary@gmail.com
- Complete the orchard at Parakai School, where 26 fruit trees have been planted. Rotary will help the children learn about the trees, how to harvest and preserve the produce
- Give Usborne Pictorial Dictionaries to all Year 4 students. Last year's distribution of approximately 130 dictionaries to schools in the area will be repeated this year
- Pick Nashi at an orchard for schools
- Help with the Helensville Christmas Parade.

If you have any projects you would like help with, email southkaipararotary@gmail.com or just turn up at one of our meetings on the 1st or 3rd Wednesday of the month at Parakai School from 7-8pm.

Anyone who is interested in joining our family friendly team can contact Leigh Kelly either call on 021625491 or email Leigh.southkaipararotary@gmail.com or just turn up at a meeting. We can also be found at <https://www.southkaipararotary.org.nz/> or on <https://www.facebook.com/SouthKaiparaRotary/>

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Physio Talks

Posture is an important habit

by Dave Rohe

Did your mother (grandmother, auntie, dad) nag you to “Stand up straight!” when you were just a whipper snapper? Guess what, they were right.

While body symmetry left and right is a new age myth, front to back balanced alignment is not, and this is the alignment the nagging was all about. Look at people from the side and you will see an assortment of postures, some of which are likely to cause problems. Look at the posture, any posture, from the side and check these points of reference for best posture: ear over shoulder (cheekbone vertical over breast bone); shoulder over hip; hip over ankle. Try watching for it the next time you’re at the beach, it’s much easier there. The further out of alignment these points get, the more likely the person will have discomfort as a result. That’s payback for not “standing up straight”.

The most commonly seen misalignment is ear in front of shoulder, which goes with slumped shoulders (in front of hips), the classic “not standing up straight”. But, since a person’s head, neck, upper back and shoulders are all closely related, this posture can result in anything from headache, to backache, to one or both sore shoulders. Likewise, a sore shoulder can result in slumped shoulders and forward head. You can start with any original problem and get any combination of the above. For example, a person with an injured shoulder will have a much more difficult time with recovery if the injury is on top of bad posture.

Improper posture has been acquired over time, by endless repetition. The posture is now a habit, and feels normal to the wearer. It may have originated from an injury, but more likely just from inattention. Mom wasn’t around any more to provide reminders. So, if posture is an acquired habit, can it be changed for the better? How do you change it?

Yes, you can change it, by repeating a substitute (hopefully improved) posture repeatedly over time. Does it work? Yes. It is one of the few guaranteed physio outcomes available. But it is only guaranteed if you do the repetitions of the new posture. One way to NOT change a posture is to straight away assume the new and improved posture, holding it steady hour after hour. That way goes pain and disorder, mainly because you are asking your body to make multiple sudden changes of muscles, joints and ligaments, without allowing for the adjustments necessary. So, if a patient comes into the clinic with a sore shoulder and forward head with rounded upper back, I’ll recommend treatment to help the shoulder recover, but will also strongly recommend the patient begin changing the posture habit little by little, every day a little more. That way, in three weeks, the shoulder will likely be feeling better, helped along by the improved posture, and the new posture will nearly be permanent. Three weeks is what it takes to correct a postural alignment, assuming the patient has the self discipline to repeat the new posture pattern. And the proof that the new posture is permanent is that the old posture now feels odd, rather than normal, and the new one feels right. Even if the shoulder injury is not completely repaired within the three weeks it took for the postural change, it will now much more likely be successfully rehabilitated than it could have been with bad posture.

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

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Gumboot Friday

Helensville showed very good support for Mike King's Gumboot Friday on April 5, the purpose of which was to raise funds via gold coin donations for kiwi kids to get free mental health counselling and support when they urgently need it. The campaign has the support of many prominent New Zealanders, including Taika Waititi, Steve Hanson and Jacinda Ardern.

Mike King's idea came from the thought that "Having depression is like walking through mud every day. On Gumboot Friday we put on our gumboots and walk through mud with people to show that we care and we're out there listening. The key to the initiative is fun, because that's what kids like more than anything else."

Marie Adlam, who coordinates the Bridge to Hope suicide prevention awareness team of volunteers established in Helensville in 2015, supported the initiative by delivering flyers to schools, preschool centres and businesses in Helensville and Parakai with her three-year-old daughter, and by talking to people. "We did our best to get the message through," she says. "We have one of the highest youth suicide rates in the world. Gumboot Friday statistics say in 2018 we lost 137 youth to suicide and 3500 attempted to take their own lives." Marie thanks her daughter for keeping her company and everyone who responded so positively to Gumboot Friday. Overall the initiative raised over a million dollars.

Those feeling they need support can attend Bridge to Hope suicide prevention sessions 3pm to 5pm on Wednesdays at 118 Commercial Road, Helensville.



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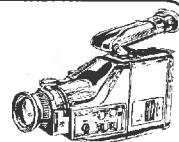
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Focus on ...



Homestead Early Learning Centre

by Helen Martin

Since taking over the boutique Homestead Early Learning Centre in the beautiful 120-year-old villa by the Helensville/Parakai roundabout last July, owner Amanda Pipe and her team have been making changes. The baby space is now suitable for the age group, teachers are working more closely together with better teacher/child ratios, there's a big designated sleep room and the outdoor

area has been turfed and made more appropriate for infants and toddlers. Amanda has also purchased new, more challenging playground equipment for the preschool playground.



Homestead owner Amanda Pipe and her family.

"What we're working towards is bringing more choice into what the children are doing, depending on what stage they're at," she says. "But we're also maintaining a structure that makes them feel comfortable. We try and make it a really positive environment, a home away from home, with learning and care side by side."

It's all about aiming for balance, where structured learning and learning through play keep the children engaged and interested. Opportunities are provided for them to develop their physical, social and intellectual skills, develop confidence and learn about taking appropriate risks on the playground equipment. "We are very focussed on providing learning opportunities appropriate for the current understanding of brain development," says Amanda. "We encourage life skills children will need in the future, such as empathy, personal connectivity, resilience and creativity. We're lucky to have such a wonderful natural environment of over 3000 square metres, with plenty of grass and gardens. The children are given opportunities for creativity in art, music and construction and we encourage their fascination with the natural world."

The children are separated into areas according to age: under two, with three teachers and a maximum of 12 children; two to three-year olds, with two teachers and 12-15 children; pre-schoolers three and a half to five, whose days are a little more structured as they are introduced to the idea of school. Currently there are some vacancies in the two-to-four years old space as recently several children left to go to school.

Amanda, whose mother was an early childhood teacher ("so it's always been part of my life") began her career as an accountant but switched to early childhood after she had her two children. Inspired by a nurturing early childhood education centre she found for her children in central Auckland, where the staff had incredible connection with and empathy for the children, she resolved to become part of it once her children were less dependent. "The staff there understood children's different

developmental stages and their needs at different ages. I saw how their passion and the pure love of what they were doing were the keys to their success."

While, as the owner, Amanda oversees all the centre's business, Lisa Winiata is "the wonderful centre manager", working closely with Homestead's six experienced permanent staff and three relievers. "Homestead works so well because all the staff have a common vision and are passionate about what they do. The children are getting a really high quality of education and care while also having a lot of fun," Amanda says. "All the teams are working well together, and the children are settled and content. I'm incredibly proud of what we've achieved and that we are developing a fantastic reputation in Helensville for being a quality childhood education centre."



Te Awaroa Residents & Ratepayers Association

Vector connecting with community

Exactly a year after the severe storm, which resulted in lengthy power outages in the wider Helensville area, Vector's community engagement team approached Te Awaroa Residents & Ratepayers Association (TARRA) to connect with the community.

Their goal is to develop communication strategies and understand the impacts and possible remedies in such an event. They also wish to better communicate when significant work is to be done requiring some outage.

A first meeting has been held, including Helensville Police Senior Sergeant Damian Albert and Helensville MP Chris Penk. Really worthwhile discussion was had over the whole range of factors, which contribute to the impact on the community of a major outage. Both rural and urban aspects were covered.

Link to Vector's Outage Centre <https://www.vector.co.nz/personal/outages> allows you to sign up for notifications or report an outage.

There will be further development of this. For TARRA to be the point of contact is a boost to our 'reason to be'. If you would like more information or would like to join TARRA email tarrassoc@gmail.com. All are welcome at a ratepayers meeting on 29th May, 7.30pm, at the meeting room, Helensville War Memorial Hall. Police senior sergeant Damian Albert will be guest speaker, providing an opportunity for airing concerns and asking questions.

Holly Southernwood 021488427 Chair of TARRA

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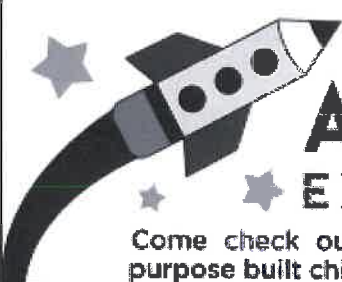


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or email coordinator@artcentrehelensville.org.nz

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Tuesday 4th June 10-4.30 and pay a \$3
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'Imagination' but absolutely any subject
is suitable from an 'Old Gate' by Andrew
Denton to Ngairene Gray's 'Spooky?' Or
'Could Be.' Exhibition opening Friday 7th
6-8pm. Exhibition runs Saturday 8th
Saturday to 29th June. Open 10-4.30 Tues-
Fri, 10-2 Saturdays.

More information? Heather 021 153 3593
or email manager@artcentrehelensville.org.nz



Ngairene Gray's
'Spooky?'



'Old Gate' by Andrew Denton



Ngairene Gray's 'Could Be.'

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Lake Rototoa Reserve community pest control project

A meeting will be held at 10am in South Head Hall, Donohue Road, on Sunday 12 May, to discuss community implementation of a Lake Rototoa pest control project.



Beautiful Lake Rototoa.
(Photo Ian Baker).

South Head's Lake Rototoa is widely regarded as a great place to visit and swim and the beautiful bush reserve around the lake provides habitat for a range of native species, some rare and endangered. Concern that introduced predators like rats, stoats, ferrets and possums threaten the health of the reserve has sparked a

community project designed to tackle the problem.

The Forest Bridge Trust has funding from DOC and Foundation North to assist the community, through South Kaipara Landcare, to make the project happen. Among other things, the May meeting will discuss how to become part of a trapping team and how to get support for pest control on your own land if you're in the immediate area of Rototoa Reserve.

If you plan to go, please RSVP to catchit@theforestbridgetrust.org.nz or 021 169 4485.

Waka Ama success story

Kaipara College had several teams reach the finals in this year's Waka Ama Long Distance Nationals held at the Blue Lakes.

For the second season in a row the Kaipara College Under-19 boys' crew of six won the blue-ribbon event, Gold in the 250-metre sprint, proving they are still the fastest in their age group in the country.

"It was a great achievement, especially as there were over 123 schools competing, making it a true national final," says coach Israil Foreman. "The final was very exciting, with 1st and 3rd place separated by just half a second. The boys didn't know they'd won till they got off the water."

The Under-19 boys combined with the Under-19 girls in the 12-person event, also a 250-metre sprint, to win Silver.



Under-19 boys, Gold medal winners.



Under-19 mixed, Silver medal winners.



Healthy Helensville

Our vision: The best possible health services for people in South Kaipara

Meals made with love

The delicious aroma of freshly made pasta sauce could be smelt wafting across the carpark at Te Whare Oranga ō Parakai on a Monday in early April.

Inside, the commercial kitchen was a hive of activity as seven volunteers and the facility's Kitchen and Catering Manager Keryn Reardon, cooked up batches of meals which will be given for free to local families as they leave the Helensville Birthing Centre with their newborn.

It was the second Cookathon to be held for Te Kete Whāngai ō Kaipara, the Health Trust's initiative launched at the end of last year.

The meals, including a lasagne, macaroni & cheese and a hearty vegetable soup are designed to help new families spend more time with their newborn in those precious early days at home.



Volunteer Keith Martin at the recent Cookathon for Te Kete Whāngai ō Kaipara.

Volunteers are always needed for our Cookathons throughout the year. If you'd like to join the team please contact Amy Wood on events@hdht.co.nz or phone 09 420 9983.

Mums helping mums

Another service that's proving a big help to new mothers is the Breastfeeding Peer Support group.

Last year, 17 women graduated from a 12-week course and are now available to offer support and advice to other mums on their breastfeeding journey.

Profiles of the graduates are available on the Helensville Birthing Centre website, birthcentre.co.nz, and there's also a closed Facebook group which has well over 200 members.

Lactation Consultant Debbie Tetlow says, "the peer supporters provide an important role supporting mums in their breastfeeding journey because there can be plenty of barriers and challenges along the way, and the right information and support is vital."



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U3A is a unique organisation of retired and semi-retired people who enjoy learning from each other and sharing their skills and life experiences, mainly through meetings and interest groups. There are no entry qualifications, no examinations, and no diplomas or certificates

Members have a monthly general meeting and choose special interest groups to join.

The first meeting of the South Kaipara U3A will be at 10am on Tuesday 7 May in the Helensville Men and Family Centre Hall, 8 Awaroa Road, Helensville.

Members decide on the study or interest groups we will have. Ideas so far include: Books to Enjoy, Film Appreciation, Food History, Wine tasting, Mah Jong, TED Talks, Armchair Travel, Walking Groups, etc.

Come and join us! Contribute your ideas

For more information, contact

Tony Morrison - Kiwimorrison@gmail.com or 09-420-9971

Nigel Dempster - nigeldem@outlook.com or 09-411-9444

Judi Neary - jnearynz@gmail.com or 09-420-2055

Claire Couch - clairecouch@yahoo.com or 09-420-8216

Leigh Kelly - leigh@clinicalupdate.co.nz or 021-625-491

WHAT IS U3A?

The University of the Third Age (U3A) began in France in the 1970s and has spread rapidly through Europe, the United Kingdom, Australia and New Zealand. The "Third Age" follows the First Age of childhood and formal education and the Second Age of employment.

U3A aims to harness the great reservoir of knowledge, skills and experience present among older people, to the mutual benefit of its members.

Each U3A is autonomous, organising its programmes and affairs on an independent basis; but all adhere to these basic principles: There is no distinction between teachers and those taught.

All U3As are voluntary self-help organisations.

There is an annual subscription to cover running costs, but there are no course fees.

Group Convenors are U3A members who operate on a voluntary basis and are not paid

Groups meet during the day or evening at a convenient location and time, often in the homes of the group members.

Simply search for 'U3A' on your computer for worldwide information



Helensville Library news:

Housebound service

'If you can't come to us, we will come to you'

Do you know someone stuck at home and who loves reading? Helensville Library offers a free service for those who are unable to visit the library.

The housebound service can be tailored to meet anyone's needs. Open to all ages.

The service is not limited to the elderly. Maybe you have three pre-schoolers all with colds (if so, you poor thing!). Maybe you've broken your leg (heaven forbid!).

It can be for on for a short time, or an indefinite period.

If you prefer, we can select items and a friend or family member collects them. Or, we can deliver.

Contact us on: 09 420 8163 and ask to be put through to Helensville Library OR email us on helenlib@aucklandcouncil.govt.nz.

Changes to Kids Time / Storytime at Helensville Library

Beginning in July, Helensville Library will be changing its Kids Time sessions: we will have Kids Time on Thursdays only, from 10am.

This change will enable the Helensville Library team to visit the growing number of early childhood centres, and primary schools, in our area – thus reaching more children than is possible by staying in the library.

The earlier time means that there will be more time for staff to spend mingling and chatting to children and adults at the end of the 'formal' part of the session.

Keep up-to-date with library events and news by following and liking us on Facebook: www.facebook.com/HelensvilleLibrary/

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Sunday 26th May (9.30am to 11.30)

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We therefore thought that a two hour workshop discussing this subject might be an interesting diversion from our usual Sunday presentation content.



There will be two presenters both of whom have many years of experience within the property market in Auckland and particularly Rodney District.

They are; Mike Morse from Hollis & Scholefield



Ltd. Property Valuers and Peter Brennan from Burmester Real Estate.

Mike has many years experience in the valuation of properties and Peter in marketing homes so between them will offer relevant and knowledgeable information.



Whilst Peter and Mike will be making brief presentations this is a great opportunity to question them about areas of personal interest regarding your home and thus gain some independent insight into both opportunities as well as

potential strategies to avoid.

After the workshop you can stroll through our beautiful 1Km nature trail which has over 40 marvellous new sculptures created for our 2019 exhibition by local and international artists on display.*

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

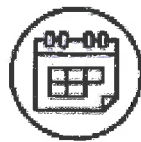
Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

* Trail not suitable for wheelchairs or walking frames; additional entry charge applies.



Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of
Kaukapakapa ~ Tickets: \$10 per person,
To Book: info@kaiparacoast.co.nz OR 09 420 5655.





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: Wednesday 9.30am - 12.30pm River Valley Church, Fordyce Road, Parakai. \$4 includes a raffle, membership \$10 (covers the cost of trips) Play Bingo, Trips in warmer weather, shared lunch, Contact Joan 021 029 51753.

Combustion Youth: Friday, 7.30-9pm, Magnify, 118 Commercial Rd, Helensville. For young people, 13-18yrs. Contact Armand Claassens 021-077-5312.

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

Diabetics & 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 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 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 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 420-8246.

Iconz 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 - Playgroup for caregivers and for toddlers under 5. Meets every Wednesday during school term from 9:30-12pm at Magnify, 118 Commercial Rd, Helensville. Contact Kim Duncan 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 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, Alwynne Wedgwood, alwynneoh35@gmail.com, 420-9984

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

Te Awaroa Residents & Ratepayers Assoc (TARRA), Helensville War Memorial Hall. Visitors welcome. Enquiries 021-488-427 or email tarrassoc@gmail.com

U3A, The first meeting of the South Kaipara U3A will be at 10am on Tuesday 7 May in the Helensville Men and Family Centre Hall, 8 Awaroa Road, Helensville. For more information on U3A see page 12



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Date	High Water Shelly Beach			Sun Rise	Sun Set
May					
1 Wed	0809	3.6	2039	0700	1736
2 Thu	0853	3.8	2121	0701	1735
3 Fri	0933	3.9	2200	0702	1734
4 Sat	1012	4.0	2238	0702	1733
5 Sun	1050	4.1	2315	0703	1732
6 Mon	1129	4.1	2354	0704	1731
7 Tue	-	-	1209	0705	1730
8 Wed	0034	4.1	1251	0706	1729
9 Thu	0116	4.0	1337	0707	1728
10 Fri	0203	3.9	1428	0708	1727
11 Sat	0256	3.8	1526	0708	1726
12 Sun	0359	3.7	1634	0709	1725
13 Mon	0509	3.7	1744	0710	1724
14 Tue	0617	3.8	1852	0711	1723
15 Wed	0721	3.9	1955	0712	1723
16 Thu	0820	4.0	2051	0713	1722
17 Fri	0914	4.1	2143	0713	1721
18 Sat	1003	4.2	2230	0714	1720
19 Sun	1048	4.1	2313	0715	1720
20 Mon	1130	4.1	2353	0716	1719
21 Tue	-	-	1210	0716	1718
22 Wed	0032	4.0	1249	0717	1718
23 Thu	0109	3.9	1327	0718	1717
24 Fri	0147	3.8	1407	0719	1716
25 Sat	0229	3.6	1453	0720	1716
26 Sun	0318	3.5	1548	0720	1715
27 Mon	0416	3.4	1652	0721	1715
28 Tue	0519	3.4	1757	0722	1714
29 Wed	0619	3.4	1856	0722	1714
30 Thu	0714	3.5	1950	0723	1714
31 Fri	0804	3.7	2039	0724	1713

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	Helensville Acupuncture and Herb Clinic	021-1133-665/420-8211	Landscaping	Vision Landscapes	0274-817-478/420-8738
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Beauty Therapy	Beauty Elixir	022-465-0727/420-9775	Licence Endorsements	Wheels, Roller, Tracks Paul	0272-477-948
Bible Chapel	Kaipara Bible Chapel	09-426-4528	Lions Club of Helensville	Pauline 420-6208, Chris	420-8527
Birthing Centre	Commercial Road, Helensville	420-8747	Markets	Kaukapakapa Village Market	0274-831-542
Block & Bricklayers	Gary	027-339-9038/420-8380	Markets	Waitoki Village Market	Gill 420-3301
Boats & Outboard Mtrs	Mike Stanton	0276-058-225	Mechanical Repairs	Helensville Mechanical Services	420-8177
Budget Service	Francis	420-7740	Mechanical Repairs	McLeod Motors	420-8633
Builder	Joel Mitchell	021-255-5875	Motorcycle Repairs	Helensville Motorcycle Services	420-7754
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
Chiropractor	Kaipara Chiropractic Healthcare	420-6224	Painters	Stroke of Genius - Keri	021-701-061
Computers	Wilson's Farm & Consulting	420-2043	Panel Beater	Helensville Automotive	420-6050
Computer Repairs	Michael	021-251-4138/420-9307	Pet Food	Te Pua Garden Place - Avon Aspdon	420-8383
Concreters	Brewis Concrete	021-992-590	Picture Framing	The Picture Framing Company	0800-372-633
Diggers	Helensville Diggers	021-454-793/420-7023	Plant Centre	Kaipara Coast Plant Centre	420-5655
Dog Grooming	Christine	420-2706/021-521-303	Plumbers	KPL Ltd	420-9108
Drainage	Helensville Drainage	021-657-276/420-9091	Podiatrist	Lynley McDonald	0274-828-683
Driver	I Drive You - Jan Scott	Text 021-0256-3865/420-7283	Pumps	Mid West Pumps	420-7694
Early Learning Centre	Active Explorers	09-222-3277	Real Estate	B&T - Doug & Kerry King	420-6090
Early Learning Centre	Gumboots	09-411-9038	Real Estate	B&T - Rene Vos	027-275-4321
Early Learning Centre			Real Estate	B&T - Eveline Vos	021-353-009
	The Homestead Early Learning Centre	420-9810	Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Electrical	Kinetic Electrical	027-420-6545	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	Storage	JS Storage Helensville	420-9991
Flowers	Love Flowers	420-6572	Takeaways	Kaipara Fresh Fish & Takeaway	420-7190
Gasfitting			Takeaways	Shark n Tatties	420-5062
	Habitat Plumbing Heating Gas	027-HEAT-NOW/027-4328-669	Typesetting/Photocopying	Huapai Copy & Print	09-412-8882
Gibstopping	Shaun Sainty	0274-731-755	Tyre Specialists	Bridgestone Helensville	420-7385
Gift Baskets	Riverside Crafts - Sarah	0800-831-542	Unwanted Vehicle	Get Cash	0800-505-099/021-293-342
Gunsmith	John Hall	420-2837	Venue Hire	Kaipara Memorial RSA	420-8888
Gym	Forge Fitness - Open 24/7	420-6303	Windscreen Repairs	Bullseye Windscreen Repairs	027-605-4630
Horse Cover Repairs	Cova Girls - Angela	0275-316-959	Your Local Business Book	yourlocalbusinessbook@gmail.com	

Lions Club of Helensville AUTUMN BOOK FAIR

"The Best Book Fair in the West!"

25th/26th May 2019

Helensville War Memorial Hall

Following on from the successful Christmas Book Fair held in November where \$8,342 was raised for use in the local community, book lovers will be pleased to know that the Lions Club of Helensville are once again holding an Autumn Book Fair in May, Saturday 25th, 9am to 4pm and Sunday 26th 10am to 3pm in the Helensville War Memorial Hall.

The books have all been sorted before the event, as 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 Winemaking including one dedicated to New Zealand subjects. History buffs will be interested in the large number of military books that have been donated for this event,

as well as a large General Non Fiction section to browse through.

Authors from Atwood to Zigman, arrange fiction alphabetically with six special interest groups, the largest of which is the fantasy section. We also have a tremendous number 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 jigsaw puzzles, board games, 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.

Donations can be left at Burmester Realty, Helensville or call Chris on 09 420 8527.

Please note that the last date we are accepting books for this Book Fair is Friday 17th May.