

# The Helensville Community News

Issue 136 - March 2021

## No longer missing!

They say there are only six degrees of separation between any two people worldwide. In New Zealand, though, we are almost conditioned to expect it. Here we live in what must surely be one of the most intimate societies in the world, so it has become a cliché to say that the six degrees of separation that supposedly connect every human being on the planet are reduced to only two in Godzone.

Locating Billy turned out to be quite straightforward. Once our February paper hit the streets, a number of our readers emailed me with information. One Harry Thompson emailed "I served with Billy in the Royal New Zealand Navy and our network have located him living the life up north. Hopefully Billy will be able to get in touch with you or Gerry."

## Peace run

by Kai Wilson and Mila Laarakkers (Room 15, Helensville Primary School Students)



On Wednesday 24th of February, Helensville Primary School was visited by the Sri Chinmoy Oneness-Home Peace Run group. This group is trying to promote peace by running a relay all around the world. They have visited over 150 different countries and have brought together the aspirations of thousands of communities and millions of people. We shared songs and the ambassadors gave us a certificate and piece of artwork named 'Perfection' that was drawn by the one and only Sri Chinmoy (the founder of this Peace Run).



A group of students from Year 7/8 were selected to run up Garfield Road and into the school assembly with the peace torch and the flag. Then the Peace runners told us a little bit about their run and some of the experiences that they have had with other people from around the world. Also they shared some messages of peace and performed some skits on how we can all show peace. Overall, we had a really fun time.

You can learn more here at [www.peacerun.org/nz](http://www.peacerun.org/nz).



Within a couple of days I had an email back from Linda, Billy's partner and was able to connect Gerry and Billy once more. I believe they are now communicating via Facebook, and I have since received the following email from Billy:

*Hello to everybody in Helensville.*

*Yes, Billy Baker is alive and very well.*

*I met my friend Gerry White whilst in Cambodia.*

*I left Helensville in 1993 and moved to Devonport, close to my job at the Naval Base. I was posted to the capital of Cambodia, which is Phnom Penh. I worked at Naval HQ which was on the banks of the Mekong River and the Bassac River. My job was to maintain and repair vehicles, outboard motors and generators.*

*I met Lieutenant Commander Gerry White, Royal Canadian Navy, we shook hands and I said I'm Billy Glum from Helensville and his reply was where is Helensville? I said only the very best of the crop come from Helensville. We became very close friends although we were different ranks.*

*We would go on patrol and after a long day in the heat returning to Naval HQ, do the debrief at Kiwi House with a few light refreshments, then out for dinner.*

*I got such a surprise when I was looking at Bookface and to see your article in the Helensville Community news.*

*Well done! Brian for doing this for Gerry you have rekindled a friendship which was made 27 years ago.*

*My Kindest regards*

*William Baker, Billy Baker, Billy Glum and the latest nickname Billy Brush.*

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## Helensville Community News

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

~ COPY DEADLINE ~ 20TH OF THE MONTH ~

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All adverts supplied must be in one of the following formats: Corel Draw 9, Pagemaker 6.5, Powerpoint, .jpg, .tif or MS-Word (with any graphics sent as .jpg or .tif images as attachments).

The Helensville Community News is published as an independent community newsletter in conjunction with the Helensville Community Website, [www.helensvillecommunitynews.co.nz](http://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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## Teen Brain, with Nathan Wallis



This is a collaboration between PATHS - Parents And Teachers at Helensville School and Kaipara College PTSA - Parents, Teachers and Students Association, is bringing the Aotearoa's expert neuroscience educator Nathan Wallis to Helensville. This is not a fundraiser for the Helensville Primary School or Kaipara College but it is an opportunity to bring events like this to share with the community.

Nathan Wallis, host of the documentary "All in the Mind", and co-host of the TV series "The Secret life of Girls" has been captivating audiences over 250 times per year to sell out events in New Zealand, Australia and China.

During adolescence, part of your teenage brain "shuts for renovations". This is part of the brain responsible for controlling your teenager's moods, for understanding consequences and thinking about the well-being of others. So whilst you can't expect teens to be able to display these behaviours consistently during adolescence, there are ways that you can enhance and maximise the times when they can. Understanding the changes that are taking place for your teen will help you to navigate successfully these important and formative years.

Teen Brain will be on Wednesday 14 April, from 7.30pm to 9.00pm at Kaipara College. Tickets are available at [www.eventfinder.co.nz](http://www.eventfinder.co.nz). Early bird ticket prices are available.

Nathan will also be holding a Teachers' Workshop on the same day, where he will share his expertise on the changes happening to the teen brain during adolescence. This will be a rare opportunity for teachers to have a Q&A with Nathan.

This workshop has been kindly sponsored by these wonderful local businesses that deserve recognition: Lions Club Of Helensville, ECE Astute Accounting, McLeod Motors, GJ Gardner Kumeu.

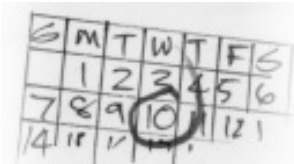
## EQUINE ELOQUENCE - MEET DAME JOOLES TOPP, HORSE WHISPERER Sunday 21st March 2021 ~ 9am To 1pm.

From pony club to yahooping at the back of the farm, horses have always been a central thread in Jool's life. She has found her happy place in the equestrian world, using the Vaquero training method, which dates from the 1700's. A way of life more than a discipline, the vaqueros took great pride in taking the time to develop intimate communication with their horses, using a long-term approach. Keen to emphasise the importance of taking time to build a foundation of trust, Jool's is happy to talk through any horse and rider concerns with you. Come along, swap horse tales and find out more! Open in conjunction with the Kaukapakapa Village Market, Something for everyone!





## What's happening this month



**Friday, 5 March Helensville Aglow, Helensville community Church 7.30pm,** Our guest speaker at the march meeting will be Denise Read. The meeting will start at 7.30 at Helensville Community Church, 40 Mill Road. All welcome, email Bridget Sundgren at [helensvilleaglow@outlook.com](mailto:helensvilleaglow@outlook.com) for more information.

**Friday, 5 March – 16 April Get the whole story – writing and illustrating children's books, Helensville Art centre 10.30am – 12.30pm,** Hosted by Ireen Potter. Women celebrated their lives making cloaks in a choice of clay, collage, embroidery, poetry and other media as a way to mark their journeys. If you wish to inquire about or enrol in this event please contact Heather Steadman [manager@artcentrehelensville.org.nz](mailto:manager@artcentrehelensville.org.nz) or 021 158 6859

**Saturday, 6 March, Kaipara Cruising Club Annual fishing competition.** Annual Fishing Contest. Inner harbour fishing only. Prizes for Kingfish, snapper, trevally, kahawai and gurnard. Members \$30, Non members \$40, Tickets available from clubroom, Caltex & GAS Hlv

**Wednesday, 10 March, TARRA meeting, 7pm** With Covid forcing cancellation of the planned meeting with Councillor Greg Sayers. Focus will be on questions regarding rates. Other Council related questions will be welcome, depending on time. The Commercial Road tree planting will be addressed. Information on making submissions about Council's budget will be available.

All are welcome. 44 Commercial Road, Helensville. Holly Southernwood, 021488427

**Saturday, 13 March, Kumeu Showgrounds, Access Road, Kumeu 8:30am and Sunday 14 March 2021 8:30am** Join us for our 99th Kumeu A&P Show. Carnival Rides, Equestrian events, Animal Competitions and petting zoo, Displays, Demonstrations, Live Music and Lots More! Fun for the Whole Family! Please purchase your tickets online to help with contact tracing for our event. Thank you to our Sponsors Auckland Unlimited & Kumeu Film Studio, West City Holden, New World Kumeu, Aqua Technics Pool & Spa, Harcourts Kumeu, Altherm Joinery.

**19 - 21 March Dune Lakes Horse Inspired Learning Centre 470 Wilson Road South Head**

March Spirit Horse Festival is an opportunity to come & enjoy three days of being inspired by horses, sharing ideas, exploring a deeper connection and celebrating the horse/human relationship. Immerse yourself in wisdom, inspiration, education, healing & spiritual enrichment. This year's presenter line up includes some of New Zealand's best & most progressive practitioners in Equine Facilitated Learning, Natural Horse Care, Bodywork and Equine Permaculture, to name a few!

Please find tickets on <https://www.eventbrite.co.nz/e/spirit-horse-festival-2021-celebrating-the-horse-human-relationship->

tickets-73775010041

**Sunday, 21 March, Kaukapakapa Village Market, Kaukapakapa Hall, 8.30am – 1pm** Held on the 3rd Sunday of every month all year round, this lively village market is located in the Kaukapakapa Village a pleasant 45 minutes drive from Auckland City. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month—a great morning out for the family. Live music from Ralphe. Free face painting, kids crafts etc. For more information, stall-holder, busker and music enquiries contact Sarah: Phone - 0274 831542 or Email - [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz). Eftpos cash out available.

**Sunday, 21 March, Kaukapakapa Library, 9.30am to 1pm, Equine Eloquence – Meet Dame Jools Topp, Horse Whisperer.** From pony club to yahooing at the back of the farm, horses have always been a central thread in Jool's life.

Kaukapakapa Library is open in conjunction with the Kaukapakapa Village Market. For more details, contact Megan Paterson, [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz), 021 959017.

**Sunday, 21 March, Rumble in the Jungle 2021, Kaipara Coast Plant Centre & Sculpture Gardens 1pm – 5pm,** This is another opportunity to spend an afternoon with Foxtail Rumble as great local Rock & Roll band who specialise in the music of the 1950's and 1960's. For more information or to book your tickets please email [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or phone 09 420 5655 Tickets \$15pp or \$35 per family,

**Monday, 22 March, Submissions close for Auckland Council 10yr budget and proposed 5% rates increase.** Have your say on the proposed 5% rates increase and what core services you believe need to be supported by the spending of your rates in the Helensville, Parakai and wider local area.

**Sunday, 28 March, Flower arranging, Kaipara Coast Plant Centre and Sculpture Gardens 9.30 am – 11.30am,** After a really successful flower arranging workshop last Christmas, we have invited Bea Stumple back to present an Easter theme version. So if you would like to create your own easter table settings of flower arrangements to celebrate the festival (and impress your friends and family) this is a not to be missed event. Booking is advised, please book through [infor@kaiparacoast.co.nz](mailto:infor@kaiparacoast.co.nz) or 09 420 5655 tickets \$15.00pp

### Upcoming events

#### April

**Wednesday April 14, Teen Brain with Nathan Wallis 7.30-9.00pm** Kaipara College. Tickets available at [www.eventfinder.co.nz](http://www.eventfinder.co.nz). Earlybird tickets available.

**Friday 16 April - Term 1 ends**

**Sunday 4 April, Easter Egg Hunt, Kaipara Coast Plant Centre & Sculpture Gardens 9am – 3pm,**

We are holding our annual Easter Egg hunt again so time to pack up the kids and a picnic and head to Kaipara Coast Sculpture Gardens this coming Easter Sunday. You may want to just pop out for an hour or your more than welcome to stay all day. If you want to come along in your bunny suit or other seasonal dress you wont be alone ☺ Tickets \$15pp or \$35.00 per family Please contact [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or 04 420 5655 to get your tickets

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## Shotgun Ladies Fishing Competition

by Patryce Salmon

Sadly the Shotgun ladies fishing competition was not nearly as well patronised as the children's competition in January, however the fish will still taste the same. Congratulations to all the women who participated and enrolled this time. Hopefully they were all happy with their prizes, especially the cash.

The heaviest Snapper was caught by Leeza Aldworth with a 5.900kg weight count, 2nd was Kara Singer with a weight count of 4.410, and in 3rd place 4.285kg.

The heaviest Kahawai was caught by Aimz Ruthford with a 2.645kg weight count, 2nd was Rhonda Fletcher with a weight count of 2.360kg and in 3rd place was Caspian with a weight count of 2.275kg.

The heaviest Trevally was caught by Connie Gould with a weight count of 1.37kg, 2nd was Jo with a weight count of 1.110kg and in 3rd place was Michelle Somers with a weight count of 0.980kg.

Last but not least the heaviest Gurnard was caught by Christina Norton with a weight count of 0.880kg, 2nd was Shelley and in place 3rd was Erin with a weight count of 0.805kg.

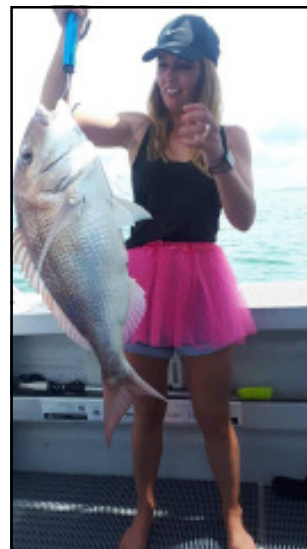
Unlike Ollie White's achievement at the Children's Competition in January, at this event there were no Kingfish caught. The mystery weight snapper winner was Nicole Holmes 3.549kg fish winning her the prize of \$500 donated by SHOTGUN CONCRETE.

Special mention needs to be made of the sponsors. Without their support these events would not take place. The sponsors were: Shotgun Concrete, Water FX, Neho Girls, Hey Sophie, Hunting Lodge, Snapper Fishing Charters, 11th Hour, Team King, Barfoot and Thompson, Riah Hair, Kaipara Cruises, Kaipara Star Charters, Michelle Thirkettle (Nutrametics).

Thanks goes to all the sponsors, organisers, contestants and people who tagged along for helping make SHOTGUN Ladies Competition such a great event.



Unfortunately the annual KCSC Regatta, which was scheduled for 20 February, was cancelled this year, but we will all look forward to next year's KCSC exciting events. The Annual Fishing Competition on 6th March will still be held.





# KELLY DAVISON

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**Sunday 21st March**  
**Kaukapakapa Hall**  
**8.30am – 1pm**

8.30am - 1pm, live music  
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Contact Sarah 0274 831 542  
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## Celebrating 50 years serving the community.

*Kaore i te marama? Patai Te Pou Whakawhirinaki o Te Awaroa*

The **Citizens Advice Bureau** is celebrating 50 years of service in Aotearoa. This means countless of hours of advice to the public, providing information on everything from housing and consumer rights to immigration and employment. This is a time to recognise the thousands of skilled CAB volunteers and staff who dedicate their time to providing free confidential advice and access to the rights and services people need.

The Citizens Advice Bureau has been working for positive social change for 50 years in an ever-changing world and is ready to serve the public for the next five decades and beyond. A people-centred service is more valued now than ever and is a service that the CAB is proud to deliver. In this age of uncertainty, we remain optimistic about the future – a future filled with change for good.

"We are proud of the legacy the CAB has created and for the future it will forge," says Karen Rutherford from Citizens Advice Bureau Helensville. "We want to remind everyone that our service remains free, trustworthy and confidential – where people can pop in and visit, call us on the phone, or contact us via our website by using live chat or sending a message".

"We want to acknowledge our hard-working volunteers and staff," says Karen. "Our volunteers are diverse, skilled, experienced and empathetic to any story or situation that comes our way."

CAB volunteers are dedicated to giving back to their community and undertake an intensive training process that ensures they are ready for queries and issues, and provide options based on research.

"We take the time to listen, and aim to ensure that you get the information you need – whether it's about your rights in a particular situation or to find a specific service, we will find a way forward".

You can visit us at Citizens Advice Bureau Helensville, 27 Commercial Road, or call 420 7162. We are here to help."

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# Helensville Library news



Kia ora koutou katoa

With changes to COVID alert levels always a possibility, I thought it would be a good time to remind everyone of how the library operates under each level.

**Levels 3 and 4:** The library is closed.

Depending upon the situation, our external returns slot may also be closed. Last year, the slot was closed until Level 2. During our short lockdown in February, it remained open.

**Level 2:** The library is open but physical distancing requirements mean some changes:

- Only some of the computers are available
- Some furniture will be removed
- No programmes: so, no Kids Time or visits to Craigweil / ECEs / schools
- No jigsaw puzzles for children are available
- No colouring-in pens / crayons are available – colouring-in sheets may be taken home
- Staff cannot spend an extended period of time with customers – which means limited computer / device assistance, and no Skinny Jump internet sign-ups in the library (these can be done through calling Auckland Libraries' main number and completing the process over the telephone)
- Sign in with the NZ COVID Tracer QR code or the physical form, held behind the desk

**Level 1:**

- Everything back to normal

- Sign in with the NZ COVID Tracer QR code or the physical form, held behind the desk

If you are curious about the reference to Skinny Jump internet – you can find out more on the Auckland Libraries' blog: [aucklandlibrariesblog.blogspot.com/2018/08/spark-jump.html](https://aucklandlibrariesblog.blogspot.com/2018/08/spark-jump.html).

Auckland Libraries is a local partner for Skinny Jump, a programme that provides access to modems and a subsidised prepaid wireless internet connection. It is available to anyone who does not have a broadband connection at home because cost is a barrier.

Stay updated with Helensville Library happenings by following us on Facebook: [facebook.com/HelensvilleLibrary](https://facebook.com/HelensvilleLibrary).

*Anne Coppel*

*Senior Librarian / Poukokiri - Children & Youth  
Helensville Library*

**#4** When considering Dangers consider any risk to yourself, risks to the person you are helping and any bystanders that may be present. Establishing what has happened first will assist you to make informed decisions. Danger may come in many forms, including from above.

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***“Rumble in the Jungle 2021”****A Toe Tapping Celebration of 50's & 60's Rock n Roll****Sunday March 21<sup>st</sup>– 1.00pm to 5.00pm***

This is another opportunity to spend an afternoon with Foxtail Rumble a great local Rock n Roll band who specialise in the music of the 1950's and 1960's.



The event is held in a specially constructed area within the Sculpture Gardens and was an extremely popular concert last summer with many people taking to the dance floor during the afternoon.

To further enhance the event we have again invited members from local hot rod & classic car clubs to bring along their cars (although judging from the ones that turned up last year they're more like works of art on wheels!). Drivers get in free.

Also several people brought along camper vans and stayed the night at the Centre which we will be happy to accommodate again although please be aware that there are only limited toilet facilities available so you will need to be “self-contained”. (There are also limited spaces so we would advise booking to ensure a good spot).

Whilst you're welcome to bring along your own beverages and food, light food and refreshments will be available for sale. All proceeds from the event are being donated to the Kai Collective.

You can also take a stroll through our gardens which contain over 40 marvellous new pieces displayed along the beautiful 1.2Km nature trail (not suitable for walking frames or wheel chairs).

**Tickets: \$15.00 per person or \$35 per family**

***Flower Arranging – Easter Theme******Sunday 28th March 0930am – 1130am***

After a really successful flower arranging workshop last Christmas, we've invited Bea Stumple back to present an Easter theme version. So if you would like to create your own Easter table settings or flower arrangements to celebrate the festival (and impress your friends and family!) This is a not to be missed event.

Bea Stumple is an expert local florist.

She qualified as the top student in NZ when she completed her NZ Professional Floristry examinations 26 years ago and is one of only 16 people to have received the Ethel Black Award (a top accolade in the floristry world). She is also a registered examiner and accomplished tutor – so Bea knows her stuff (she's also a great presenter).

She plans to stroll around the gardens with attendees selecting appropriate plants and flowers and then show how to arrange them to best effect.

Within this interactive presentation Bea will be explaining:

- Appropriate plants and flowers that work well together
- Various arrangement techniques and concepts
- How to make your creations last longer
- Tools and materials required

After the workshop maybe spend more time in the Gardens which has a beautiful 1.2Km nature trail meandering through the idyllic Kaipara countryside.\*

There is also a kid's play area as well as 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.

The Christmas event was extremely popular so booking is definitely advised as spaces are limited. See below for contact details.

**Venue location: 1481 Kaipara**

**Coast Highway (SH16),**

**Tickets: \$15.00 per person**

**To Book: info@kaiparacoast.co.nz**

**OR 09 420 5655.**





# Kaukapakapa Village Market

by Patryce Salmon

Come rain or shine the Kaukapakapa Village Market is held on the 3rd Sunday of every month, from 8.30am to 1pm. It is hard to visit the market without finding something of interest, and making a few purchases. EFTPOS is available but cash is readily accepted.



Sarah Legg has been running the Kaukapakapa Village Market for the last 11 years. In 2009 she and a friend took over the running of the market, which is held at the Kaukapakapa Memorial Hall and surrounding carpark. "The market was very small when we took over, and we gradually built it up to what it is today," says Sarah.

For those curious about the effect COVID 19 may have had on the Market, as we have just come out of another lockdown, Sarah says she does not think there has been any effect on attendance. There are consistently between 40 & 80 stands each month, depending on the time of year and the weather, and always a lot of buyers.



The market always has a wide variety of stalls, from toys, plants, fresh fruit and vegetables to skincare and outdoor furniture; there is something for everyone. Even though the weather was extremely warm at 26 degrees, there was a great

turn-out of keen bargain hunters. There was live music in the hall, provided by duo Barry and Maryanne. Cakes and other treats were available to purchase from the kitchen and the ever popular Lions Club food trailer, with the "world famous in Helensville" sausages, was also there. Despite the sun and the heat, there was a line waiting for hot coffee and sausages.



When attending the next market on 21st March 2021, do not forget to visit the highly recommend attractions, the Lions Club book fair which is held in the room beside the hall, and the Historic Kaukapakapa Library right next door.

For anyone interested in having a stall at the Market, Sarah can be contacted via the Kaukapakapa Village Markets Facebook page, or on email at sarah1@maxnet.co.nz

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## Kaipara korero

by Steve McCracken



**Principal Steve McCracken**

Success and Belonging are the two strategic goals of Kaipara College. We believe that Success and Belonging are not independent of each other. In a teenager's life, when these two things are strong, they will be able to go off, explore the world (COVID permitting) and return to their communities as highly skilled and effective contributors and leaders within society.

As a school, we have a long and proud history of people who are successful and people who have a true sense of belonging to the Kaipara College community. This year, we have been fortunate to welcome a tremendous group of new students as they enter Year 9. The instant sense of belonging to our community, with links from their respective primary schools, is one that our whole community can take pride in. Ably led and guided through their orientation programme by our Year 13 Peer Support leaders, the new students quickly found their feet and have already begun to establish their place in our school.



Of special mention are the number of students who experienced success in their external examinations recently. With our highest ever number of students gaining Excellence Endorsements at NCEA Level 3, we have also had two student, Odette Sullivan-Yates and Ella Cunningham, receive Scholarship awards. Scholarships are awarded to only the top 3% of entrants in the external examinations and are the highest recognised school qualification achievable.

To ensure we are continually developing our staff to have a connection and a sense of belonging to our community, we started the year with our staff being hosted by local Iwi leaders and staff from Nga Maunga Whakahii. The purpose was to engage with manawhenua and establish links with our local area that can be used in teaching and learning. We have the absolute desire to connect with our whole community, more than what we currently do, to ensure we can pass on local knowledge and ensure our students develop a sense of belonging to our area. We would love to connect with more local organisations and businesses to help foster this in our students. Please do contact our school, for more details.



As the world continues to battle with COVID-19, the strength of our school continues to shine through. With the most recent Alert Level 3 announcements, our staff and students quickly found their way back into online learning. What was clear this time, was that our students were genuinely excited to be back at school as fast, and as safely as possible. As we continue to develop students' sense of belonging and connections to our school, the focus on personal excellence for all, comes through strongly. Whilst we can't predict what is going to happen in the next month, we can guarantee that Kaipara College will continue to develop Success and Belonging for all.



# Welcome to Kaipara College, Year Nines

by Gemma Bayly, year Head Student, Kaipara College

On January 27th, while the rest of Kaipara College was still on holiday, almost 50 year thirteen students piled onto a bus and headed up to Higham's Farm in South Head. When we got there, we set up our tents; some haphazardly and some with the expertise that comes with a summer of practice.

This was for our Peer Support Camp. Every year, year thirteen student volunteers become peer support leaders. They mentor a class of year nines through their first few months of college. This helps the year nines to break the awkwardness of meeting new people and gives them role models.

We tented on a little beach beside the Kaipara Harbour for one night and two days, doing activities in the shed and in the shade of the big trees surrounding the campground. A few phones came out to photograph the view across the harbour. The campground was off the grid- to some people's dismay. I heard a few worried voices saying, "Where do I charge my phone?" Without electricity, the hot water for the showers and cooking was heated by a fire. Sleeping so close to the ground was a new experience for some.

The two days were jam-packed full of activities for teambuilding, leadership and communication. It was nice to be together as a year group. We spoke to people we wouldn't normally see much in our classes, and hung out with our friends. Most of us hadn't done activities like that since we were year nines.

At lunchtime, we munched on cold watermelon and homegrown billington plums. The watermelon was quick to disappear. The plums were not. During our lunch break, most of us swam in the Kaipara. We splashed around in the waist deep water until we were called in. The current tugged at our legs as we walked back. In typical Kaipara Harbor fashion, 30 minutes later, the water we were swimming in was completely gone.

A week after our camp, the peer support leaders met on the quad for the Powhiri to welcome the new year nines into the school. Even in the morning, the burning hot sun made sweat bead on our foreheads. As we sat, we looked out at this year's group of year nines eagerly. It doesn't feel like long since we were year nines ourselves, with huge uniforms and schoolbags as big as us. We remember navigating the changing friendships and new classes in our first few weeks at Kaipara College. Back then, our peer support leaders felt so old and mature. It's strange to think that the year nines could think of us like that now.

After interval, we ventured out to meet our year nine classes.

During the next two days, we did a range of activities with them, including some of the teambuilding games we played at the camp and a scavenger hunt around the school.

Since then, we've met with our year nine classes every Friday during mentoring time. The year nines are a cool year group and the year thirteen's are very excited about the year to come.



Year 13 Peer Support Leaders



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# From Penk's Pen

CHRIS PENK – MP  
for Kaipara ki  
Mahurangi **“Build It and They Will Come”**

I love the phrase, “build it and they will come”. It’s ambitious but also practical: we can make a place better for people to work and play but only if we “build” in the first place.

The key point is really the order: first, you build, then they come. The thing to “build” is all the infrastructure needed to support a decent standard of living, not just the houses. Then “they” will come to a place they can enjoy.

In the case of the electorate I represent (“Kaipara ki Mahurangi”, stretching across Auckland’s rural north and west) it’s been the case far too often that we encourage people to come here, without having built properly beforehand.

That’s as true in the rural north – think Warkworth and surrounding areas and the chokepoint that is the infamous Hill Street intersection – as it is in suburban West Auckland, where commuters crawl daily from intersection to intersection across State Highway 16.

I’ve been contacting government ministers and various officials about the solutions needed in these places consistently over the past 3 years. I believe it’s important to offer solutions, having pointed out problems, whenever asking for more.

To that end, I’ve published “Penk’s Plan” on my social media accounts for a couple of different geographical areas and will be expanding the map soon.

The traditional view about what needs to support people in housing still holds true, with three key elements: transport links, safe and sanitary water systems and “social infrastructure” such as schools, healthcare providers and community spaces to meet and play (and, where appropriate, places to work too). I’d add that planning in the 2020s should also include reliable, fast internet connectivity to round out the basics.

It’s really the difference between “houses” and “housing”. It’s easy enough simply to build houses but the whole package to support reasonable living standards – the whole housing picture – needs much more thought and, dare I say it, political will.

I’ll keep pushing along those lines. Wish me luck!

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# Art Centre Helensville

The Art Centre team this year is: manager: Heather Steadman. Board: Leda Daniel (chair),

Helen Martin (secretary), Sharon Hennessey (treasurer), Jeff Thomson (events), Jo Ogilvie (organisation historian), Jacky Pieper (events, poster design), Myra Lloyd (events, cleaning), Raywin Cruikshank (events, gardens). We have a full programme of exhibitions and workshops planned. We're grateful to Creative Communities for the generous subsidies they have provided for our workshops.

The very successful **Wood and Wool** exhibition, featuring artworks in wood, by Ray Scott, and wool, by Fiona McBride, was held from 23 January to 21 February. In a new initiative, the artists were on site on Sundays to discuss their work. This was well received, and Fiona was thrilled that the exhibition led to a very interesting commission.

The cash and carry exhibition **Landscapes of the Soul** showcases the paintings of artists from the Arts and Activities programme run by Pauline Denton for L'Arche Mount Tabor Trust. The exhibition runs from 27 February to 27 March.

A new workshop for women, **The Cloaks/Korowai that Women Wear**, hosted by Ireen Potter, was programmed for 27 February 10.30am - 12.30pm. Women celebrated their lives making cloaks in a choice of clay, collage, embroidery, poetry and other media as a way to mark their journeys. If interest demands the event may lead to a series of longer workshops.

**Get the Whole Story – Writing and Illustrating Children's Books** with Ireen Potter will be held on Fridays from 10.30am to 12.30pm for six weeks, 5 March – 16 April (with a gap week for Easter). The workshops will cover a range of writing, illustration and publishing issues.



**Pottery classes are held on** Wednesday evenings, with tutor Louise Wild. 6pm - 8pm, from 17 Feb – 24 March.

If you wish to inquire about or enrol for any of these events, please contact Heather Steadman, manager@artcentrehelensville.org.nz or 021 1586859

## The Lions Roar

Here we are again planning for the next A@P Show, 27th February. You will find us at the kiosk serving you drinks and varied snack foods. If you wish to know more about Lions, visit us at our Information Tent on the field.



This month we inducted a new member, Andrea Haslam and we extend a very warm welcome to her.

We have been able to contribute towards post surgical expenses to a family whose son is due to undergo brain surgery.

We sent to Labasa Lions in Fiji, a donation to students towards providing books etc. lost in the recent cyclone.



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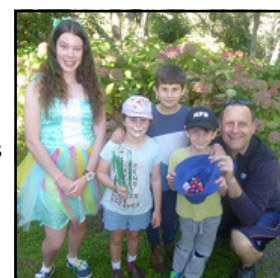
**Sunday 4<sup>th</sup> April (9.00am to 3.00pm)**



We're holding our annual Easter Egg Hunt again so time to pack up the kids and a picnic and head to Kaipara Coast Sculpture Gardens this coming Easter Sunday. You may want to just pop out for an hour or you're more than welcome to stay all day.

If you want to come along in your bunny suit or other seasonal dress you won't be alone ☺.

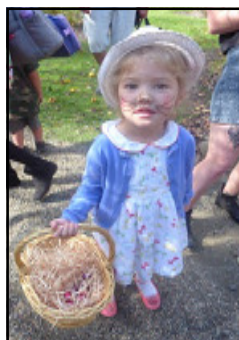
Apart from the kids play ground, picnic and Petanque areas, you will also be able to stroll around the beautiful 1.2Km nature trail which has over 40 marvellous new sculptures created for our 2021 exhibition by local and international artists on display.\*



Eggs will be replenished as the event progresses (i.e. between 9.00 am and 3.00pm) to ensure no one is disappointed.

We also have our cute little coffee shop on site plus of course the plant centre.

A wonderful way to spend Easter Sunday and we're only a few minutes' drive North of Kaukapakapa (and around 35 minutes from downtown Auckland).



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),  
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# 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](http://www.al-anon.org.nz).

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

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

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

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

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

**Helensville Floral Art Club**, Third Thursday of the month at Helensville Masonic Lodge, 9 Kowhai Street. All welcome. Contact Cushla 420-8905 [cushanddez80@gmail.com](mailto: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 Rautawiri Road, 6.30pm for 7pm start. Just come along to any meeting to see what we are about - you will be made very welcome. Contact Pauline 420-6208.

**Helensville River Valley Country Music Club** Held 3rd Sunday of the month at Helensville War Memorial Hall. 1pm start. All Welcome Contact Marion 420-8867.

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

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

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

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

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

**Peggy squares knitting group**, Wednesdays 10am - 11:30am Join us for a coffee and a chat while knitting your Peggy Squares and assist us in creating community blankets for children in your community. Glenys 09-411-8546

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

**SeniorNet Kumeu Inc.**, Have you ever thought about joining SeniorNet? The Kumeu branch meets in St Chads Church, Huapai, with a Helensville outpost in a private home in Garfield Rd. The cost of entry is \$3. Why not come along and find out what we have to offer. Contact details: Brian Lacey [brian@lacey.nz](mailto:brian@lacey.nz), 0221-831-811, Beverley Meredith, [meredithpb@xtra.co.nz](mailto:meredithpb@xtra.co.nz), 09-411-5201.

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

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

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5 Fri	0346	3.9	1609	0710	1956	
6 Sat	0439	3.7	1705	0711	1954	
7 Sun	0542	3.6	1814	0711	1952	
8 Mon	0658	3.5	1934	0712	1951	
9 Tue	0817	3.5	2050	0713	1949	
10 Wed	0925	3.7	2154	0714	1948	
11 Thu	1020	3.9	2245	0715	1946	
12 Fri	1106	4.0	2329	0716	1945	
13 Sat	1146	4.1		0717	1943	
14 Sun	0008	4.0	1223	0718	1942	
15 Mon	0044	4.0	1256	0719	1941	
16 Tue	0116	4.0	1327	0720	1939	
17 Wed	0146	4.0	1357	0721	1938	
18 Thu	0217	3.9	1428	0722	1936	
19 Fri	0248	3.8	1502	0722	1935	
20 Sat	0324	3.6	1541	0723	1933	
21 Sun	0407	3.5	1627	0724	1932	
22 Mon	0500	3.3	1726	0725	1930	
23 Tue	0609	3.3	1839	0726	1929	
24 Wed	0731	3.3	2002	0727	1927	
25 Thu	0845	3.5	2113	0728	1926	
26 Fri	0943	3.8	2209	0729	1924	
29 Sat	1033	4.1	2259	0730	1923	
28 Sun	1119	4.3	2344	0730	1921	
29 Mon		4.3	1203	0731	1920	
30 Tue	0028	4.4	1247	0732	1918	
31 Wed	0112	4.4	1330	0733	1917	

# Trade/Professional & Services List

<b>Accountants</b>	ECE Astute Accounting	420-7835	<b>Mechanical Repairs</b>	McLeod Motors	420-8633
<b>Accountants</b>	UHY Haines Norton	420-7972	<b>Motorcycle Repairs</b>	Helensville Motorcycle Services	420-7754
<b>Agecare</b>	Craigweil House	420-8277	<b>Mower Repairs &amp; Sales</b>	Lifestyle Mowing Machinery	0274-955-948
<b>Age Concern Rodney</b>		09-426-0916	<b>MP</b>	Chris Penk	021-0230-6106
<b>Acupuncture</b>			<b>Nail &amp; Brow Boutique</b>	Topcoat	021-237-0578
	Helensville Acupuncture and Herb Clinic	021-1133-665/420-8211	<b>Osteopath</b>	Osteopathic Natural Health	420-7867
<b>Beauty Therapy</b>	Beauty Elixir	022-465-0727/420-9775	<b>Painters</b>	Robert Wright & Company	027-374-1105
<b>Birthing Centre</b>	Commercial Road, Helensville	420-8747	<b>Painters</b>	Strokes of Genius - Keri	021-701-061
<b>Boats &amp; Outboard Mtrs</b>	Mike Stanton	0276-058-225	<b>Picture Framing</b>	The Picture Framing Company	0800-372-633
<b>Budget Service</b>	Francis	420-7740	<b>Plant Centre</b>	Kaipara Coast Plant Centre	420-5655
<b>Builder</b>	Maguires Carpentry		<b>Plumbers</b>	Aqua Plumbing	021-0275-3821
	Licensed building practitioner, NZ certified builder	021-990-268	<b>Plumbers</b>	ATL Plumbing Ltd	420-7868
<b>CAB</b>		420-7162	<b>Plumbers</b>	KPL Ltd	420-9108
<b>Cabins</b>	Rodney - Just Cabins	0800-58-78-22	<b>Property Brokers</b>		027-271-8551/027-485-6910
<b>Cell Phones</b>	outsidephonestore.co.nz		<b>Property Management</b>	Private Residence	021-872-336
<b>Chiropractor</b>	Kaipara Chiropractic Healthcare	420-6224	<b>Pumps</b>	Mid West Pumps	420-7694
<b>Computer Repairs</b>	Michael	021-251-4138/420-9307	<b>Real Estate</b>	B&T - Doug & Kerry King	420-6090
<b>Concreters</b>	Brewis Concrete	021-992-590	<b>Real Estate</b>	B&T - Rene Vos	027-275-4321
<b>Diggers</b>	Helensville Diggers	021-454-793/420-7023	<b>Real Estate</b>	B&T - Eveline Vos	021-353-009
<b>Dog Grooming</b>	Christine	420-2706/021-521-303	<b>Real Estate</b>	Burmester Realty	420-8360
<b>Drainage</b>	Helensville Drainage	021-657-276/420-9091	<b>Real Estate</b>	Burmester Realty - Ashleigh Clarke	021-1166-833
<b>Early Learning Centre</b>	Active Explorers	09-222-3277	<b>Real Estate</b>	Burmester Realty - Kelly Davison	0274-670-175
<b>Early Learning Centre</b>	Gumboots	09-411-9038	<b>Real Estate</b>	Harcourts, The Difference	021-414-376/420-7663
<b>First Aid</b>	Actions for Survival	027-978-5970/0508-112-222	<b>Real Estate</b>	Prestige - Jana Mills	021-509-990/420-9953
<b>Flowers</b>	Love Flowers	420-6572	<b>Real Estate</b>	Prestige - Jenny Killick	021-259-0091/420-4947
<b>Garden Sheds</b>	Baby Barns	022-075-8283/420-3298	<b>Reiki Healers</b>	The Healing Heart of Helensville	420-9098
<b>Gasfitting</b>			<b>Shower Installation</b>	GSILtd	0800-466-5327/420-8777
	Habitat Plumbing Heating Gas	027-HEAT-NOW/027-4328-669	<b>Stationery</b>	Paper Plus Select	420-8646
<b>Gift Baskets</b>	Riverside Crafts - Sarah	0800-831-542	<b>Takeaways</b>	Kaipara Fresh Fish & Takeaway	420-7190
<b>Gifts &amp; Art</b>	FIGG 44 Commercial Rd	021-488-427/420-6026	<b>Takeaways</b>	Shark n Tatties	420-5062
<b>Gifts &amp; Clothing</b>	Eleventh Hour - 83 Commercial Road		<b>Typesetting/Photocopying</b>	Huapai Copy & Print	420-9307
<b>Ink and Toner</b>	Huapai Copy & Print	09-412-8882	<b>Water Cartage</b>	A1 Water	0800-A1-WATER/0800-21-9283
<b>Insurance</b>	Rodney District Insurance	022-363-2377	<b>Water Cartage</b>	Waioneke Water	020-420-2132/420-2131
<b>JP's</b>	Ralph Martin	022-600-5730	<b>Water Cartage</b>	Water Wagon 1	027-280-2630
<b>Lions Club of Helensville</b>	Pauline	420-6208, Chris 420-8527	<b>Venue Hire</b>	Kaipara Memorial RSA	420-8888
<b>Markets</b>	Kaukapakapa Village Market	0274-831-542	<b>Windscreen Repairs</b>	Bullseye Windscreen Repairs	027-605-4630
<b>Markets</b>	Waitoki Village Market	Gill 420-3301	<b>Your Local Business Book</b>	yourlocalbusinessbook@gmail.com	
<b>Mechanical Repairs</b>	Helensville Mechanical Services	420-8177			

## First Aid for All - A community project



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**Kim McNamara**  
**Actions For Survival**  
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Hi, I am Kim McNamara, a volunteer medical responder for our local fire brigade and a local First Aid Instructor. I am passionate about empowering people and teaching people first aid skills. Currently, we have several first aid initiatives in place to help people learn. Better still it is FREE. If a recognised first-aid certificate is required, this is possible at a subsidised price. To find out more check our contact details below.

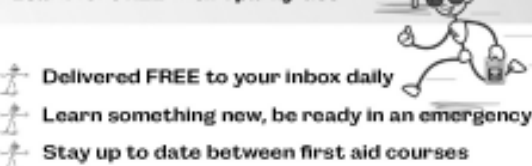
### FREE TIP OF THE DAY

The task now focuses upon monitoring the man, checking his breathing and looking for changes in his condition. Additionally, where needed providing reassurance to bystanders and managing the scene. The ambulance is now approximately six minutes away.

What should be considered in preparation for the arrival of the ambulance?

### FIRST AID

**TIP OF THE DAY #24**  
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