

The Helensville Community News

Issue 149 - April 2022

RSA



ANZAC DAY 2022

With the Government announcement yesterday regarding no Vaccine passes required after the 4th April and no limits on outdoor gatherings, the Kaipara Memorial RSA can now hold the following ANZAC services;

0600 Dawn Parade at Parakai, Fall in at 0550 hours and march to the Cenotaph from the Parakai Springs car park.

0645 Wreath laying ceremony at Helensville Service Cemetery, 130 Garfield Road.

0730 Breakfast at the RSA, 49 Commercial Road.

1050 Parade to Fall in outside the Super Liquor store, 26 Commercial Road, Helensville

1100 Veterans, RSA Members, Navy, Army, Air Force, Police, St Johns, Fire Brigade, Scouts, Guides, Cubs, schools and citizens, Parade down Commercial Road to a wreath laying ceremony at War Memorial Hall Cenotaph.

1200 Lunch at the RSA.

Any organisations wanting to lay a wreath at the 11.00 service, should contact the Kaipara Memorial RSA with your name and contact details. If you need a wreath, contact the local florist or the Helensville Floral Art Club, Phone Cushla 021 258 8979.

For further information email kaipararsa@xtra.co.nz or phone President Rex Keane 027 293 2768

POPPY DAY

Poppy Day will be Friday 22nd April, our collectors will be out in force. Poppies will also be available at the KMRSA, 49 Commercial Road, Helensville and the usual retail outlets before the 22nd, so you can make a donation and take a poppy, all proceeds go to the Veterans Welfare fund. Alternatively you can make an on-line donation to the KMRSA Welfare account- 12-3139-0003621-04, reference Poppy Donation.

New Zealand Operational Service Medal (NZOSM)

The KMRSA President Rex Keane was heartened to hear that some Veterans have applied for the NZ Operational Service Medal or Campaign Medals, some Medals having been earned 50 years ago and that their Medals had arrived "in the mail". Whilst we are pleased the Veterans have finally been recognised, the KMRSA thinks receiving "Medals in the mail" is appalling and we would like to hear from any Veterans or their families, who have recently received their medals, so we can organise a Ceremony, where the medals can be presented in person, acknowledging the service these Veterans have made for their country.

Email kaipararsa@xtra.co.nz, ph. Rex 027 293 2768, or call into the RSA on a Wednesday, Thursday or Friday between 1600 and 1930 hours and tell us your military story. (All RSA's welcome members of the community, not just Ex-Service personnel).

In this issue...

- **Kaipara Coast Easter Egg Hunt** ~ Pg 2
- **What's happening this month** ~ Pg 3
- **Letter to the Editor - Three Waters** ~ Pg 4
- **ACT Floods are warning of deeper problems** ~ Pg 6
- **Dissatisfasction rampant citywide** ~ Pg 7
- **Looking back in time April 2012** ~ Pg 8 - 9
- **From Chip Packet to Emergency Blanket** ~ Pg 10
- **Kaipara korero** ~ Pg 11
- **From Penk's Pen** ~ Pg 12
- **Craigweil Celebrations** ~ Pg 12-13
- **Building supplies hard to get** ~ Pg 13
- **Art Centre Workshops for April** ~ Pg 14
- **Library services for vulnerable or homebound customers** ~ Pg 14
- **Tide Chart** ~ Pg 14
- **Regular events updated** ~ Pg 15
- **Find a local business and give them your support with T&P listing** ~ Pg 15

Historic Kaukapakapa Library

Sunday 17th April 9am to 1pm

We Will Remember Them

Print out one of the poppy designs on the Kaukapakapa Library's Facebook page, colour it in and bring it along to the Kaukapakapa Village Market for display and exchange it for some 'Flanders Red' Corn Poppy seeds. If you can't print them, make up your own design and help us to remember those that served. This design is free

courtesy of Koukou Creations, check out their website for their other beautiful mahi, truly talented! The Kaukapakapa Library is open in conjunction with the Kaukapakapa Village Market. For more info contact Megan Paterson, threehorse@xtra.co.nz or 021 959017



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

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\$95.00 per issue for 12 issues if paid in advance. The above rates include a listing in the Trade & Professional section on the back page. A listing in this section only is \$10.00 per month. All advertisements will attract a 5% discount if paid at the time of booking. If we are required to create the advertisement there will be a one-off typesetting charge of \$40.00. Subsequent alterations will be charged on a time basis.

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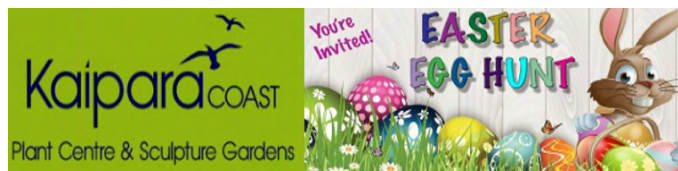
All adverts supplied must be in one of the following formats: Corel Draw 9, Pagemaker 6.5, Powerpoint, .jpg, .tif or MS-Word (with any graphics sent as .jpg or .tif images as attachments).

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

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

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

Publishers: Huapai Copy & Print

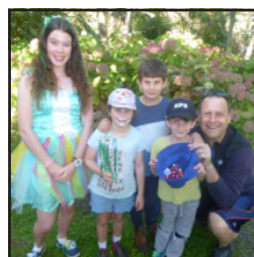


Sunday 17th April (9.00am to 3.00pm)

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 sculpture trail which has over 40 marvellous new sculptures created for our 2022 exhibition by local and international artists on display.



There is also now an additional 2.3km nature trail which meanders around farmland and native forest, has a beautiful new lookout point of the Kaipara Harbour and forms an important part of the Kaipara Coast Plant Centre conservation and restoration program.*

Eggs will be replenished as the event progresses (i.e. between 9.00 am and 3.00pm) to ensure no one is disappointed. PLEASE NOTE; due to the popularity of the event **BOOKING YOUR ENTRY TIME IS ESSENTIAL.**

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.

All relevant Covid safety processes will be in place

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PRESTIGE

Venue location: Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Entry: \$35 per family
Contact: info@kaiparacoast.co.nz
OR 09 420 5655. **Booking:**
kaiparacoastplantcentre.com/events



Kaukapakapa Anzac Service Cancelled

Regretfully the hard decision has been made to cancel our Kaukapakapa community Anzac Service this year. The ongoing Covid pandemic and the ensuing regulations have made it a logistical impracticality. We thank those who have served to keep us all safe and those who serve today. Please support the RSA Poppy Appeal, New Zealand's longest running charity street appeal. You are still able to lay a poppy on Kaukapakapa's WW1 and WW11 memorials or visit Auckland Museum's Online Cenotaph to lay a virtual poppy.



We thank those who have served to keep us all safe and those who serve today. Please support the RSA Poppy Appeal, New Zealand's longest running charity street appeal. You are still able to lay a poppy on Kaukapakapa's WW1 and WW11 memorials or visit Auckland Museum's Online Cenotaph to lay a virtual poppy.

We Will Remember Them



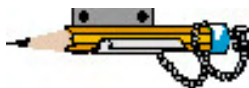
Sunday 17th April
Kaukapakapa Hall
8.30am – 1pm

10.00am - 12pm, live music
from Flamenco guitarist Maria.

Contact Sarah 0274 831 542
sarah@riversidecrafts.co.nz



What's happening this month



Saturday, 9 April 2022 10:30am and Sunday 10 April 2022 10:30am Women's Street Smart Self-Defence, Helensville War Memorial Hall, 49 Commercial Road, Helensville, Auckland

The Women's Street Smart Self-Defence workshop is probably the most intense, comprehensive, enjoyable & hands-on women's self-defence syllabus in New Zealand. The instructors know not to spend too much time talking and utilise as much time as possible demonstrating and making sure everyone masters the techniques shown. So what sort of things can you expect to learn at this workshop? You learn the vital parts of the body - parts of the body that are vulnerable & easy to attack. Learn how to block an attack confidently. Learn how to defend yourself against slaps, punches, pushes & grabs. Learn to defend yourself against headlock's, hair grabbing, wrist grabs. Learn how to defend yourself against chokeholds, bear hugs. Learn how to defend yourself on the ground. Learn effective rape defence techniques. Learn how to use your hands, legs, knees & elbows as weapons. Learn to defend yourself against many other types of attacks with confidence. This workshop runs over a two day period, the syllabus taught on day one carries through to day two. We do realise not everyone can commit to the two days, so if you were to choose a day then we suggest attending day two. For more details contact Charlie (S.A.F.E Self Defence & Close Quarters Combat) on:

Mobile: 027 368 9245. Email: info@selfdefencecourses.co.nz

Saturday, 9 April, Waitoki Village Market Day, 8.30-1pm at the Waitoki Hall, 1095 Kahikatea Flat Rd. Enjoy the ambience of shopping local from people you know.

Come and see them at the next Waitoki Market, chat, catch up with neighbours, find out what is going on in your community, get involved in a friendly, relaxed atmosphere.

Pick up baked goods, plants, preserves, locally crafted gifts, homemade and preloved bargains, Bric a Brac, and more.

Support your community; proceeds from the Market go back to our local community.

New stall holders welcome, contact Gill 420 3301 or email waitokihall@gmail.com Future market dates: June 11th August 13th, October 8th, December 10th

Sunday 17th April 2022 9.00am – 3.00pm Kaipara Coast 2022 Easter Egg Hunt, Kaipara Coast Plants & Sculpture Gardens, 1481 Kaipara Coast Highway, Kaukapakapa, Auckland

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 playground, picnic and Petanque areas you will also be able to stroll around the beautiful 1.2km sculpture trail which has over 40 marvellous new sculptures created for our 2022 exhibition by local and international artists on display. There is also now an additional 2.3km nature trail which meanders around farmland and native forest, has a beautiful new lookout point of the Kaipara Harbour and forms an important part of the Kaipara Coast Plant Centre conservation and restoration program.* Eggs will be replenished as the event progresses (i.e. between 9.00 am and 3.00pm) to ensure no one is disappointed. PLEASE NOTE; due to the popularity of the event **BOOKING YOUR ENTRY TIME IS ESSENTIAL**. 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. **Family: \$35.00 ea**

Booking: kaiparacoastplantcentre.com/events

Sunday, 17 April, Kaukapakapa Village Market Kaukapakapa Hall, 8:30am – 1:00pm 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. With its friendly people, great atmosphere and a tempting selection of quality stalls there's something for everyone with everything from locally hand-made crafts, fresh fruit & veg to pre-loved treasures and collectables. Live music from Flamenco guitarist Maria from 10am - 12pm. For more information, stall-holder and music enquiries contact Sarah: Phone: 0274 831542 or Email - sarah@riversidecrafts.co.nz Eftpos cash out available.

Sunday, 17 April, Kaukapakapa Historic Library, 9am to 1pm, We Will Remember Them - Print out one of the poppy designs on the Kaukapakapa Library's Facebook page, colour it in and bring it along to the Kaukapakapa Village Market for display and exchange it for some 'Flanders Red' Corn Poppy seeds. If you can't print them, make up your own design and help us to remember those that served. This design is free courtesy of Koukou Creations, check out their website for their other beautiful mahi, truly talented! Kaukapakapa Library is open in conjunction with the Kaukapakapa Village Market. For more information email Megan at; threehorses@xtra.co.nz or phone 021 959017.

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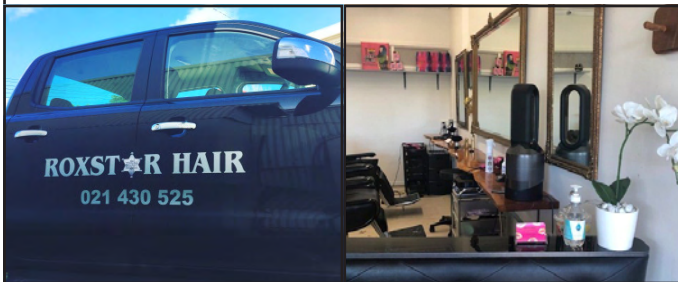
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Letter to the Editor

Your opinion matters



Three Waters

I write in response to the recent opinion piece by the Labour list MP, Marja Lubeck about the government's controversial "Three Waters" proposals.

The first point to note is that no-one is claiming that water management is perfect in this country. We know there is work that needs to be done. Whilst underinvestment in water management has resulted in burst pipes and dirty water flowing into our rivers, in some parts of New Zealand, that doesn't follow that this Three Waters format is the right answer.

A key objective of Three Waters proposal is an anti-democratic asset grab in the name of centralisation. Transferring the control of drinking water, waste water and storm water away from councils is the aim of that game, handing it over to unelected, unaccountable co-governed entities. We must not allow the handover of the strategic resource that is water to bodies over which most Kiwis will have no control.

The controversial Three Waters reforms have attracted wide-spread backlash, with a petition from the Taxpayers Union against the reform receiving almost 88,000 signatures, as well as 60 of the 67 councils around the country opposing the reforms as introduced. The Prime Minister, along with Minister Nanaia Mahuta, initially assured local councils that the scheme would be voluntary, only to later backtrack and announce that it will be forced on them. The National Party says the government must listen to the opposition of its people and put democracy back on the table.

Proponents of Three Waters are claiming that these reforms will save New Zealanders money, up to thousands per year. We know this is doubtful at best because the Government's own peer review debunked any alleged savings due to the financial implications of co-governance not being taken into account. Furthermore, under a co-governance reform, the controlling groups could charge for water usage and there would be no requirement for councils to cut their rates to reflect the fact they will cease to supply water services.

It's clear that New Zealanders are rejecting the Three Waters reform and this cannot be ignored. The fierce public disapproval sends a clear message: set aside Three Waters and go back to the drawing board. At a time when the Government needs to tighten their spending belt, the government needs to deliver a responsible solution for our water that preserves the democracy of its citizens and offers value-for-money for taxpayers.

Chris Penk

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Floods a warning of deeper problems

How can we grow a healthier communities and a healthy economy when floods causing so much damage to homes and businesses on such a regular basis?

In March 2017 the "Tasman Tempest" was a "once in a century" rainfall event, according to Mayor Phil Goff at the time.

Heavy rain on 30 August last year delivered the second wettest day in Kumeu since records began. Families were forced to evacuate terrified children and pets, if only they could find them in the early morning darkness.

Kaipara and Auckland's North West were hit by severe flooding again on 21 March 2022 the second time in less than a year, and described as the worst in living memory by locals.

I called a friend in Waimauku to ask whether his home was affected. While fortunate to be above the high-water mark, he was concerned about building materials stored at his yard.

If flood waters damaged stock it could take months to replace, which equals months with no work. With roads closed, he was stuck at home powerless to do anything about it.

The latest storm sparked calls for a flood warning system for Kumeu. While a siren might be needed in the short term, it is merely a band aid over the deeper problem – a massive infrastructure deficit making the effects of flooding much worse.

The recent Treasury Investment Statement lays this out for the Government, in advance of the 2022 Budget coming up in May. They cite the Infrastructure Commission's recent estimate that there is an "infrastructure gap" - the value of what New Zealand should have built but has not - of \$104 billion.

This is despite all the money contributed by local people for infrastructure through property rates, development contributions and the 15% GST on new builds which goes to central Government.

Culverts, bridges, drainage channels and stop banks should have been upgraded as land use intensified in the district over the past 30 years, but they were not.

ACT believes this problem can be solved quite simply with better incentives for councils to invest in high priority infrastructure, as well as better funding and financing tools.

We propose that central Government share half the GST on all new builds with local government, to cashflow the long list of infrastructure projects which are not currently funded. That would also incentivise councils to issue resource and building consents much more quickly so they could collect the money from central Government.

To make sure that the money gets to where it is needed, ACT proposes a system of 30-year infrastructure partnerships between regional and central government. The regional partnerships would prioritise the projects and have control of the budgets.

The Infrastructure Commission, on behalf of central Government, would monitor their performance against agreed metrics, like reducing flood damage within a certain time frame.

A similar approach matching Government funding with local knowledge is currently paying dividends in Auckland through the Auckland Transport Alignment Plan, so we would expect similar results for water infrastructure.

ACT believes our plan will help fix the infrastructure deficit faster, and deliver a healthier community and a healthy economy.

Dissatisfaction rampant citywide

by Cr Greg Sayers, Councillor for the Rodney ward

The level of dissatisfaction being expressed by ratepayers about Auckland Council's planning processes has prompted Rodney Councillor Greg Sayers to suggest that they need a flame-thrower taken to them.



Cr Sayers says he regularly receives criticism about Council's planning department, particularly regarding resource consenting.

Primary concerns are about the time it takes to get a resource consent and the cost in Council fees. They come from across the board, whether people are adding a veranda, building a simple shed or planning multi-million dollar developments.

Cr Sayers says an independent commissioner could be appointed to fix the internal processes.

But adds that such an extreme intervention would have to be initiated by the Government.

"Our processes could be benchmarked against other councils, otherwise, staff will continue to leave and customer dissatisfaction will continue to prevail."

He says this isn't just a Rodney problem, but is happening across the whole of Auckland.

"Many people say that Auckland's processes are too pedantic compared to other councils.


"I would like to see the planners empowered to work in a more streamlined system, along with more direct accountability to the customer.

"Compounding the problem is experienced staff are leaving for lucrative government salaries with Kainga Ora (Housing New Zealand), but the internal council processes have not adapted to cope. Inexperienced staff are left under enormous pressure.

"At the same time, resource applications are skyrocketing due to housing demand. Also Government legislative changes, which require a response from Council staff, are draining the diminished staff resources."

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Looking back in time Helensville Community News April 2012 Issue

Helensville Art Centre Happenings Disability Expo a Huge Success!

Helensville's Arts and Activities Programme for adults with learning disabilities, run through Mt Tabor Trust by Pauline Mee, recently used Creative NZ funding to showcase their artistic work at Auckland's ASB Show Grounds in Green Lane at 'The Big Event – Health and Disability Expo'.



Despite Mt Tabor being a relatively small service provider – supporting around 30 adults in 6 households and several individual flats – their stand stood out for its colour, flair and fun. With give-away postcards of art, a film of 'Wiggle & Giggle Disco', arts activities and community involvement as well as the opportunity to win an original artwork by artist Thomas Hogan simply by writing your email address on 'Mikie the Moa' – constructed especially for the event by local artist and film-maker Andrew Denton.



This is the first time this event has been run and it had a huge attendance over the 9th and 10th of March.

Mt Tabor has houses in Helensville, Sandringham and Henderson, including a household for the deaf people. They run a Deaf Day Programme in Henderson and an Arts and Activities Programme in Helensville which draws people along from as far away as Warkworth and caters for around 50 people a week.

For information about any Mt Tabor service or activity, or for employment opportunities, contact the office on 09 420 9701

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Looking back in time Helensville Community News April 2012 Issue

Kaukapakapa School news - Pony Club Ribbon Day

This year Kaukapakapa School sent a team of four to the Interschool Intermediate Ribbon Day held at Clevedon Pony Club. The school was represented by Libby Berrington-Hume, Amber Donaldson, Troy Gregerson and



Emily Stroobant. The competition for the day was split into four rings, 1 Open/Maiden ring ridden in by Libby Berrington-Hume and 3 Novice rings with Amber Donaldson, Troy Gregerson and Emily Stroobant riding in these rings.

When a rider was placed with a ribbon they collated points for their school. It was a great morning with Emily taking out the Supreme Champion Ribbon for the flat classes. The



jumping classes were after lunch and Troy and Emily both won a Champion Ribbon.



The school took out the overall prize with 53 points competing against 13 other Auckland schools.




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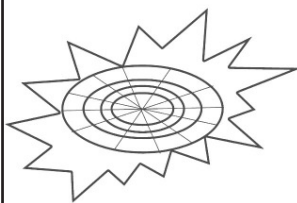
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Helensville Birthing Centre is your local community facility. It provides a free service for women who choose to give birth in a low-tech environment. Alternatively, women who give birth in hospital can then transfer to us for the opportunity to rest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

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From Chip Packet to Emergency Blanket

by Georgia Shivan, Year 13 Student, Kaipara College

The contents of a potato chip packet are consumed in a matter of minutes, yet it takes upwards of eight decades for them to break down in landfills. And with every New Zealander contributing an average of 60 kilograms of plastic to our 327 landfill sites every year, it is evident that we need to be doing more to reduce the amount of waste we produce.



The beginnings of an emergency blanket from chip packets

The Chip Packet Project (CPPNZ) was founded in New Zealand in late 2021 and turns empty chip packets – and other foil packaging – into emergency blankets for those who need them. Creating these blankets is relatively simple: the chip packets are washed and cut open to form a single foil sheet. Then, using the heat from a household iron, they are fused together to form one large panel. Often, they are ironed onto a plastic lining to provide further reinforcement. Small holes are created in the sheet to prevent the accumulation of condensation. The blankets typically take the shape of a sleeping bag and mimic the qualities of a standard emergency blanket, reducing heat loss by reflecting the body's generated heat back to the wearer because of their foil lining. Because of plastic's durability, these emergency blankets are resistant to weather and are long-lasting.

Ms Kapa, the Business and Innovation teacher at Kaipara College, and her Year 11 whanau class are involved in this project. They are currently in the process of collecting chip packets from our students, teachers, and parents and are establishing a system of producing these emergency blankets at school. Their vision is to be able to create and provide these blankets to members of our community who would benefit from them, either directly or through local organisations such as food banks. This project provides an interactive and inexpensive way for students to help our community while simultaneously recycling materials that would otherwise contribute to landfills: a win-win situation, as Ms Kapa described.

CPPNZ currently has 16 collection points across the country where clean foil packaging can be delivered to and recycled into emergency blankets; either for those living on the streets in New Zealand or for those who cannot avoid warm living conditions.

Our closest drop-off point is currently on the North Shore, though additional locations are added regularly as the organisation expands.

Anyone wanting to find out more about this campaign can visit the Chip Packet Project's Facebook page: @chippacketprojectnz And for the collection of chip packets at Kaipara College, email Ms Kapa at rkapa@kaipara.school.nz.

FLAT TO LET

Kaukapakapa

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Kaipara korero



Principal Cindy Sullivan

From the Principal's desk:

Now well into Term 1, although life is far from our old normal, we continue to focus on quality teaching and learning for our students, to help keep them grounded and support them to develop a sense of belonging and achieve their full potential. This is no easy feat, as our families and community will be well aware. With COVID sweeping through our community and the subsequent impact on staffing, we have had to roster home our students on different days, so that we are able to run the school safely. This has put additional pressure on our families, as learning from home is not easy for some of our students. The students themselves report mixed feelings on learning from home, some students love learning from home and thrive in this way, while others struggle to learn without the close proximity of their teachers. Also COVID has impacted on our student population with the necessary isolation for illness and household contacts.

Despite these challenges and those of the previous two years I am heartened by the spirit of Kaipara College and the people within, both students and staff. Our students continue to be focused, resilient, capable, committed, kind and positive. Despite the difficulties all around them, our students continue to look beyond themselves to support others. This week our student leaders have organized a Crazy Sock Day advocating for the rights, inclusion, and well-being of people with Down Syndrome. At the initiative of another senior student we are also raising awareness of the plight of women with the debilitating impact of endometriosis for Endometriosis Awareness Month

We have high achievers and persistently hard workers inside and outside the classroom, with some exceptional athletics outcomes for our students. Academically our students are determined and committed to doing their very best and achieve a high level of success. Around 40% of our current Y12 and Y13 students achieved their NCEA qualification for 2021 with either a Merit or Excellence endorsement. This is a fabulous result especially given the trying circumstances of our extended lockdown. Congratulations to all these fantastic young people. We are very proud of your efforts and your results. This result is also a testament to the commitment, expertise and tireless support from our staff. Congratulations also to all our hardworking students who do not receive these accolades but quietly go about achieving their own personal level of improvement and success.

This year we remain positive in a difficult climate and focus on our core business of teaching and learning and having some fun along the way, staying safe, helping each other and supporting our students to be the best they can be.

Until next time....

Cindy Sullivan

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chris.penkmp@parliament.govt.nz

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New enrolling for August 2022 onwards



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FEEL AT HOME WITH FAMILY

From Penk's Pen

CHRIS PENK – MP

If there's one area the government has performed in strongly, it's their ability to put forward a message that they want Kiwis to hear. Two years on from the onset of the pandemic, we're now one of the most highly vaccinated countries the world at over 95% of the eligible population. Despite the ongoing requirements for social distancing, mask-wearing and scanning in, the government's \$55 million-dollar public interest journalism fund has effectively increased the fear we feel.

I'm not downplaying the potential effects of Covid-19 as an element of the health challenges we face but with all the safety measures we now have in place including vaccination, masks and scanning, it's time to move on from a place of fear and into a place of hope. We've been told repeatedly by official sources that the hospital system is ready.

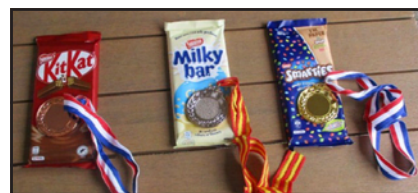
The government has focused on Covid-19 to the exclusion of other key health priorities. Meanwhile, other pressing and critical issues that are unrelated to Covid-19, such as housing, infrastructure, cost of living, inflation and education –to name just a few – continue to worsen.

In other words, we need to keep Covid-19 in perspective so that we don't lose sight of the other challenges in front of us that remain in desperate need of action. Let's hope that in the second half 2022 our great little country can do that once more.

CRAIGWEIL



Last month, Craigweil House residents took part in a colouring competition for Waitangi Day.



The prizes for the Waitangi Day colouring competition.

HOW TO really LOVE A CHILD

Be there. SAY Yes AS often AS possible. let them Bang on pots and pans. if they're CRABBY, put them in water. if they're unlovable, love yourself. realize HOW important it is to Be A CHILD. Go to A MOVIE theatre in your PAJAMAS. READ BOOKS OUT LOUD with JOY. invent pleasures together. REMEMBER HOW really SMALL they ARE. Giggle A lot. Surprise them. SAY no when necessary. TEACH Feelings. Heal your own inner CHILD. learn ABOUT parenting. HUG trees together. MAKE loving SAFE. BAKE A CAKE AND eat it with NO HANDS GO FIND elephants and kiss them. plan to BUILD A rocketship. IMAGINE yourself MAGIC. MAKE lots OF FORTS with Blankets. let your angel FLY. REVEAL your own DREAMS. search out the positive. Keep the gleam in your eye. MAIL letters to GOD. encourage silly. plant licorice in your GARDEN. open up. STOP Yelling. express your love. A lot. SPEAK KINDLY. Paint their tennis SHOES. Handle with CARING.

CHILDREN ARE MIRACULOUS

CELEBRATIONS

With the ongoing effects of COVID19 in the community, things have been touch-and-go at Craigweil House. Visitations and non-essential services providers at times have seen restricted access. This has meant that it has been even more important to speak with loved ones over the phone or through video chat. Craigweil House's in-house events and entertainment have again been at the heart of keeping the facility moving forward. This month we have had regular games of Bingo, Trivia afternoons, arts and crafts, board games, movies, karaoke, a high tea in honour of St Patrick's Day Celebration and more.

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

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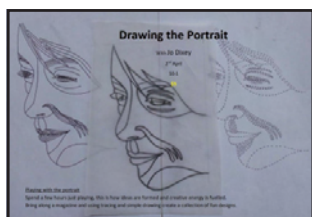
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Wainui & Waitoki, Woodhill, Waimauku,
Muriwai, Huapai, Kumeu, Riverhead

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Art Centre & Helensville

Drawing the Portrait with Jo Dixey on the 2nd April 10am-1pm \$5. Jo Dixey will take you through simple methods of drawing, using tracing techniques to develop inventive and unique portraits. Spend a few hours just playing, this is how ideas are formed and creative energy is fueled.

Bring along a magazine and using tracing and simple drawing create a collection of fun designs.



Air Dry Clay Portrait making with Jacky Pieper on the 9th April 10:30am-1:30pm & 23rd April 11am-1pm \$23

In this 2 part course you will be using air dry clay to build expressive small faces from imagination.

On Saturday 9th of April you will create between 2 - 4 faces using air dry clay. **23rd April** will be

completing the faces with paint.

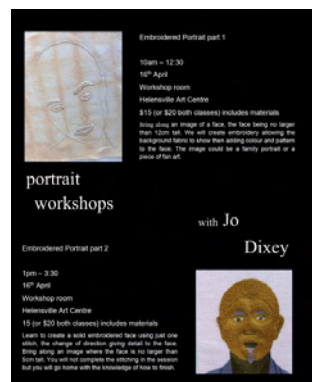
Embroidered Portrait – Jo Dixey 16th April 10am-3:30pm

10am-12:30pm Jo Dixey will be taking you through stitching an outlined portrait, the afternoon session 1pm-3:30pm will be a more developed version of the portrait stitching it in full. You can book a single class for \$15 or both workshops for \$20!

The theme of the workshops coincides with our first member's exhibition of the year, 'The Portrait.'

Come along and see our artist's representation of the portrait, some abstract, some sculpture, painting and photography. **Dates for the exhibition are 2nd – 30th April.** There will be an opening please check out our facebook page for opening details.

Coming up in May is a new exhibition from Colin Harris and Lugi!



Shout out to Mitre 10 Helensville!

We would like to thank local business Mitre 10 Helensville for donating a generous amount of soil for our sculpture garden! A new plinth has just been made and installed by Jeff Thomson, soon to be new artwork so watch this space! Thank you to our lovely board members and their family for tending the garden, and artist Jeff Thomson for his sculpture currently on display.



For details on exhibitions and workshops please continue to follow our facebook page and website. If you are interested in taking a workshop at the Art Centre, we have a new incentive of a reduced price while we come out of the covid climate. Please send your proposal if interested to manager@artcentrehelensville.org.nz

Helensville Library services for vulnerable or homebound customers

Our service caters to people who are unable to visit a library due to mobility, access, or other circumstances. Volunteers and library staff collect and delivery library items direct to customers.

If you or one of your whanau need this service, we are here to help. We can put together packs to pick up quickly from the front door, or the desk. You can go online and fill out the Ready-to-Go reads form on the Auckland Libraries website, or contact us directly via the options below.

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"Thank you for the great bag of books. We are so happy with them"

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Please contact us for more information.

Ready-to-Go Reads: aucklandlibraries.govt.nz/Pages/ready-to-go-reads.aspx?page=Start

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Phone: 0800 695 427

Facebook: facebook.com/HelensvilleLibrary

Email: helenlib@aucklandcouncil.govt.nz

SHELLY BEACH TIDE CHART					
Date	High Water Shelly Beach		Sun Rise	Sun Set	
April '22					
1 Fri	1145	4.2	0734	1915	
2 Sat	0009	4.2	1223	0735	1914
3 Sun	0045	4.2	1158	0636	1813
4 Mon	0019	4.1	1231	0637	1811
5 Tue	0051	4.0	1302	0637	1810
6 Wed	0123	3.8	1334	0638	1808
7 Thu	0156	3.7	1409	0639	1807
8 Fri	0234	3.5	1451	0640	1805
9 Sat	0321	3.4	1544	0641	1804
10 Sun	0424	3.2	1655	0645	1803
11 Mon	0546	3.2	1820	0643	1801
12 Tue	0702	3.3	1932	0643	1800
13 Wed	0800	3.5	2028	0644	1758
14 Thu	0849	3.8	2115	0645	1757
15 Fri	0933	4.0	2159	0646	1756
16 Sat	1016	4.2	2241	0647	1754
17 Sun	1058	4.3	2323	0648	1753
18 Mon	1140	4.3		0649	1752
19 Tue	0005	4.3	1223	0649	1750
20 Wed	0048	4.2	1307	0650	1749
21 Thu	0133	4.0	1355	0651	1748
22 Fri	0223	3.9	1450	0652	1747
23 Sat	0322	3.7	1556	0653	1745
24 Sun	0432	3.6	1712	0654	1744
25 Mon	0548	3.6	1826	0655	1743
26 Tue	0657	3.6	1931	0656	1742
27 Wed	0756	3.8	2028	0656	1740
28 Thu	0848	3.9	2117	0657	1739
29 Fri	0934	4.0	2201	0648	1738
30 Sat	1016	4.1	2241	0659	1737



Regular Events

60 Plus, Held the last Thursday of each month, 10am morning tea provided, a great opportunity to meet others in a relaxed friendly atmosphere. Held at Magnify, 118 Commercial Rd, around the back, downstairs. (There is a ramp) Jocelyn Read 0211-726-547.

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

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

Core Hit - Tuesday 5.30. Bonnie Casey, War Memorial Hall, Helensville. Deep core and pelvic floor strengthening, plus cardio workout for ladies of all ages.

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.

Fitness League - Friday 9.45am - War Memorial Hall, Helensville. Exercise to music (posture + balance). \$6 if you are a member, non members \$8. Membership \$20 per annum. Come and check us out. Christine Ph. 425-7108

Groovy Line Dancing Tuesday 9.30am - War Memorial Hall, Helensville. \$6 - Levia Aukino-Uruamo. Ph 022-626-7030

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

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

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

CHARGE.

Helensville Lions Club, meet 2nd and 4th Mondays of the each month, in the Tennis Club building, 124/164 Rautawiri Road, 6.30pm for 7pm start. Just come along to any meeting to see what we are about - you will be made very welcome. Contact Chris 420-8527.

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

Kaipara Memorial RSA. - Quiz night every Wednesday at 7.00pm. 20 easy questions, free to enter, different quizmaster each week. Meals available from 6.00pm. All welcome at the RSA, 49 Commercial Road, Helensville. Any queries, give me a call, Rex Keane, 027 293 2768

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.

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 09-411-5151

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

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

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

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

U3A, University for the Third Age, Helensville. For more info call 021-131-7308 or 420-7858

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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	Beauty Elixir	022-465-0727/420-9775
Birthing Centre	Commercial Road, Helensville	420-8747
Budget Service	Francis	420-7740
CAB		420-7162
Cabins	Rodney - Just Cabins	0800-58-78-22
Cabins	Northwest Cabins	022-1209-562
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	021-521-303
Early Learning Centre	Active Explorers	09-222-3277
Early Learning Centre	Gumboots	09-411-9038
Flowers	Love Flowers	420-6572
Garden Maintenance	Garden Care	0277-666-002
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 & Art	FIGG 44 Commercial Rd	021-488-427/420-6026
Gifts & Clothing	Eleventh Hour - 60 Commercial Road	
Hairdresser	Roxstar Hair	021-430-525
Ink and Toner	Huapai Copy & Print	09-412-8882
JP's	Ralph Martin	022-600-5730
Lions Club of Helensville	Chris Clarke	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
Mechanical Repairs	Parakai Automotive	09-420-7224
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
Picture Framing	The Picture Framing Company	0800-372-633
Plant Centre	Kaipara Coast Plant Centre	420-5655
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Plumbers	ATL Plumbing Ltd	420-7868
Plumbers	KPL Ltd	420-9108
Pumps	Mid West Pumps	420-7694
Real Estate	Arizto Real Estate - Kara Singer	021-414-376
Real Estate	Barfot & Thompson Helensville	420-6090
Real Estate	B&T - Doug & Kerry King	420-6090
Real Estate	Burmester Realty	420-8360
Real Estate	Burmester Realty - Kelly Davison	0274-670-175
Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Real Estate	Prestige - Jenny Killick	021-259-0091/420-4947
Reiki Healers	The Healing Heart of Helensville	420-9098
Sewing	Sew Simple	027-923-4044/09-810-7429
Shower Installation	GSILtd	0800-466-5327/420-8777
Takeaways	Kaipara Fresh Fish & Takeaway	420-7190
Takeaways	Shark n Tatties	420-5062
Typesetting/Photocopying	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	



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