

The Helensville Community News

Issue 115 - June 2019

Double dog attack

On Easter Monday evening, Doug and Jenny Sheldon suffered a dog attack on their Poll Dorset sheep on their Kaukapakapa farm.

The attack was discovered around 9am on Tuesday morning, with a dog being positively identified as it fled the scene. A second dog was also seen. Four stud ewes and a recently purchased stud ram were killed and a further three ewes badly injured.



The following weekend another attack occurred, this time resulting in a further seven ewes dead and 15 badly injured.

Dog Control attended both incidents. A pair of local dogs were identified as being the probable culprits.

These sheep have been traumatised,

retraumatized, savaged and 12 died as a result.

DNA was taken from some of the dead sheep which would have identified the dogs responsible, however the Sheldon's understand that the owners of the dogs suspected of the attacks refused to allow Council dog rangers to take DNA samples; a simple identification procedure.

The Council system for contacting dog rangers is difficult and slow, adding considerably to the farmer's distress.

In 27 years on their farm, there have been around seven dog attacks with over 100 sheep having been killed or maimed, with at least 2 dogs being shot and a further 2 destroyed from previous attacks.

Parakai Airport Proposal meeting

by Helen Martin

Around 90 people turned up to Helensville War Memorial Hall on 23 May to take part in a public consultation process concerning the application of West Auckland Airport, Parakai, to the Ministry of Transport, to become an airport authority.

The letter sent by MoT to some local residents had alarmed many by stating that, should airport authority status be granted, the Parakai airport would be able to set its own bylaws (with approval from Central Government), and would be able to apply to the Minister for the Environment for "requiring authority status", which would give the airport greater autonomy from the Council in protecting land and airspace under the Resource Management Act.

The letter also stated that "West Auckland Airport has applied for authority status as it plans to develop the airport, with the aim of attracting commercial passenger-carrying airlines" and "could include a new, longer runway."

The meeting was useful in that the MoT

outlined the submission process, including extending the submission date to June 14 to give people time to respond, but the explanation from Parakai Airport Manager Simon Lockie was far from satisfactory. While we were all reassured that the application was merely a housekeeping matter in order to change the status of the airport (it's currently under rural production zone rules), many in the audience were less convinced by his assurance that the airport would be "driven by what the community wants." Pressed to explain Parakai Airport's vision for the future of the business, Mr Lockie had



Parakai Airport Manager Simon Lockie addresses the public consultation meeting.

nothing to report, a response which seemed particularly naïve to many in the audience, especially in light of the letter we'd received with information to the contrary.

MoT spokesperson Tom Forster emphasised that this application is merely for a change in status and that any other developments would require further applications.

Submissions can be sent by June 14 to ParakaiAirport@transport.govt.nz or West Auckland Airport Consultation, Ministry of Transport, PO Box 3175, Wellington, 6140.

Parakai Airport status applications.

TARRA will host a community meeting on Monday 10th June, 7.30pm, at Helensville War Memorial Hall meeting room, to further discuss this issue. MP Chris Penk will attend. Airport owner Simon Lockie is invited.

Opportunity to write submissions at the meeting will be facilitated.

In this issue...

- **The Kombuchery re-named** ~ Pg 2
- **What's happening...** ~ Pg 3
- **Profile - Robyn Grace** ~ Pg 4&5
- **Peter Irwin Cape** ~ Pg 6
- **The Thrive Guide** ~ Pg 7
- **Fruit Tree Pruning** ~ Pg 8
- **In Focus: Compsup** ~ Pg 9
- **Helensville Library** ~ Pg 10
- **Healthy Helensville** ~ Pg 11
- **Helensville Floral Art** ~ Pg 12
- **MOTV8N to succeed** ~ Pg 13
- **Helensville Art Centre** ~ Pg 14
- **Regular Events** ~ Pg 15
- **Tide Chart** ~ Pg 15
- **80's Dance Party** ~ Pg 16

Helensville Community News

Email: helensville@copyandprint.co.nz

www.helensvillecommunitynews.co.nz

Phone: 420 9307

312 Main Rd, Huapai. P O Box 81006, Whenuapai

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.

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The Kombuchery re-named

by Helen Martin

You've probably noticed that the name of The Kombuchery in Commercial Road has been changed by new owners Naomi Phillips and Eli Foreman to Te Awaroa Café. Through whanau Eli, who was born and raised here, has connections to the five, local marae. "To local Māori, Helensville district was originally known as Te Awaroa "



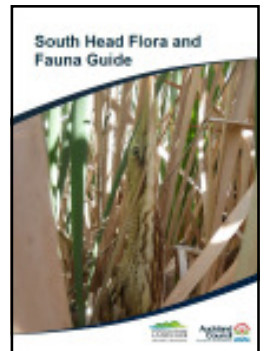
The Valley of the Long River". We wanted to put a bit of the history of Helensville in the name of our café and Te Awaroa is perfect," Naomi says.

Other re-claiming of the original name can be found in Te Awaroa Residents and Ratepayers Association, the Nor-West Business Association's sign at the south end of town and the 2019 South Kaipara calendar.

'South Head Flora and Fauna Guide'

by Helen Martin

In a wonderful initiative, South Kaipara Landcare and Auckland Council have collaborated to produce a 54-page guide to a selection of the flora and fauna found on South Head peninsula. The booklet, funded by Auckland Council, is a first for South Head and will quickly become indispensable to locals for the information it contains about their very special area.



The introduction explains that "South Head is home to a diverse range of rare, endangered and important plant and animal species, and the special forest, wetland and coastal ecosystems that support them", and points out that the community's pest management efforts have increased the chances of their survival. With text by flora and fauna experts and photos contributed by the community, the beautifully produced pages contain fascinating information on South Head's ecosystems, forest birds, wetland birds, coastal and wetland birds, open country birds, lizards and flora.

Additional information at the back includes useful websites on such things as weed and pest control information and environmental funding, an appendix listing the bird species of the South Head peninsula and a reference list.

'South Head Flora and Fauna Guide' is available free – one copy per household – to South Head residents. Copies are available through the South Head Landcare website <https://southkaiparalandcare.org/>

What's happening this month



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, 8.30 till noon at the Waitoki Hall, Kahikatea Flat Rd. 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 10 August.

Sunday, 19 June, 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 duo Gillian and Mike, Free Face painting, Kids craft Table from 10am to 12pm. For more information, stallholder, busker and music enquiries contact Sarah: Phone - 0274 831542 or Email - sarah1@maxnet.co.nz. Eftpos cash out available.

Sunday, 19 June, 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, 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!

Friday, 5 July, Term 2 Ends

Friday, 5 July, Helensville Aglow 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Guest speaker will be Richard Brunton, author of "The Awesome Power of Blessing". All welcome. Contact yvonne@hello.net.nz for more information.

Thursday, 11 July, It's Showtime: Family Friendly Magic and Illusion Show, 2pm and 7pm, New Zealand's freshest Magic and Illusion Spectacular is back with new illusions, more magic, more comedy, more antics and much more fun for 2019.

Come along to witness an unforgettable show with one of New Zealand's leading magicians Mike Lindsay assisted by his sidekicks, Jazz the Dove, Nugget the Chicken and his lovely assistant. For more information visit our website. www.itsshowtime.com

Monday 22 July, Term 3 Begins

Friday, 27 September, Term 3 Ends

Saturday, 3 August, Back to the 80's Dance Party Fundraiser, a fundraiser for Hospice West Auckland, at The Boathouse at The Riverhead, taking you back in time, Tickets \$25 each onsale from 4th June, This event is strictly R18.

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)

Monday 14 October, Term 4 Begins

For Regular Events see page 15

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PROFILE



Robyn Grace

by Helen Martin

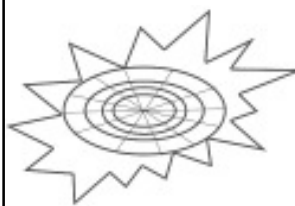
Growing up on a 350-acre dairy farm in Woodhill with her parents Rhonda and Thomas and sisters Gaylene and Lynda, Robyn Grace had a wonderful country childhood. She enjoyed her time at Kaipara College ("I was the drama and singing and dancing and making speeches girl") then, because there were no film



schools at that time, she took herself off to Victoria University to do a BA in English literature, drama and film. After graduation she found work at the Depot Theatre in Wellington, where she was the lighting technician, then the Marketing Manager, before directing her first play. She then went overseas, met her partner in London and produced four sons (the eldest was born in London, the other three in NZ).

"When the boys were little, I was suddenly a single mother and I decided to do something that would make me happy and give me enough money to raise four children on my own. So, in 2000 I sat in the foyer of Pacific Renaissance Pictures in Auckland in my best outfit, which was a maternity dress and all I owned, and I waited until someone agreed to see me. I hit it off with one of the women there who had some influence and after letting me work unpaid for three days, they offered me a 3rd Assistant Director role - I didn't even know what that was," says Robyn. "I had very little confidence then, but I just had this idea in my mind that was what I wanted to do."

Taking on the demanding role of assisting 1st and 2nd Assistant Directors during film shoots while still breast feeding her youngest child was a big challenge, which Robyn met by moving back to Woodhill so her wonderful mother could help by being there for the boys during her work hours. As well as enabling Robyn to follow her dream, the move meant the boys could, like their mother, have a country childhood with all the benefits that provides. Working very long days, Robyn eventually trained as a First AD on South Pacific Pictures' 'Shortland Street', then became a freelancer, moving from project to project with US companies such as Warner Brothers, Disney and MTV, who produce many films here for theatrical and television release both here and overseas. Seven years ago, she met her partner Rory MacGillycuddy and they now have a house in Woodhill, not far from where Robyn grew up.



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While life as a film maker is exhausting, it also offers rich opportunities. Jobs Robyn has worked on include 2nd AD on the 2009 Peter Jackson-produced feature 'District 9', which was shot partly in South Africa, 1st AD and Associate Producer on the 2015 feature 'Deathgasm', New Zealand film maker Jason Lei Howden's spoof on death metal, which was shot in West Auckland, Associate Producer on the television feature drama about the Teina Pora story, 'In Dark Places' and the yet-to-be-released comedy action feature 'Guns Akimbo', which stars Daniel Radcliffe (of 'Harry Potter' fame) and was shot partly in Munich. Over the years she has also, among other things, had the opportunity to direct a few episodes of television drama.

For some time, Robyn has wanted to be a feature filmmaker so, after the Munich shoot, she stayed on in Europe and, while in Italy, wrote her first feature film script. But, as NZ filmmakers know only too well, it's very hard to get funding to make a feature in this country. "As a middle-aged woman in New Zealand it's very hard to be heard," Robyn explains. "I was advised to do a short film first, so I adapted a short story I like, Marian Keyes' 'A Woman's Right to Shoes' and paid for it using the crowd funding website Kickstarter." So far it has been selected for exhibition at Palm Springs International Short film Festival and 35 other international Film Festivals.

Robyn has now completed a rough cut of her second short 'Oranges and Lemons', which was funded through Boosted and is the first short film she has written. It's set in 1973 and is a story of Robyn's childhood. Most of the film was shot on the Bradley farm in Helensville- the original Grace farm no longer exists - and, as with her first short, most people worked on it for nothing.

In 2017 Rhonda Grace, a much-loved member of the community and of her family, was lending a helping hand to a family of old friends in Kumeu when she was hit by a car and died at the scene. "Mum's death was shocking," says Robyn. "She was so much part of this house and our lives. It was bloody hard. Something like that makes you realise that life is so short and if there's something you want to do you have to do it, before it's too late. I want to make feature films. I'm not after going to Hollywood or being famous, I just want to tell interesting stories."

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Kaukapakapa Library hosts photo competition

Come along to the Kaukapakapa Village Market on Sunday 16th June and view the entries for "A Week in the Life of Kaukapakapa", the annual photo competition. Hosted by the Kaukapakapa Library, photos must be taken and entered between Sunday 2nd June and Sunday 9th June. Prizes for best under 12, Over 12 and People's Choice will be awarded at midday. More details on the Kaukapakapa Library's Facebook page or contact Megan Paterson 021 959017, threehorses@xtra.co.nz

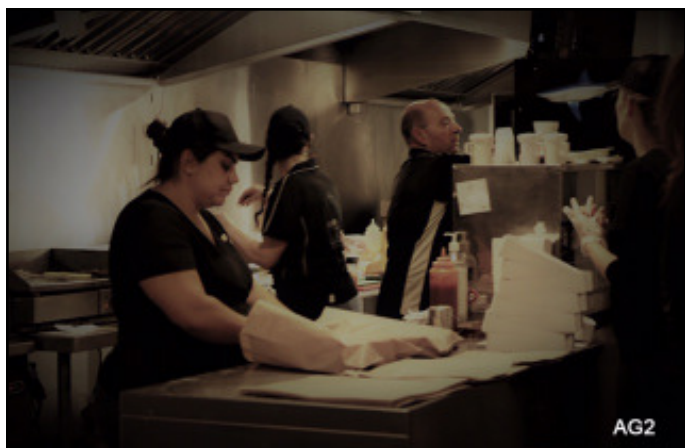


Photo is one of the winners from 2017 taken by Ian Golder.

Peter Irwin Cape

17th January 1926 - 30th May 1979

Born at Malolo House, Helensville

Author, Broadcaster, Cleric, Wordsmith, Balladeer

Wrote "*Taumarunui On The Main Trunk Line*"

A service to commit

Peter Cape and his ashes to their final resting place at All Saints Church Cemetery will be held at All Saints Church, Kaukapakapa, Cnr of Kaipara Coast Highway, SH 16, and



Peak Road, Kaukapakapa, July 21st 2019 at 12 noon. All are welcome to attend.

This will be followed by a Tribute Concert and gathering in Helensville on July 21st 2019 at 2pm at Magnify Church, 118 Commercial Road, Helensville where Peter Cape's songs will be performed, reminiscences told, to commemorate and celebrate his life and contribution to New Zealand's heritage. All are welcome to attend

This will be blackboard concert, coffee and tea will be available, Please bring a plate (with something on it) a koha will be taken to cover expenses.

Those who would like to perform Peter Cape songs please contact Christopher Cape, 13 Trafalgar Street, Dannevirke, 4930, Phone 06 927 6136

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Time Saving Tips in the Kitchen

If you're living a busy life, it's easy to feel like you don't have enough time to cook healthy foods. But if we don't put the effort in to look after our body, it will make us take time by getting sick. So, here's a few tips to help you save some time in the kitchen...

Batch cooking

Cooking meals in bulk when you can – i.e. cook a big batch once, eat for two different meals (or freeze one half):

- Cooking a double batch of mince, onions and garlic, then using for two different meals.
- Roasting a chicken and using some for a dinner and the rest in a soup or for lunches.
- Making a double batch of mashed potatoes or kumara and use one half in dinner, and the second half as a topping for a casserole.
- Baking a double batch of muffins and freezing half for the next week.

Prep ahead

Wash, chop, peel, grate etc. bulk batches of vegetables that you will use for the week and keep stored in the fridge or freeze if suitable.

Snack containers

Make up snack containers/jars for yourself or the kids and keep in the cupboard. Try nuts, seeds, 1-2 pieces of dried fruit, 1-2 bliss balls, coconut strips, etc.

For more time saving tips in the kitchen, have a look at my article on my website

<https://www.thethriveguide.co.nz/time-saving-tips-in-the-kitchen>

For more health and wellness tips come on over to my Facebook or Instagram page

The Thrive Guide with Melissa Lowe

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Fruit Tree Pruning Workshops

Sunday 30th June or Sunday 28th July
(9.30am to 11.30am)

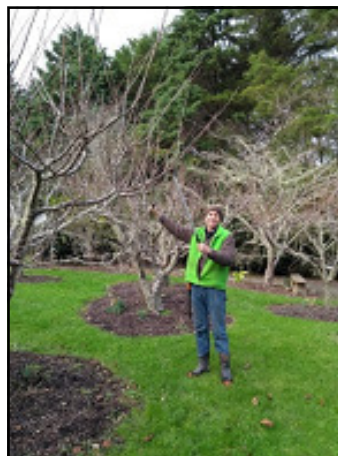


It's time to get the loppers out again folks!! Although if you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this workshop will give you all the basics to assist in your success.

David Bayly, our in house tree care Ninja, will be once again running this very popular workshop in his usual relaxed and interactive style; topics to be discussed will include:

Tools required

- Pros & cons of various trees
- Site selection and preparation
- Planting methodologies/techniques
- General tree care
- Safety considerations



This event is so popular that we will be running one at the end of June and a second one at the end of July but booking is still recommended as spaces on each is limited (see below for booking details).

Afterwards you will also be able to stroll around the 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.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of
 Kaukapakapa ~ Tickets: \$20 per person,
 To Book: info@kaiparacoast.co.nz OR 09 420 5655.



In Focus: Comsup

by Helen Martin

Every month a community meeting, known as Comsup, is held for South Kaipara people who represent a wide range of support agencies and organisations in Helensville, most of them working within the community.

Jo Chiswell, a child health social worker employed by the Waitemata DHB and based at Helensville's Community Health Centre, shares the chairperson role with counsellor and Peacemakers manager Andrew Connolly. The Helensville Women and Family Centre take responsibility for the minute-taking and other admin duties.

"People are really passionate about Helensville and want it to be a thriving community. The purpose is to strengthen our community by sharing our support information. It's the ripple effect concept," says Jo. "I tell somebody, they tell somebody else etc. It's a formal way of sharing informal support and an excellent community networking forum for people sharing information. We're not strict about membership. Anybody can come, but they do need to be representing a community organisation, agency or initiative. It's valuable for people who've started new jobs as it helps them get a handle on what's available in Helensville. We talk about what we can offer our families and clients, but we never discuss them individually. Some amazing ideas have been seeded at those meetings. You get energised by what others are doing, and people put their hands up to be involved in initiatives like the community garden and the recycle centre. It's the contagion of positivity."

Community Health Centre administrator Janice Bristow, who has worked at the centre for 19 years, has seen Comsup grow in strength and numbers. "Comsup meetings started off with a public health nurse who worked here 30 years ago in the early 1990s. She got a small group of like-minded people in the health care professions together – counsellors, social workers, etc. - and it grew from there. Now around 40 organisations attend the meetings, with a mix of non-government organisations (NGOs) and government organisations."

Jo thinks South Kaipara is remarkable for the range and depth of support it offers and the Comsup meeting is a platform for this. "My job is based in Rodney and West Auckland and the Comsup meeting is unique to our area. While the first point of contact for newcomers to Helensville is often the Citizens Advice Bureau, we also have many other support organisations including a women's centre, a men's trust, Te Ha Oranga, a Māori iwi provider, a community health centre with visiting clinicians who provide a diabetic clinic and podiatry, we have parent aid, HIPPY and many others. For a small population, our South Kaipara families are very well served."

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 Nga Whare Mātauranga o Tāmaki Makaurau



Helensville Library news

Did you know libraries are more than books?

We can help with photocopying, printing, internet stuff.

We can help you find obscure facts.

We can help with your family history research.

We can help with homework questions.

We are a safe space for you to rest.

Library membership is FREE to anyone who lives in our area. (To join, we need to see proof of who you are – e.g. Passport / Driver's Licence – and proof of where you live.)

You can use the library services – including issuing books, magazines and documentary DVDs – for NOTHING (if you return everything on time).

Helensville Library is one part of the greatness of Auckland Libraries – and your library card works in all our 55+ library sites. Did you know that the Sir George Grey Special Collections (in Auckland Central Library) contains real treasures – like 12th century manuscripts, 15th century illuminated missals, a letter from Hone Heke in 1844! So many marvellous things. And, they belong to us all – the people of Auckland. You can even ask to see them!

Helensville Library is open Monday to Friday 9.30am to 5pm, and Saturday 9.30am to 4pm.

Come in and visit us.

You are welcome.

We'd love to meet you.

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 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 helenslib@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/

Te Awaroa Residents & Ratepayers Association was included in a long list of community organisations recognised by Rodney Local Board at an afternoon tea held at Coatesville Hall on 14th May. Irene Hogan and Holly Southernwood attended to receive the certificate awarded to recognise the volunteer efforts of TARRA. The guest speaker was 'New Zealand's batman' Ben Paris and the presentation about New Zealand bats and the research and location identification being undertaken by Auckland Council to prevent their becoming extinct was surprising. Did you know that these tiny creatures are the best pollinators? Ben Paris can be contacted on 021 243 4486.

It was an opportunity to network with other ratepayer groups and connect with many familiar faces. It was great to see some younger people amongst the crowd, but communities are so dependent on the continuing service of the many older volunteers. Helensville desperately needs some fresh, youthful volunteers.

Looking for some community involvement? Call me on 02148827 or email tarrassoc@gmail.com. I will provide some options according to your interests. I recently recommended volunteering at the Helensville Museum to someone keen on gardening.

Holly Southernwood Chair of TARRA



Congratulations to Helensville woodturner Ray Scott, who is thrilled his 2019 Royal Easter Show entry in the Art Competition Woodcraft section, the beautiful tea set 'High Tea at Tiffany's' (pictured), won First in Domestic Ware and the overall prize for Supreme Exhibit.

Using Kaipara Medical Centre

Heading into the busy winter season the Kaipara Medical Centre is asking for the community to help its hard-working team so visits are as simple and efficient as possible.

Appointments with doctors can be made either with a receptionist or online at kaiparamedicalcentre.co.nz. The advantage of booking online is that you can see when the individual doctors are available.

For on-the-day appointments a Duty Doctor is available. Rather than coming in and sitting in the waiting room for lengthy periods, patients are encouraged to



call reception and ask to speak to a Triage Nurse. The nurse will call them back and make a time for them to come in and if necessary see the Duty Doctor.

The community is reminded that Kaipara Medical Centre is not an Accident and Emergency Centre.

The nearest A&E facilities are at Waitakere Hospital in Lincoln Road which is open 24 hours, 7 days a week and Westgate Medical Centre and Silverdale Medical which are both open 8am – 8pm, 7 days. And, of course, always dial 111 in case of an emergency.

Nurses Clinic

Another service offered at Kaipara Medical Centre is a special Nurses Clinic with our team of nurses using their specialist skills.

The nurses have a wide range of expertise, including travel vaccines and immunisations, asthma, diabetes, cervical smears, diabetes and post-natal care.

The clinics are held Tuesdays 8:30am – 5:00pm and alternate Wednesday evenings. The rostered nurse on each clinic will have different specialities so speak to the receptionist to find out how they can best accommodate you.



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Activities of the Helensville Floral Art Group



The Title for May was 'All Foliage Traditional Design'

Our regular Club meeting was held on Thursday May 16th at 10am. We had ten members attend and a visitor who is interested in joining us.

The workshop was organised by the Hostesses' of the day Jenny Place and Lyn Rowland.

Sharon Benton, from Hibiscus Coast Floral Art Club was the workshop leader. It was teaching the basics of a Traditional Symmetrical Design.

The aim was to complete an All Foliage design, focusing on the characteristics of a Traditional style of design. Including the Principal of Design, which is Balance and Symmetrical Balance.

The plant material was gathered mostly from all our own gardens.

Line – straight tall stems ie Rosemary, Bay, Deities, Flax or similar, Base leaves – Geranium, Heuchera, Fatshedera, Transitional – Pittosporum, Fern, Manuka, Corokia or similar, Focal- Succulent, Euphorbia, Hydrangea leaves, Leucadendron, Heuchera or other significant foliage or round or volumetric form as a feature

With Sharon's expertise and help, all members created amazing designs and each one different. A very interesting and satisfying workshop.

June 20th is our next monthly meeting and the Title is 'BEACHCOMBER'; new members are welcome; we meet on the third Thursday of every month at the Masonic Hall in Kowhai Street at 10.00am. Contact: Cushla Hawkes 021-2588-979 or Jan Backhurst 021-1670-086



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Often we are so busy in our worlds, that we don't have much time to look around and notice what is going on for someone else.



Kim McNamara

We can sit in our model of the world and believe that everyone shares the same model. Unfortunately, there are people who live in a very uncomfortable world, they may have grief, fear, poverty, addictions, health issues, just to name a few.

Sometimes it is nice to come out of our world and start noticing what is going on around us. It won't take you long to realise that there is someone around you with a lot less and may be suffering. Imagine offering a small amount of kindness to that person. To be significant doesn't mean it needs to be big. It could be helping someone carry their shopping to their car, a genuine smile, shouting someone a coffee.

Imagine then that you have done some small act for someone, just something to brighten their day. Imagine their response, their joy that someone has noticed them struggling, imagine them being grateful. And imagine how that would make you feel? And imagine the domino affect.

Success Coaching & Personal Empowerment courses now running at the Kumeu Arts Centre. These are fun, insightful courses where you meet like minded people and learn lots of new strategies that help you towards your goals and dreams. Come and join us.

Kim McNamara

Life Success Coach/ Hypnotherapist/ NLP Master Practitioner/ mBIT Coach

www.lifesuccesscoach.co.nz kim.motv8ncoach@gmail.com

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Kaukapakapa Village Market Pink Ribbon breakfast update

We had a soggy start to the Kaukapakapa Village Market Pink Ribbon breakfast on Sunday 19 May but in spite of the weather our breakfast raised over \$500 for the NZBCF with plenty enjoying a delicious breakfast, toasted sandwiches and cup cakes. Plus our



winners on the day were Ella Hood whose guess won her a jar of mints and Brian who correctly guessed the number of jelly beans in the jar. Tickets for the raffle for a fantastic basket of goodies can still be purchased. The raffle will be drawn at midday on Sunday 16 June at the next Kaukapakapa Village Market.

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Helensville Art Centre

Drawing towards painting and Beyond!

Wednesdays from 6.30-9pm from June 12th- July 17th. A series of 6 weekly classes with John Perry that take you on a creative journey through art & history.

Week 1: Wednesday June 12th The Geometry of Drawing; a workshop in the exploring of line, tone & area.

Week 2: Wednesday June 19th Discovering Organic Form; looking into the natural world!

Week 3: Wednesday June 26th H2O An Introduction to Watercolour & Acrylic Technique; A painting workshop in technicolour.

Week 4: Wednesday July 3rd The Oil and Water Mix; a mixed media workshop.

Week 5: Wednesday July 10th Silkscreen Printing On a Shoe String; an experiment in multiplicity.

Week 6: Wednesday July 17th Where to Draw The Line; Art/World/Life/Play.

Just bring along your imagination and your art materials.

\$30 per session or all 6 for \$150 Booking essential; payment can be made Tue-Fri 10-4.30, Sat 10-2, or contact Pauline 021 158 6859, or coordinator@artcentrehelensville.org.nz

Matariki Weaving Workshop.

Make your own (shopping basket) or small purse. Participants will learn how to make their own eco friendly bio degradable shopping basket or a small purse made from flax.

Class size: 10 funded spaces at \$20 Sunday June 23rd 10am-2pm.

One Day Movie Making Workshop

With short film-maker Hank Snell. Saturday 6th July 9.30-4.30 \$60 through Creative Communities subsidy. Students are asked to bring costumes, props and ideas to this fast paced workshop where the theme is discussed and filmed in just one day. The edited premier is 7pm the next day, Sunday 7th July, at the Art Centre.

Ephemeral art workshop

This allows children the opportunity to make choices and create patterns. Ephemeral art is art created from nature, this can be done both inside or out in nature. Photos are then taken and then the piece of art is left to the elements or children to recreate something new.

Children develop a strong connection with nature and see beauty in the natural world around them. Seeing the world through the eyes of an artist. Saturday July 13th 10am-1pm Ages 7-12 \$15

Shadow Theatre Workshop – Helensville Art Centre

Saturday July 20th 10am - 4.30pm with performance at 4pm for everybody to attend. \$30 ages 7-12. A full day workshop includes introducing children to Taonga Puoro-Ancient Maori Instruments and shadow puppetry. Learning to use the instruments and puppets. The children will be empowered to put together a performance for Parents, siblings and whanau which will be performed at the end of the day. The story to be performed will be a legend from Aotearoa.



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



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 info call Tony 420 9971 or 0274-486-436

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	June					
	1 Sat	0852	3.8	2125	0724	1713
	2 Sun	0938	3.9	2209	0725	1712
	3 Mon	1023	4.0	2252	0726	1712
	4 Tue	1108	4.0	2335	0726	1712
	5 Wed	1154	4.0	-	0727	1712
	6 Thu	0020	4.1	1240	0727	1711
	7 Fri	0106	4.1	1329	0728	1711
	8 Sat	0155	4.0	1422	0729	1711
	9 Sun	0249	3.9	1519	0729	1711
	10 Mon	0348	3.8	1621	0730	1711
	11 Tue	0450	3.8	1724	0730	1711
	12 Wed	0552	3.8	1827	0731	1711
	13 Thu	0654	3.8	1928	0731	1711
	14 Fri	0753	3.9	2027	0731	1711
	15 Sat	0849	3.9	2120	0732	1711
	16 Sun	0940	3.9	2208	0732	1711
	17 Mon	1027	3.9	2252	0732	1711
	18 Tue	1111	3.9	2333	0733	1711
	19 Wed	1151	3.8	-	0733	1711
	20 Thu	0011	4.0	1228	0733	1711
	21 Fri	0047	3.9	1305	0734	1712
	22 Sat	0123	3.8	1343	0734	1712
	23 Sun	0201	3.7	1423	0734	1712
	24 Mon	0242	3.6	1509	0734	1712
	25 Tue	0330	3.5	1600	0734	1713
	26 Wed	0423	3.5	1657	0734	1713
	27 Thu	0519	3.5	1756	0735	1713
	28 Fri	0616	3.5	1856	0735	1714
	29 Sat	0714	3.6	1955	0735	1714
	30 Sun	0812	3.7	2050	0735	1714

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Art	Patiki Studio-Gallery Sat & Sun Mei Hill	021-037-9499
Beauty Therapy	Beauty Elixir	022-465-0727/420-9775
Bible Chapel	Kaipara Bible Chapel	09-426-4528
Birthing Centre	Commercial Road, Helensville	420-8747
Block & Bricklayers	Gary	027-339-9038/420-8380
Boats & Outboard Mtrs	Mike Stanton	0276-058-225
Budget Service	Francis	420-7740
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CAB		420-7162
Cabins	Rodney - Just Cabins	0800-58-78-22
Chiropractor	Kaipara Chiropractic Healthcare	420-6224
Computer Repairs	Michael	021-251-4138/420-9307
Concreters	Brewis Concrete	021-992-590
Diggers	Helensville Diggers	021-454-793/420-7023
Dog Grooming	Christine	420-2706/021-521-303
Drainage	Helensville Drainage	021-657-276/420-9091
Driver	I Drive You - Jan Scott	Text 021-0256-3865/420-7283
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Early Learning Centre	Gumboots	09-411-9038
Early Learning Centre		
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JP's	Greville Walker	02108-290-768/420-7173
Landscaping	Vision Landscapes	0274-817-478/420-8738
Laundromat	Helensville Laundromat	420-6050
Licence Endorsements	Wheels, Roller, Tracks	Paul 0272-477-948
Lions Club of Helensville	Pauline	420-6208, Chris 420-8527
Markets	Kaukapakapa Village Market	0274-831-542
Markets	Waitoki Village Market	Gill 420-3301
Mechanical Repairs	Helensville Mechanical Services	420-8177
Mechanical Repairs	McLeod Motors	420-8633
Motorcycle Repairs	Helensville Motorcycle Services	420-7754
Mower Repairs & Sales	Lifestyle Mowing Machinery	0274-955-948
MP-Elect	Chris Penk	021-0230-6106
Osteopath	Osteopathic Natural Health	420-7867
Painters	Robert Wright & Company	027-374-1105
Painters	Stroke of Genius - Keri	021-701-061
Panel Beater	Helensville Automotive	420-6050
Pet Food	Te Pua Garden Place - Avon Aspdon	420-8383
Picture Framing	The Picture Framing Company	0800-372-633
Plant Centre	Kaipara Coast Plant Centre	420-5655
Plumbers	KPL Ltd	420-9108
Pumps	Mid West Pumps	420-7694
Real Estate	B&T - Doug & Kerry King	420-6090
Real Estate	B&T - Rene Vos	027-275-4321
Real Estate	B&T - Eveline Vos	021-353-009
Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Reiki Healers	The Healing Heart of Helensville	420-9098
Shower Installation		
	Guaranteed Shower Installations Ltd	0800-466-5327/420-8777
Storage	JS Storage Helensville	420-9991
Takeaways	Kaipara Fresh Fish & Takeaway	420-7190
Takeaways	Shark n Tatties	420-5062
Typesetting/Photocopying	Huapai Copy & Print	09-412-8882
Tyre Specialists	Bridgestone Helensville	420-7385
Unwanted Vehicle	Get Cash	0800-505-099/021-293-342
Venue Hire	Kaipara Memorial RSA	420-8888
Windscreen Repairs	Bullseye Windscreen Repairs	027-605-4630
Your Local Business Book		yourlocalbusinessbook@gmail.com



Autumn Book Fair 2019

The Autumn Book Fair, held last weekend, raised \$8,670 from the sale of books and together with the raffle and sausage sizzle, held in conjunction with the Book Fair, a grand total of \$9,966 was raised.

We hope that our customers are pleased with their purchases and have many hours of enjoyable reading ahead. We would also like to thank all those who donated books, for without you, there would be no Book Fair.

The Club would also like to thank the wider Helensville community, putting together a book fair is a team effort and we would not be able to cope without the assistance we receive from our community, especially the partners, friends and relatives of Club members who were present throughout the weekend. Members from the Lions Club of Waimauku and South Kaipara Youth also assisted in the setting out and cleaning up of the Hall. We also wish to thank members of the Rodney Local Board for their support

and Burmester Realty for letting us use their premises as a drop off point.

All the funds raised go into the Lions Club of Helensville Charitable Trust Account and will be used in our community to assist those members or organisations in need of support, as well as into community projects such as the Riverside Walkway and Rautawhiri Park.

The books left over will be re-sorted with damaged or unsaleable books going to the Helensville Recycle Centre. Surplus children's books go to South Auckland for distribution to less fortunate children. Other books are sold at the Lions bookstall at the Kaukapakapa Market, which is held on the third Sunday of each month, and at other events run by the Lions Club of Helensville throughout the year.

The next Book Fair is our Christmas Book Fair which will be held on the last weekend of November, Saturday 23rd and Sunday 24th, 2019, in the Helensville War Memorial Hall. As a service to the community the Helensville Lions will accept books throughout the year. Small amounts can be left with Burmester Realty, Commercial Road, Helensville, otherwise contact Chris at 420 8527 or any other member of the Lions Club of Helensville.