

# The Helensville Community News

Issue 150 - May 2022

## A Possum interest at Parakia Kindergarten

Recently there was a lot of excitement at Parakai Kindergarten when the tamariki (children) discovered a possum caught in the possum trap.

The interest in possums and other New Zealand pests started at the beginning of last year, when we noticed that something was eating our carrots and leaving poos in the garden. Several weeks ago we then noticed that a possum had been eating the fruit from our trees. The tamariki shared their ideas on how to trap the possum including "making a trail of leaves so the possum would eat them and then go into the trap" and their thoughts about what foods to use as bait. After weeks of experimenting, we finally caught it. There were fantastic learning discussions as the tamariki shared the knowledge they had learnt about this topic, such as "now the possum can't eat our leaves or hurt our birds" and "the trees were dying aye". This was also an amazing opportunity for the tamariki to see and learn about a possum up close.

Throughout this learning journey our tamariki have shared lots of their stories and knowledge of possums and rats and explored this interest through art, songs, stories and books. Our families have sent in photos of their own pest control journeys, built us some rat traps and the Lions Club kindly supported us to buy more native plants. This also supported the kindergarten's environmental plan to increase our native bird life in the kindergarten environment.

The Parakai Kindergarten teachers are so proud of how much respect, care and love for the natural environment the tamariki have developed as a result of this interest. We are passionate advocates of sustainable living and entwine this throughout our teaching practices. We believe that if we empower tamariki to be kaitiaki (guardians) of their environment they are more likely to take on the role of kaitiaki of our planet as adults.



"A possum is trying to eat the oranges. Eating a bird egg too. The possum is trying to eat the apples too."

He is going to eat the possum bait, then he is going to die. The possum drinks all the water from the pond. He is a very naughty possum."

by Ava

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## Helensville Community News

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

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The Helensville Community News is published as an independent community newsletter in conjunction with the Helensville Community Website, [www.helensvillecommunitynews.co.nz](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.

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Publishers: Huapai Copy & Print



## AUTUMN BOOK FAIR

28<sup>th</sup> – 29<sup>th</sup> May  
2022

## Helensville War Memorial Hall

“The Biggest & Best Book Fair in the West!”

The Lions Club of Helensville is planning to hold their Autumn Book Fair on the last weekend of May in the Helensville War Memorial Hall. Starting at 9am on Saturday until 4pm and 10am on Sunday until 3pm.

The Pop-Up Book Fair, held in March, raised almost \$4,000 from the sale of books, which was a great result considering the restrictions necessitated by the pandemic reducing the number of books on display. A huge thank you to all our patrons on that day. For them we are now able to bring out our entire stock of books, which we have accumulated over the last year.

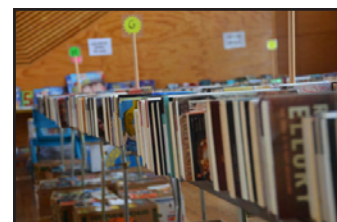
Books are priced to sell, with nothing over \$2. There is a good selection of children's books at 50c, plus there are also jigsaw puzzles, board games, DVDs, CDs and quality magazines available.

Non-Fiction will be split into twenty separate categories, including one dedicated to New Zealand subjects and a large General Non-Fiction section to browse through. Fiction is arranged alphabetically by authors, with six special interest groups, the largest of which is the Fantasy/Science Fiction section. There are also many Children's and Adolescent books.

Small donations of books can be left at Burmester Realty, Helensville, or for larger lots, call Chris on 09 420 8527, or any other member of Helensville Lions.

Please note that the last date we are accepting books for this Book Fair is Friday 20th May.

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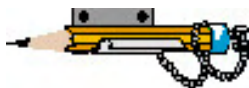
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8.30am – 1pm

10.00am - 12pm, live music  
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Contact Sarah 0274 831 542  
[sarah@riversidecrafts.co.nz](mailto:sarah@riversidecrafts.co.nz)



## What's happening this month



**Friday, 6 May, Helensville Aglow, 7.30pm** at the Helensville Community Church, 40 Mill Road Helensville (behind the Hospice shop). All welcome. The guest speaker for this meeting is yet to be confirmed. Contact Bridget at [helensvilleaglow@outlook.com](mailto:helensvilleaglow@outlook.com) for more information. All Welcome

**Sunday, 15 May, 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 Ralphe from 10am - 12pm. For more information, stallholder and music enquiries contact Sarah: Phone: 0274 831542 or Email - [sarah@riversidecrafts.co.nz](mailto:sarah@riversidecrafts.co.nz) Eftpos cash out available.

**Sunday, 15 May, Kaukapakapa Historic Library, 9am to 1pm, Museum Fundraiser.** Come along and support the Te Awaroa/Helensville Museum at the historic Kaukapakapa Library. Books are for sale on the local history of the area, including 'Pioneering Women of the South Kaipara', 'Men Came Voyaging' and for the train enthusiasts 'The Kaipara Line'. As well as other great gift ideas, donations to the Museum can be made, subscriptions purchased, volunteer information available and more. View one of the model carriages from the recently donated Van Uden Collection, beautifully handcrafted to scale - the full collection can now

be seen at the Museum. The Kaukapakapa Library is open in conjunction with the Kaukapakapa Village Market, something for everyone. For more Information email Megan at [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz) or ph 021 959017.

**Sunday, 15 May, Helensville Art Trail.** Twelve artists hold open studios on the third Sunday of each month from May to October as many of Helensville's accomplished artists open their personal studios for the Helensville Art Trail. Studios are all conveniently situated within two kilometres of central Helensville. Follow the signs leading to each studio. This collaborative exhibition of artists will bring together diverse practices, and allow the public to view studios coming together as one body.

**Saturday, 28 May, 9am – 4pm & Sunday, 29 May, 10am – 3pm. Lions Autumn Book Fair.** Helensville War Memorial Hall. See article previous page.

**Tuesday, 7 June, U3A Monthly meeting, 10.00-12.00.** St Johns Hall behind the ambulance station, Rata St, Helensville.

Professor Julian Paton director of Manaaki Manawa – Centre for Heart Research University of Auckland. Guests are very welcome. Wear masks please. U3A is a unique organisation of retired and semi retired people who enjoy learning from each other and sharing their skills and expertise through meetings and interest groups. Members have a general meeting on the first Tuesday of the month and choose special interest groups to join. Groups at present include: Book Club, Food and Wine Appreciation, Mah Jong, Gardening, Critical Thinking and TED Talks. More groups are planned as we move out of Covid restrictions. New ideas are welcome. Costs are minimal. For more information contact Gloria Middleditch [jandgmiddleditch@outlook.com](mailto:jandgmiddleditch@outlook.com) 094203007/0211658428 or Bev Silvester-Clark [bev.s-c@outlook.com](mailto:bev.s-c@outlook.com) phone 0274316205. Next meeting 5 July.

**Sunday 12 June 2022 9.30am – 11.30pm. Property Value Optimisation.** Kaipara Coast Plants & Sculpture Gardens, 1481 Kaipara Coast Highway, Kaukapakapa, Auckland. Family: \$20.00 per person. Booking essential: [kaiparacoastplantcentre.com/events](http://kaiparacoastplantcentre.com/events)

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## Helensville Library and Service Centre news

Helensville Library was so pleased to become Toppville Library for the day – on Friday 8 April. We were stunned – and star-struck – when Dame Jools Topp visited to see us all in costume.

In big news – we're going to re-start our Kids Time sessions this month! The day of the week has changed.

From **Wednesday 4 May**, Kids Time will be held at Helensville Library from 10am until 10.30am each Wednesday morning.

Kids Time is aimed at under-6s and their grown-ups.

Although physical distancing is not required at Orange level, we do ask that you try your best to stay in your whanau bubbles as much as possible.

Adults, and older children, are required to wear masks while inside the library.

Because of these Covid-related requirements, Kids Time will run a bit differently. There will be more singing and dancing – and less reading – while we figure out the best ways to interact and emote.

In other news, the Library and Service Centre team have said a very sad farewell to Freya. Freya has been a mainstay and font of knowledge for us all – including our customers – for the past 11+ years. We miss her terribly. We know that members of the Library community will join us in wishing Freya all the best, whatever her future holds.

Our staffing has been in change for the past few months – with more changes to come. Please make new – and old! – faces welcome as you see them.

Never fear, Sally is still our beloved Manager! I'm still the Children's Librarian (and second-in-charge). Rachel is still our full-time Library and Council Services Assistant. We are the faces you will probably see most often.

**Anne Coppell | Senior Librarian / Poukokiri - Children & Youth,**  
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### The cost of Labour

The cost of construction rose a record 2.4% in the three months ended March, and 7.3% in the past year. CoreLogic chief economist Kelvin Davidson said price increases were occurring as the demand for materials outstripped supply. That's called inflation, where there is too much money chasing too few goods. Labour wants you to believe it is an international problem that is outside of their control. The truth is quite different.

Labour often touts that a record number of dwellings were consented in the year ended February at nearly 49,800. CoreLogic points out the building industry might only have the capacity to support 30,000 to 35,000 properties per year.

If they cannot get the timber when it's needed, and get it at reasonable rates, then the industry cannot build homes at an affordable price.

The cost of Labour policy starts on the forest floor. Last week the owner of a small forestry company told me that apart from the cost of diesel, all the extra costs to produce logs for timber come from government. My forestry friend pointed to environmental regulations designed to protect fresh water, which the Labour government imposed in 2020.

Their harvesting operation uses a cable hauler to lift tree stems from where they are felled to a landing where they are loaded onto trucks. The cable hauling system is like a flying fox for logs. Unlike ground-based operations where logs are dragged to a landing, cable hauling has minimal impacts on the environment.

My forester friend now needs a \$4000 resource consent for working near every watercourse in each valley. The conditions for each consent are the same. Nothing in the consents has changed the way he has worked for decades. It's just another cost.

When the logs get to the mill Labour policy rings up another cost. Sawmills need heat and energy to dry and process timber. Some sawmills utilise wood waste as well as coal to produce steam to kiln-dry the timber. However electricity and natural gas are still the main energy inputs in the North Island.

I met with the executive team of a major wood processor recently. They told me their electricity costs have almost doubled in the past two years, and natural gas would increase by 40 percent when new contracts started in April 2022. They pointed to the Labour governments' 2018 ban on offshore natural gas exploration.

Businesses depend on long term energy security to support investment in production like big timber mills. The year after the ban on gas exploration was a dry year for the hydro dam catchments. Electricity prices were much higher than normal.

At the same time natural gas supply from existing fields was restricted while long term maintenance was underway. Usually these short term supply issues would resolve themselves naturally and prices would return to long term averages. But because of the Labour government policy banning gas exploration, long term energy prices have stayed high.

Government policy imposes costs in the forest and at the timber mill. This puts up the price of timber before it even gets to the merchant. That is why ACT would focus on better policy that removes unnecessary cost from the build.

Firstly, dump the RMA and allow industries like forestry to codify how they manage environmental effects. Expensive consents would be a thing of the past. The Infrastructure Commission backs this approach. Secondly, reverse the ban on offshore exploration for gas and oil. Affordable and secure energy, which must include natural gas, is vital for a healthy economy.

These two ACT policies will help reduce inflation and deliver thriving communities.



# Change of seasons gardening at Craigweil House

Craigweil House residents have been making the most of the long, sunny days that linger into autumn, while enjoying the cooler weather. With the end of daylight saving, we are reminded that winter is on its way.

Roy Ayers and Norah Honey have been setting up the gardens for the cooler part of the year. Roy and other residents have been working on the winter veggie garden by preparing the soil and planting seeds, including cabbage, cauliflower, and beetroot. Norah and Deb (Facility Coordinator) also planted five lovely planter boxes of mixed flower seedlings for some potted colour and to attract the important pollinators. Craigweil House residents are looking forward to tending to the veggies – there is nothing like eating fresh from your own garden!

If you would like to enquire about Craigweil House for your loved one, please get in touch. We are a boutique rural facility



*Roy Ayers prepared the winter veggie garden planting seeds including cabbage, cauliflower, and beetroot.*

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*Norah with one of the five planter boxes she and Deb (Facility Coordinator) planted for autumn.*



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## Looking back in time Helensville Community News May 2012 Issue

### Parakai's World

The "How was your Easter?" question doesn't usually get the response "I went to Australia, turned 50 and won a world championship!" but, for Helena Horswell of Parakai, that's exactly what she did!



Sailing solo in her access liberty boat in 30 knot winds, Helena was the only competitor in her class to complete day two of the five days of racing off the coast of Sydney where 120 sailing enthusiasts from nine countries competed in this bi-annual event.

The competition featured both able-bodied and disabled competitors, as moving your body weight is not required in the sailing of the access liberty boat, so the boat design allows, excuse the pun, everyone to 'compete on an even keel.'

The boats can tip almost onto their sides and still be sailable as they're among just a few boats in the world to have a double rudder. Helena describes the boat being so far



over that her ear is brushing the water and passing other boats in the 30 knot winds where all you could see were "heads down and bailers tipping out water".

Thriving on "being out there challenging your own limits", Helena was one of only eight kiwis

*Helena proudly holding her award*

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# Looking back in time Helensville Community News May 2012 Issue

## Championship Winner

by Pauline Mee

to compete in the event.

"Sailing is easy" she says "compared to the huge physical exertion involved in pulling the boat on and off trailers and ramps". A task that, at four foot seven and just 65kgs, often takes more time and effort than the sailing AND, as if that wasn't enough, Helena does not have a road trailer to move her boat on so has the double effort of heaving it, with its 72kg keel, onto a beach trailer which she then has to lug up

onto a standard road trailer. Come on guys, isn't there someone out there who can design and build a road trailer to suit this style of boat?

Helena jokes that "access boats were not originally designed to

race but they were made in Ozzie and Ozzies will race anything!"

Helena had kept very quiet about day one of racing, Easter Monday, being her 50th Birthday. She says that the winning of the 2012 Access World Sailing Championships "hasn't really 'sunk' in". Helena hopes to defend her title in San Francisco in 2014 but will need the help of sponsors and her community to do this.

If Helena's inspired you and you want to let her know then email [enuit@xtra.co.nz](mailto:enuit@xtra.co.nz)



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## Kaipara korero

*Principal Cindy Sullivan*

With the advent of recent Anzac day commemorations and services I am reminded yet again of the kindness, generosity, commitment and selflessness of the young people I am privileged to work with here at Kaipara College. We had a team of students from the College volunteer their time, energy commitment and talent to the teamwork that was required to ensure Anzac Services at Parakai and Helensville were the great successes that they were. Kaipara College students were happy to do whatever was required of them with enthusiasm to support the local RSA, whether it be bearing the flags, singing the national anthem, playing the last post or providing rallying and inspiring speeches. Nothing was too much trouble. Sometimes teenagers get a bad rap in society these days, but I can assure you the Helensville community is growing some great kids!

In other news Kaipara College students have shown their prowess and expertise in the sporting arena recently. Over the Anzac weekend, Alana England (Year 11) competed at the NZ Pony Club Eventing Championships on her self-produced pony KT Mahunga Nui where she finished 4th individually in her division and 3rd overall in the Team event, as part of the Northland / Rodney Waitemata Team. Also Jessica Cameron (Year 13) qualified recently to represent New Zealand at the Waka Ama world sprint champs to be held in London, in August this year. Wonderful achievements for both girls and the result of grit, determination, perseverance and hard work. I was also lucky enough to watch the first pre-season game of the Kaipara College First XV against Rosmini at

the end of last term. They had a win which is great but what really impressed me was their great teamwork, spirit and sportsmanship. Congratulations to all the players and the team around them that support them so well.

I look forward to meeting many of you out and about in the community supporting Kaipara College sporting and cultural events.

If you would like more frequent information about the great things happening at Kaipara College, please follow our Facebook and Instagram accounts. Search 'Kaipara College' for our official pages on both platforms.

Until next time...



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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.

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

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**[www.birthingcentre.co.nz](http://www.birthingcentre.co.nz)**



# Student Waka Ama success

by Georgia Shivnan, Year 13 Student, Kaipara College

Jessica Cameron is a Year 13 student at Kaipara College who has been competing in waka ama since late 2018 – initially getting involved in the sport through the school's team. Waka ama is a popular sport at Kaipara College, with many students finding both success and passion in the endeavour. Kaipara's paddlers are all signed up to Tu Tangi Ora – Helensville's local waka ama club – meaning that they are eligible to compete at both school and club competitions. The teams train regularly on the Kaipara River and frequently travel around and out of the region for inter school competitions.

After almost three and a half years of training and over 15 competitions, Jess has earned numerous impressive achievements – including her participation at a national level in the waka ama sprint and distance competitions.

At the beginning of April, Jess travelled to Lake Karapiro in Cambridge to compete in the Waka Ama World Sprints New Zealand Qualifying Event. Jess, who is only sixteen years old – and is, therefore, one of the youngest competitors in her division – placed sixth in the national W1 (single waka) 500-metre sprint for the female Under 19s category. Jess also recorded her personal best time for the event at this competition.

Jess's national placing qualifies her for the International Va'a Federation (IVF) World Sprint Club Championships – held in London in mid-August 2022. These championships will take place at Dorney Lake – a purpose-built rowing facility. With eight lanes and a length of over two kilometres, it has hosted several prestigious rowing events – from the 2006 World Rowing Championships to the 2012 Summer Olympics.

The IVF World Sprint Club Championship has 18 competition divisions for parathletes and competitors ranging from 14 to 80 years old. Over 1700 of the best paddlers from around the world will attend this competition. The championships will span over a week, with a blessing of the canoes and course familiarisation taking place before racing starts. The opening ceremony for the event will be held on August 9th, while racing will proceed over the following week until the closing ceremony on August 16th.

Jess will be competing in two events: the W1 J19 Women 500-metre sprint and the W6 (six paddlers) J19 500-metre sprint. In the latter event, Jess will compete with other paddlers from the Nga Horo Outrigger Canoe Club against other international clubs. Jess is currently dedicating 13 hours a week to training for the championships.



Jess paddling at Regionals.

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MP for Kaipara ki Mahurangi

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# From Penk's Pen

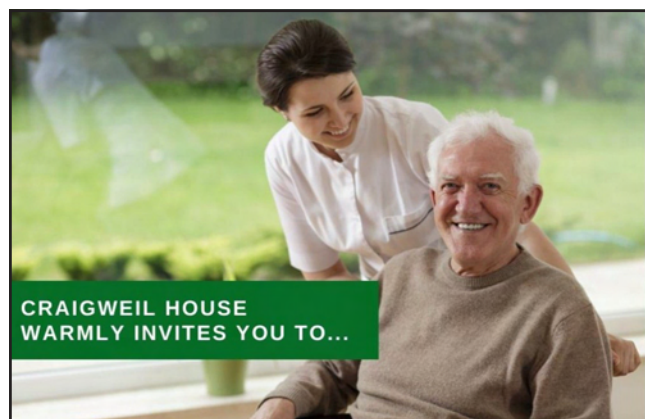
CHRIS PENK – MP

It continues to be disappointing, but not surprising, that there has literally been no visible progress on transport infrastructure in this area. I should no longer be surprised by the slowness of government wheels turning but cannot understand why progress has been not only slow but non-existent. At the end of the day, it cannot and should not be difficult for organisations with the word “transport” in their name to deliver on safer roads and better transport options for everyday New Zealanders who just need to get from A to B, as quickly and as safely as possible.

The closest thing there is to an actual update concerns the right turn out of the Coatesville-Riverhead Highway onto SH16. It is being banned from May 2022, although this is long overdue and only a Band-Aid fix. Whilst this ban may make the road safer than the status quo, we are still waiting for the much-needed roundabout that was promised. I will keep lobbying the government for this change, which will rightly deliver safer roads and better protection for our drivers.

Speaking of roads, the government has now raked in \$300,000,000 from Regional Fuel Tax. This revenue was intended to fund public transport projects yet this money has not actually been spent or even more importantly has not delivered any new transport options for Auckland. If the government are looking for some suggestions on how this revenue could be spent, I recommend the following options, just as a starting point and all within the very large electorate I represent: fixing Hill Street Intersection in the vicinity of Warkworth, fixing SH16, repairing rural roads (think potholes) and better public transport in north and northwest Auckland.

The National Party Leader and Leader of the Opposition, Christopher Luxon, visited North West Auckland recently. He witnessed the underdevelopment of infrastructure in the area, as compared with the development of housing, seeing first-hand the need to sort out the transport and other infrastructure issues facing the North West. Should National form a government at the 2023 election, we are committed to resolving the lack of transport options here. Until then, I will keep the pressure on the government to sort out the transport works that are desperately needed.



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## Property Value Optimisation

**Sunday 12th June  
(9.30am to 11.30)**

Whether you live in a town house, on a traditional quarter acre or lifestyle block your home is likely to be your most significant financial asset. Consequently maintaining or enhancing its utility to achieve optimal resell value is of course very important.

We ran a similar presentation, which proved to be extremely popular, 2 years ago and given the prevailing property environment thought it worth repeating as a useful alternative to our usual Sunday workshop topics.

Our presenters this time will be Jane



Burmester and Brendon Smith. Jane is owner of Burmester Realty, a local independent agency specialising in the Auckland, Rodney and Waikato areas.



Brendon is co-owner of



Parallax Consulting in Warkworth who specialise in most aspects of surveying, project management and civil engineering.

As business owners with high levels of experience within the property space Jane and Brendon will be able to offer relevant and knowledgeable information.

Whilst Jane and Brendon will be making a brief presentation this is a great opportunity to question them about areas of personal interest regarding your home and the current market and thus gain some independent insight into both opportunities as well as potential property strategies to avoid.

After the workshop you can stroll through our beautiful, recently extended 3.5Km nature trail which contains over 40 marvellous sculptures created for our 2022 exhibition by local and international artists on display.\*

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



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



\* The trail is unfortunately not suitable for wheelchairs or walking frames; additional entry charge applies.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa  
Entry: \$20 per person  
**Booking (ESSENTIAL):**  
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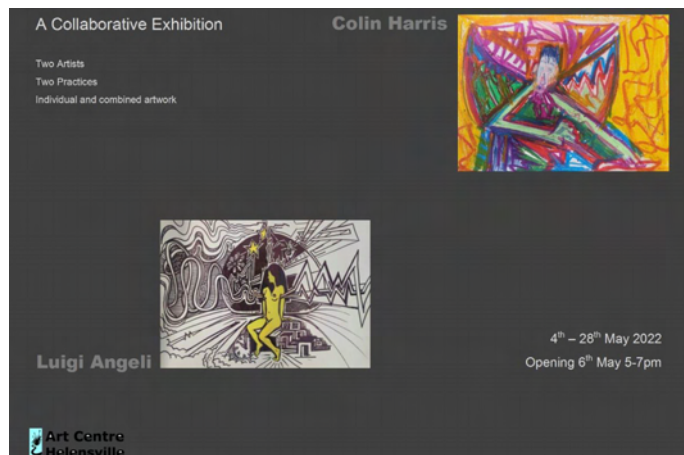
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# Art Centre Helensville

MAY EXHIBITION  
Colin Harris and Luigi Angeli



Colin Harris is a prolific artist who has been a part of various exhibitions. Jointly, he has exhibited with local artist Jeff Thomson, and has exhibited as an artist of Mapura Studios. Colin was awarded the Wallace Foundation Artist scholarship in 2019.

Luigi Angeli, a good friend of Colin's, is a chef yet uses his free time investing into his personal art practice.

This show will be a display of individual artists works, and collaborative pieces by both artists.

Exhibition runs from the 4th to 28th May.



credited image 'Secret Life of the Easter Bunny,' by Victoria Logan, Stellanova Photography

Call for entries - **Winner \$250 cash prize**

The term 'Disruption' embodies various associations, physical, environmental, political and mental.

Our exhibition for this year's Festival of Photography 'Disruption, Through the Internal Lens' implies the affects disruption has on our mental state. The internal world of the human condition is expansive and undisclosed. Life's disruptions can perturb our inner selves altering our subsequent physical demeanor. Imagery in this exhibition connote to a psychological variation of the theme Disruption.

Now is the time to start thinking about your entries! The theme is very broad, if you have any questions regarding your entries into this years photography exhibition please email [manager@artcentrehelensville.org.nz](mailto:manager@artcentrehelensville.org.nz).

Entry cutoff date is the 25th May. Winner will be announced at the opening 3rd June 5-7pm all welcome.

## Upcoming workshop!

Screen Printing with Jeff Thomson. No experience required. No age limit

This will be very basic but give participants an understanding of how images/objects can be used in creative ways to make innovative screen prints



Participants will look at the basic technique of screen printing including using light sensitive emulsion to put images onto silk screens. Participants will have the opportunity to print their own image(s) onto fabric/clothing i.e. Tee shirts, pillow slip

Two sessions available \$10 pp. 10:30-12:30 28th May. 1:30-3:30 28th May. For details and booking email [manager@artcentrehelensville.co.nz](mailto:manager@artcentrehelensville.co.nz)

## Welcome Sandy and Elise!

Sandy is the owner of Takapuna Art Supplies and has now moved her shop to Helensville. I am personally thrilled as I will no longer need to travel to town to purchase my products, also very excited to collaborate with these lovely people. If you are a member of Art Centre Helensville, or join as



a member, on proof of membership you get a 10% discount at Sandy's shop! 498 Peak Road. [sandy@tasart.co.nz](mailto:sandy@tasart.co.nz) for more details

SHELLY BEACH TIDE CHART					
Date	High Water Shelly Beach		Sun Rise	Sun Set	
May '22					
1 Sun	1053	4.1	2317	0700	1736
2 Mon	1128	4.0	2351	0701	1735
3 Tue		3.9	1201	0702	1734
4 Wed	0023	3.9	1233	0702	1733
5 Thu	0055	3.8	1306	0703	1732
6 Fri	0128	3.7	1343	0704	1731
7 Sat	0206	3.6	1426	0705	1730
8 Sun	0252	3.4	1518	0706	1729
9 Mon	0350	3.3	1622	0707	1728
10 Tue	0459	3.3	1734	0708	1727
11 Wed	0607	3.4	1841	0708	1726
12 Thu	0708	3.6	1941	0709	1725
13 Fri	0803	3.8	2035	0710	1724
14 Sat	0854	4.0	2126	0711	1723
15 Sun	0944	4.1	2214	0712	1723
16 Mon	1032	4.2	2300	0713	1722
17 Tue	1119	4.2	2347	0713	1721
18 Wed		4.2	1207	0714	1720
19 Thu	0034	4.2	1257	0715	1720
20 Fri	0123	4.1	1349	0716	1719
21 Sat	0216	3.9	1447	0716	1718
22 Sun	0315	3.8	1551	0717	1718
23 Mon	0421	3.7	1658	0718	1717
24 Tue	0525	3.7	1801	0719	1716
25 Wed	0626	3.7	1900	0720	1716
26 Thu	0722	3.7	1956	0720	1715
27 Fri	0815	3.8	2046	0721	1715
28 Sat	0902	3.8	2132	0722	1714
29 Sun	0946	3.9	2214	0722	1714
30 Mon	1026	3.9	2252	0723	1714
31 Tue	1103	3.8	2327	0724	1713





# 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.

**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 Church) 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](mailto: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](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 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](mailto:tarrassoc@gmail.com)

**U3A South Kaipara**: 1st Tuesday of the month for general meeting. See What's happening this month column for more information or contact Gloria Middleditch. [jandgmiddleditch@outlook.com](mailto:jandgmiddleditch@outlook.com) 420 3007 or 021 165 8428

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<b>Cabins</b>	Rodney - Just Cabins	0800-58-78-22
<b>Cabins</b>	Northwest Cabins	022-1209-562
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<b>Early Learning Centre</b>	Gumboots	09-411-9038
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<b>Markets</b>	Kaukapakapa Village Market	0274-831-542
<b>Markets</b>	Waitoki Village Market	Gill 420-3301
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