

Fantastic community project encourages us to shop local

by Helen Martin

Whether you sell bird seed, real estate, art or something else altogether, well-known local photographer Victoria Logan has been hard at it, working on a massive self-devised project designed to put you all on the map at no cost to you. In summary, Victoria has posted a photograph and brief account of each individual business in Kaukapakapa, Helensville, Parakai and South Head on our community Facebook pages and is already getting feedback that people have scored jobs from her posts. Generously, she is happy to give businesses the digital files of her photos to use as they wish.

Our community is small, and businesses are struggling as a result of the lockdown. The project was conceived, Victoria says, when she realised that promises to shop locally after the pandemic were being forgotten, as people went shopping out of town or online. With time on her hands, because her business Stellanova Photography was in lockdown, she decided to do something positive about it. "At first everybody was swearing they were going to support the local community and then as people settled into it and our cases were low, I noticed on Facebook people talking about

stuff they were buying out of the area. It's not up to me to tell people what to do, but on



Victoria and Van

a social media platform I can remind them what we've got here by putting faces to business names. With each photo I take I write a short description that includes contact details like phone numbers, FB pages and websites."

Accompanied by her trusty Eclectus parrot Van (short for Vandal), Victoria has

worked to photograph around five businesses a day. "I've been encouraging people who want to be part of it to message me and book a slot, and I also cold call when I'm out shopping," she says. "It's been huge, and it's made me realise just how many businesses there are here. It will end for me when I've recorded every business in the area."

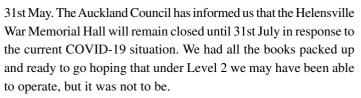
Van, a very smart bird who has his own Facebook page, is always a welcome icebreaker, a role he relishes on the photo shoots and also in Victoria's other voluntary work with Bark NZ, where children in schools learn how to interact with dogs, and with Dog Abled, where he is the first bird in New Zealand to take part in sessions designed to help university students new to hostel life relax and get to know each other.

If you haven't yet been included in Victoria's community project, message her through Facebook or call her on 0221914254.

You can find the posts on her Facebook page, and in support of this fantastic local initiative, Helensville Community News is giving Victoria's record a permanent home on our websitehttps://helensvillecommunity news.co.nz/

The Lions Roar

It is with much regret that the Helensville Lions Club have had to cancel their Autumn Book Fair, which was due to be held 30th -



However as long as the virus doesn't return we intend to hold our Christmas Book Fair on the last weekend of this November.

As a service to the community we are still accepting donations of books, contact Chris on 09 420 8527 or any other member of the Helensville Lions.



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Helensville Community News

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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 Numbers Game

The danger of dealing in numbers is that sometimes we forget the faces of real human beings behind them. Of course it's inevitable that policymakers, politicians and professionals in general need to survey the statistical horizon. Relying solely on anecdotal data to the exclusion of empirical evidence would be at least as great a mistake to make as doing the reverse.

Bearing all that in mind, I've been reflecting on the past couple of months' work that I've been doing as a local MP. I've never been so busy, with uncertainty and fear driving much of the correspondence that my office and I have received.

The numbers that we're hearing every day now are quite frightening. Some weeks after we were advised that COVID-19 had been "eliminated" in this country, rather than focusing so intently on the number of new cases we're now needing to look closely at the number of jobs being lost.

That's the unfortunate reality for the rest of our year and indeed the rest of our decade too, I fear. As we stand at the base of a mountain of debt, it's hard to see how tens of billions of dollars' worth of repayments does not add up to an economy being buried alive. Certainly we will all need to work determinedly to open up opportunities for workers to keep working and allow those who have lost their jobs to get working once more.

This is the tenor of many of the hundreds of emails that I receive each week. I'm replying to them as best I can, of course, as always. Please know that you're always welcome to contact my electorate office (currently operating with physical distancing restrictions, for obvious reasons), including by email to chris.penkmp@parliament.govt.nz or phone to 09 412 2496. And take care out there.

Cheers, Chris Penk MP



What's happening this month





THINGSARE HAPPENINGAGAIN!

Friday, 5 June, Helensville Aglow, 7.30pm at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Guest speaker will be Helensville Aglow will be meeting 7.30pm Friday June 5th and July 3rd at the Helensville Community Church, 40 Mill Rd, Helensville (behind the Hospice Shop). Guest speaker for June will be Cherie Trent from Streams Pacific (dream interpretation and hearing the voice of God) and for July, Shulamit Ataya who will share about Israel from a Messianic Jewish perspective. All welcome. Contact Bridget at

helensvilleaglow@outlook.com for more information.

Sunday, 21 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 handmade 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 Barry & Maryanne. For more information, stall-holder, busker and music enquiries contact Sarah: Phone - 0274 831542 or Email - sarah1@maxnet.co.nz. Eftpos cash out available.

Sunday, 21 June, Kaukapakapa Library, 9.30am to 1pm, Find out about the history of the Kaukapakapa area and take a look at the fantastic photos in the Jordan Collection. We have everything from old school photos to building the Makarau tunnel, settlers' homes to sporting events, as well as family information on the early European settlers.

Also on display will be the entries from the Kaukapakapa Library Short Story Competition, which ran in April. Open in conjunction with the Kaukapakapa Village Market, something for everyone! For more info contact Megan 021 959017, threehorses@xtra.co.nz or the Kaukapakapa library Facebook page.

Auckland Glow Lab Tough Gal Team Challenge Sunday 28 June 2020 8:00am – 1:30pmHelensville Tennis Club, 124-164 Rautawhiri Rd, Helensville, Auckland. If you want to get down and dirty and have a whole lot of fun with your gals, then this unique off-road running event is for you. This event is tailored specifically for teams of 3 women, 13 years of age or older to take on a 6km course full of man-made and natural obstacles – competing, conquering and finishing together. 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!



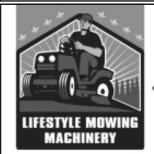
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Thumbs up from Anne Coppell, the Library is open again





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Helensville Library

As I write this, we are coming to the end of our first day of opening, since the end of the day on 20 March 2020.

Thank you for your support and messages during lockdown! Just to let you know – there will be no fines incurred until the end of June. If you need to renew items, you do that via phone (09 307 7795) or online www.aucklandlibraries.govt.nz/

We tried to stay in touch with our community through daily videos, posted on our Facebook page (www.facebook.com/ HelensvilleLibrary) – Kids Time and a book review, each day.

Under Level 2, we do need everyone who enters the building (including just going to the toilet) to check-in. You can use your own device – there are QR quotes by both doors – our library staff can help you out.

Check-in is not required if you're just returning books – and return them through the 'after-hours' returns slot. This is open 24/7.

If you just want to pick up requested items – show staff your ID at the door and they will bring them to you – again, you won't need to check-in.

Our regular programmes and visits are on hold for the duration. That means, alas, no Kids Time. No visits to ECEs or schools. No singing and poetry at Craigweil.

To fill the gap, we will keep posting kids time videos – but now just once a week, on a Thursday, timed to coincide with our Kids Time slot of 10am.

Looking for your next read? Check out the curated booklists on the Auckland Libraries' website, the latest additions to our collection, or – ask for a personalised reading list from the My Librarian team:

https://www.aucklandlibraries.govt.nz/Pages/new-andrecommended.aspx

Want to know what the wider Auckland Libraries' team got up to during lockdown? Our blog has some pretty stunning statistics! Nearly ½ a million eBooks and eAudiobooks were issued! https://aucklandlibrariesblog.blogspot.com/2020/05/librarieslockdown-in-a-glance.html

Needing help updating your CV and job skills? The Auckland Libraries' blog has some great resources:

https://aucklandlibrariesblog.blogspot.com/2020/05/jobseeking-careers-cv-help.html

Now is a good time for us all to think about how we can support our community – and for you to let us know how we can

The best way to keep up to date with what's happening, is to like and follow our Facebook page: www.facebook.com/ HelensvilleLibrary.

Anne Coppell

Senior Librarian / Poukokiri - Children & Youth, Rodney West





Home Interaction Programme for Parents and Youngsters Learning to learn together

HIPPY – Home Interaction Programme for Parents and Youngsters – empowers parents to teach their 3 to 5-year olds in the home. As a local charity we provide parents with skills, resources and support to be their child's first teacher.

During the lockdown we have had some brilliant feedback from families. One parent told us that by doing HIPPY regularly with her youngest child she developed the skills and confidence to help her older children with their schoolwork during the lock down.

Other parents commented that it was great to have such a variety of learning activities which were not only fun but enhanced their child's development and ability to learn.

For many families the current crisis has highlighted how important it is for parents to be actively involved in their child's learning journey.

We are currently enrolling children aged 3 years. If you would like to enrol or find out more about the Programme please contact Nadia on 021 0220 6017 or email southkaiparahippy 19@gmail.com



Cooper Wilson, aged 4.

"Cooper is absolutely loving Module 4, especially the Choice Days! He had the option to either decorate a box for his HIPPY treasures or to make a mask. Here he is with the awesome box he chose to make." Why Pay More?
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Life in the bubble & ice cream

Who would have thought that 2020 would bring such a turbulent and unprecedented time, not only for New Zealand, but for the world? Craigweil House and its residents however have managed to stay safe and stay happy in their bubble and there have been some interesting things happening in the home made possible by Craigweil's amazing and dedicated Diversional Therapy team.

Some events have included residents enjoying new exercise classes and first-time face time sessions. Others have developed



a growing competitive spirit, like winning 1st prize in the Teddy Bears Great Hunt colouring in competition. One standout activity was the mobile ice cream and Kiwi spirit cart. Residents enjoyed embracing the fine weather with great Kiwi music and yummy ice cream to mark the taste of summer from within the bubble.

Craigweil's dedicated Diversional Therapy team created the ice cream cart and added speakers for further flavour with fresh Kiwi tunes played around the facility. Residents got to choose their ice cream flavours and some operated the cart, helping deliver ice cream all around the facility.

Over the course of the last 5 weeks, two friendly and resident turkeys decided to move in, frequently being seen on the front lawn clearly, they did not get the social distancing memo! - "hey two meters apart guys!" (or, were they girls?). They are yet to receive names.



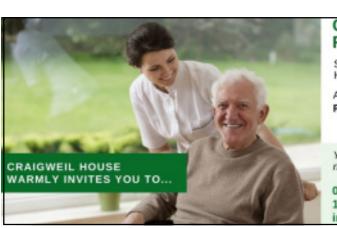
Facetime and Skype have been the new norm in outside communication. Some residents loved the idea of using the tablets to call their family and friends, this was particularly important during Mother's Day when simultaneously the team held a YMCA dancing competition as flowers from families and hugs were of course not possible.

Craigweil House would like to say a special thank you for the









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generous donations, from local growers, including a wonderful donation of avocados from Steve Krzystyniak and some very pretty carnations from Linda Anderson. These growers were restricted from trading and chose to offer these gifts to Craigweil House instead of letting them go to waste. A very bright way to begin the bubble indeed!

If you are needing care for your loved one, our fabulous team at Craigweil House are here for the community and can deliver excellent quality, heart-warming care inside and outside a bubble 24/7. We currently have limited vacancies and cater for all levels of care including Rest Home, Hospital and Memory Care. Please contact our facility and make an appointment to view our care suites.

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We've been here to help (just not face to face).

"The Citizens Advice Bureau has been helping people in New Zealand for 50 years," says Karen Rutherford, Manager of Citizens Advice Bureau Helensville. "And during COVID-19 we've been busy helping clients with the impact of the lockdown"

Karen says that although they haven't been able to help clients face to face they've still been busy on the phones and by email. "We've been helping people with a wide range of situations, including helping people understand their employment rights. Karen says lots of people have questions about their employment situations and they have been helping them understand their rights."

Karen says that it's been a time of real stress for so many people in our community and that the CAB is here to help everyone regardless of their issue.

"It doesn't matter what your question is. We'll help, and if we can't help you directly, we'll find someone who can".

"We have great information on our website www.cab.org.nz, including up-to-date information about COVID-9 related issues. If you can't find the answer on our website, give us a call on 0800 367 222 or send a message via virtual chat on our website – cab.org.nz.

Citizens Advice Bureaux is an independent community organisation offering a free, confidential and independent service of information, assistance and referral from 83 locations stretching from Northland to Invercargill. Last year volunteers received around 500,000 enquiries on issues ranging from electricity, immigration, housing and employment to consumer rights, health and family.

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Doug King 027 249 1982 **Kerry King** 027 458 7229

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Focus on ...

Forge Fitness up and running

by Helen Martin

Gym members around the country were relieved when it was announced that gyms could reopen in Level 2 of the COVID-19 pandemic on the condition that they follow rigorous health and safety guidelines.

Helensville's Forge Fitness owner Richard Price says during lockdown his team has "worked tirelessly to ensure every inch of the gym was cleaned and all the machines and equipment were refurbished to as-new condition." New rules compliant with both social distancing and approved fitness regulations have been implemented, for example some of the treadmills and exercise bikes have been and temporarily decommissioned and the remaining equipment has been spaced accordingly. Members are already asked to observe hygiene rules regarding dress and the cleaning of equipment after use, and now hand sanitizer dispensers and additional signage have been installed around the gym. For the time being, mats and balls are not available and members wishing to box are requested to bring their own gloves.

Richard is very pleased that during lockdown there was an increased appreciation for fitness in Helensville, as in the rest of the country, as residents got out of the house and got moving. "People were cycling, walking and running, as well as using their Kiwi number 8 wire ingenuity to experiment with new and unique ways to keep fit, with some even converting fence post drivers, wheelbarrows and water buckets into makeshift training equipment.

He hopes this newfound drive for physical fitness continues. "Although there is much to be learned about COVID-19, one of the most significant scientifically proven factors of fighting the illness is a strong immune system gained from regular exercise



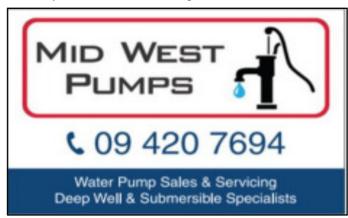


alongside a healthy diet and proper sleep," he says.

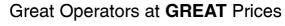
To encourage a healthy lifestyle, Forge Fitness is running a promotion until June 15th for anyone looking to join the gym, offering a risk free \$20 for 20 days of gym membership for any new members and no joining fee should they opt for membership.

Awards success for Auckland Council Te Rau Puriri Regional Park

Congratulations to South Head's beautiful Auckland Council Te Rau Puriri Regional Park for its success in the recently announced prestigious Auckland Ballance Farm Environment Awards in three categories: Ballance Agri-nutrients Soil Management award; Beef + Lamb New Zealand Livestock Farm award; Synlait Climate Stewardship award.



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Fruit tree pruning & care workshops Saturday 27th June or Saturday 25th July (9.30am to 11.30am)

It's time to get the loppers out again folks!! However 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:



- 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 2020 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), Tickets: \$15.00 per person or \$35 per family To Book: info@kaiparacoast.co.n OR 09 420 5655.





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Kaipara korero

Principal Steve McCracken

by Steve McCracken

COVID-19 flipped our worlds in so many ways. Education took on a whole new meaning, for whanau and students alike. The Ministry of Education had to quickly react and provide resources for all students across the country, with over 90 000 requests for electronic devices. Whanau responded instantly, providing unique learning spaces for their teenagers and Kaipara College, like so many, was transformed from a lively, bubbly place of learning, to a facility that echoed silence.

Our Kaipara College community responded so well to the move to an online world, one that we were embarking on progressively, but for many, a whole new world. It was clear, that those with access to this world would be well provided for, through amazing lessons provided by teachers and well supported by their whanau. Our normal sources of communication and daily contact with the students was overturned instantly. With contact only available through phone calls for students without device accessibility, it was clear that their learning would be the most affected through COVID-19.

Using an asynchronous model of teaching (one where work was set for students and they could choose when they completed it) certainly had its advantages, with students choosing when they needed to complete their work and what they needed to complete. This meant they could tend to their whanau commitments whilst still completing their learning. Initial feedback from students was overwhelmingly positive with many taking the opportunity to self-direct their pace of work. Whanau also fed back that they appreciated the flexibility in this approach, allowing them to help guide their young person through their needs whilst maintaining the balance of learning that was required.

As with any significant change, we had some challenges as students had to quickly learn to prioritise what had to be done, what should be done and what was nice to do, much like real life! With a 'people first' focus, our school also had challenges connecting with some of our students, much like every other school in the country. What did become apparent, very quickly though, was the students who were unable to access devices or the internet to continue their learning. The Ministry of Education did their best to provide fast access to these students and under Alert Level 3 we were able to distribute 70 of our own devices to those most in need.

The people who attend our school daily, staff and students, were exceptional over this pandemic. Staff took a sensible, caring and pragmatic approach to teaching though the fully online approach was new to many, so they too were learning. Throughout the lockdown there was a continual focus on ensuring connections and relationships with students were maintained and we know we will see benefits of this in the longer term. Our students continue to amaze me - their resilience, character and compassion have been exemplary. There were always going to be challenges but the vast majority were able to continue their academic learning, whilst developing and enhancing their 'real-life' skills and expertise.

Now, we have an amazing opportunity. We are using the learnings from the lockdown to accelerate the Kaipara way of doing things. Short term, our focus is on ensuring we achieve the best we can for and with our students in 2020. This may look different to when we were at school prior, but this pandemic has taught us all to be flexible, nimble, agile and ready to adapt. Long term, we have confirmation that our students are ready to engage

with the real world. They want to be leading. They want to be successful. They want to learn the way they want to learn and our goal is to help them do just that.

Back at school again

by Gemma Bayly, Year 12 student, Kaipara College

The seasons changed very suddenly this year. The last time I waited for the school bus in the morning, I didn't need to wear a jumper. Now, I shiver as I wait, my breath coming out in puffs of steam. At school, we flood into the classrooms to warm up. By the time we emerge for interval, the sun is warming the sky, and the field is covered in students.

I went back to school on Wednesday the 20th of May, close to a week after Level 2 began. By that stage, the Year 9's and 10's had been there for a day already. For the first few days, the school was full of excited voices. Most of us hadn't seen our friends since the last day of school before lockdown. My classes were loud and happy, no matter how much teachers tried to calm us down.

School is slightly different now. Yellow COVID-19 posters are stapled everywhere. Every time we enter a classroom, we have to use hand sanitizer. On the bus, the seat closest to the driver is roped off with danger tape, meaning that even more people have to stand. Ironically, the people standing are even closer to the driver than they would have been if they sat behind him. We don't have to social distance in our classes. It would be almost impossible to keep apart, especially in the classes where every single seat is filled. Walking around the school, we can be amused by the people who decided to try out a new hairstyle during the lockdown or let their mum cut their hair.

If they hadn't already, the teachers soon realised some students did work at home, and some didn't. Everyone is at different stages. Some students found it hard to be motivated at home, where they didn't have a teacher watching them. Some students didn't understand the work without an explanation. Others struggled with internet connections. Other students loved learning at home where they could work whenever they wanted.

Even back at school, more of our work is online than usual. If we are sick, we have to stay home, instead of toughing it out like we normally would. Instead of having assemblies in the hall on Fridays, Mr McCracken talks to the school through a Google Meet. We've been spending extra time with our mentoring classes, setting new goals and making sure we are on track to get NCEA.

For most students, life has returned to normal very quickly. We have to get up early to catch buses again, put on our uniforms and sit down at a school desk with a teacher standing nearby. Even with a few changes here and there, school seems as if we have been here all along. Lockdown is turning into a memory.



Waiting for the school bus





TE PUNA WHANAU KI TE AWAROA

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

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

53-65 Commercial Road, Helensville Ph (09) 420 8747 Email

www.birthcentre.co.nz



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MOTV8N to succeed

Well it has been an interesting time, I hope that you and your family are well post COVID-19 level four lockdown.

Most of us have never experienced anything like that before and it was even Kim McNamara hard to imagine that locking down a



country could exist. But it did and we all had to learn a new way of doing things.

For some it would have been a great break, maybe a paid holiday, where it enabled time to relax and bond with family, catch up on all the odd jobs. For others who were front line essential workers, the fear of going out each day being in the front line. For others loss of jobs and income, and sadly some loss of lives.

Whatever your situation, none of us could have prepared for our country going into lockdown. What seemed like an over the other side of the world problem, quickly came to us.

If you are someone who has felt the stress of this, I have five

- 1. Be kind to yourself, no one saw this coming and who knew how to mentally prepare for it.
- 2. Take some time to do something simple for yourself. Try and eat well, drink lots of water and get enough sleep.
- 3. If you need to do action, like job hunting, brainstorm how you will do that. Figure out what is your best option and then do one thing that will put you closer to what you need to get done.
- 4. If you need help, ask people, friends, neighbours, the community, community services, doctors. You are not alone if you a struggling.
- 5. Write down your stresses, make sure you are not carrying others stresses, think about what you can do about those things that are stressing you. If you have big stuff to stress about, don't worry about the little stuff. Talk to someone if it is overwhelming.

Take care and reach out for help if you need it. Kim McNamara 0279785970 Entrepreneur/ Life Success Coach Helping people build online businesses Blog www.lifesuccesscoach.co.nz Facebook @kimmcnamaralifesuccesscoach Instagram kimmcnamara lifesuccesscoach





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.

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

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

Helensville Floral Art Club, Third Thursday of the Month at Helensville Masonic Lodge, 9 Kowhai Street. All welcome, Contact Cushla 420-8905 cushanddez80@gmail.com for more information.

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

Helensville Lions Club, meet 2nd and 4th Mondays of the each month, in the Tennis Club building, 124/164 Rautawhiti 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 Marion 420-8867.

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, University for the Third Age, Helensville. For more info call 021-131-7308 or 420-7858

	SHELL	Y BFA	CH TIDE	CHART	
Date			ly Beach		Sun Set
June					
1 Mon	0605	3.8	1840	0724	1713
2 Tue	0708	3.9	1943	0725	1712
3 Wed	8080	4.0	2042	0726	1712
4 Thu	0905	4.1	2137	0726	1712
5 Fri	0958	4.1	2228	0727	1712
6 Sat	1048	4.1	2315	0727	1711
7 Sun	1135	4.0		0728	1711
8 Mon	0000	4.2	1221	0729	1711
9 Tue	0048	4.0	1305	0729	1711
10 Wed	0126	3.9	1349	0730	1711
11 Thu	0209	3.8	1435	0730	1711
12 Fri	0256	3.6	1526	0731	1711
13 Sat	0348	3.5	1622	0731	1711
14 Sun	0444	3.5	1720	0731	1711
15 Mon	0541	3.4	1818	0732	1711
16 Tue	0636	3.5	1914	0732	1711
17 Wed	0728	3.5	2006	0732	1711
18 Thu	0818	3.6	2054	0733	1711
19 Fri	0904	3.7	2138	0733	1711
20 Sat	0949	3.8	2219	0733	1711
21 Sun	1032	3.9	2300	0734	1712
22 Mon	1115	3.9	2341	0734	1712
23 Tue	1159	3.9		0734	1712
24 Wed	0022	4.0	1243	0734	1712
25 Thu	0106	4.0	1330	0734	1713
26 Fri	0152	4.0	1419	0734	1713
27 Sat	0243	3.9	1512	0735	1713
28 Sun	0338	3.9	1610	0735	1714
29 Mon	0436	3.8	1710	0735	1714
30 Tue	0537	3.8	1813	0735	1714

Trade/Professional & Services List

Accountants	ECE Astute Accounting	420-7835
Accountants	UHY Haines Norton	420-7972
Agecare	Craigweil House	420-8277
Age Concern Rodney	_	09-426-0916
Acupuncture		

Helensville Acupuncture and Herb Clinic 021-1133-665/420-8211 **Beauty Therapy** 022-465-0727/420-9775 Beauty Elixir **Birthing Centre** Commercial Road, Helensville 420-8747 Boats & Outboard Mtrs Mike Stanton 0276-058-225 **Budget Service** Francis 420-7740 **Building Supplies** PlaceMakers 420-9150 **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 Brewis Concrete **Concreters** 021-992-590 Helensville Diggers 021-454-793/420-7023 **Diggers** 420-2706/021-521-303 **Dog Grooming** Christine 021-657-276/420-9091 Drainage Helensville Drainage Early Learning Centre Active Explorers 09-222-3277 **Early Learning Centre** Gumboots 09-411-9038 Electrician Guaranteed Electrical 021-133-6323 **Garden Sheds** Baby Barns 022-075-8283/420-3298 Gasfitting

Habitat Plumbing Heating Gas 027-HEAT-NOW/027-4328-669 **Gift Baskets** Riverside Crafts - Sarah 0800-831-542 **Gifts & Clothing** Eleventh Hour - 83 Commercial Road Gunsmith John Hall 420-2837 **Ink and Toner** Huapai Copy & Print 09-412-8882 **Insurance** Rodney District Insurance 022-363-2377 JP's Greville Walker 02108-290-768/420-7173 **Lions Club of Helensville** Pauline 420-6208, Chris 420-8527

Markets Kaukar	pakapa 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	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				
Picture Framing Th	e Picture Framing Company 0800-372-633				
Plant Centre	Kaipara Coast Plant Centre 420-5655				
Plumbers	Aqua Plumbing 021-0275-3821				
Plumbers	ATL Plumbing Ltd 420-7868				
Plumbers	KPL Ltd 420-9108				
Property Manageme	nt Private Residence 021-872-336				
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	Burmester Realty 420-8360				
Real Estate Burme	ester Realty - Kelly Davison 0274-670-175				
Real Estate	Prestige - Jana Mills 021-509-990/420-9953				
Real Estate Pr	estige - Jenny Killick 021-259-0091/420-4947				
Reiki Healers T	he Healing Heart of Helensville 420-9098				
Shower Installation	GSILtd 0800-466-5327/420-8777				
Takeaways	Kaipara Fresh Fish & Takeaway 420-7190				
Takeaways	Shark n Tatties 420-5062				
Typesetting/Photoco	pying Huapai Copy & Print 420-9307				
Venue Hire	Kaipara Memorial RSA 420-8888				
Windscreen Repairs	Bullseye Windscreen Repairs 027-605-4630				
Your Local Business Book yourlocalbusinessbook@gmail.com					



Art Centre Helensville

by Helen Martin

The huge increase in online activity during lockdown included the Art Centre Helensville initiative Create While We Wait, curated by manager Heather Steadman, which included in the monthly newsletter photos and descriptions of artwork people were creating under lockdown. During lockdown Heather caught up virtually with other arts organisations in our area, attended to funding matters and researched future opportunities for the Centre.

In June the Art Centre is holding its Festival of Photography 2020, which opens on Saturday 6h June and closes Saturday 27th June, showcasing local photographers, Dyanne Kerr-Taylor and Craig Rogers.

Dyanne Kerr-Taylor studied with the Photography Institute and has been capturing images for the last eight years and loves all things nature, from fine detail to landscapes. Her journey behind the lens began after the loss of her daughter and the realisation that sharing moments is priceless. "Photography for me is a journey of constant growth and discovery. It is my time, my go-to where I relax and unwind, my moments of peace."

Craig Rogers has a knack of being in the right place at the right

time. "Most of the images here are based at the NZ border, but they are unique, as I was fortunate to get behind the scenes in the first few days after the border was closed."

Opening hours at the Art Centre are currently Thurs/Fri 10am – 4.30pm and Saturday 10am – 2pm.



Festival of Photography, Lockdown series, by Craig Rogers.



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

Parking enterence on Porter Crescent
Open Tuesday-Friday 10.00am - 4.30pm,
Saturday 10.00am - 2.00pm