

The Helensville Community News

Issue 159 - February 2023

Art Centre Helensville

We have a change in venue for the first few months of 2023 as the Art Centre is under construction until early March. Until then we will be operating from the Helensville Museum, hours Wednesday to Friday 10-4 and Saturday 10-2. We will have some retail work for sale and smaller scale exhibitions in the Storeroom, and run workshops in the Courtroom.

We want to make a big shout out to the staff at Helensville Museum for being welcoming and accommodating of the Art Centre at this time.

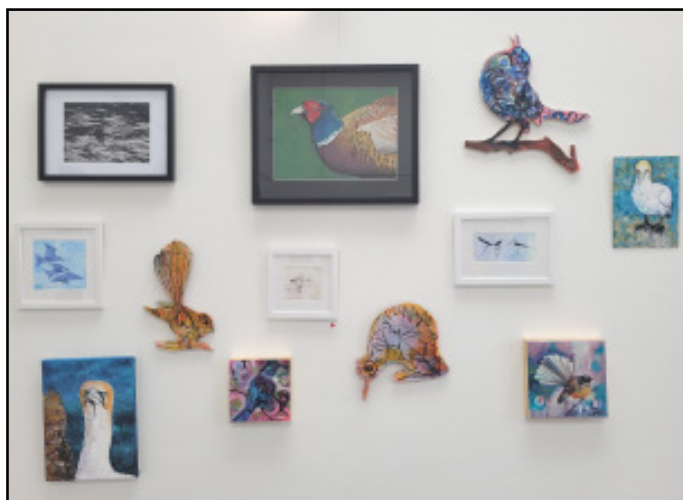
Combined exhibition at Kumeu Arts

Our first exhibition of the year has already kicked off, and is a combined summer show with Kumeu Arts 'Our Aotearoa.' January 25th – February 18th, opening night Friday 10th February 5-7pm, Kumeu Arts 300 Main Road, Kumeu, all welcome.

It has been an absolute privilege to team up with our neighbouring Art Centre, Kumeu Arts, for our first exhibition of 2023!

With Helensville Art Centre under construction, our good friends at Kumeu Arts extended their members show to include our artists for a collaborative summer exhibition. We are so grateful and as a result this exhibition is full, dynamic and vibrant. Come check it out and perhaps take a piece of summer away with you!

Ten of our Helensville member artists are part of this collaborative exhibition, this show is a beautiful representation of Kiwiana summer.



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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, to inform the residents, ratepayers and visitors of events and proposals that affect the local area.

Circulation 4,500 — 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

Victorian Inspired Hearts at the Helensville Museum

Come along to the Te Awaroa Helensville Museum on Saturday 11th February and learn some basic embroidery stitches and create a gift for your valentine (or maybe yourself).

These hearts are inspired by Victorian sweetheart pin cushions made and gifted as signs of love. Professional embroiderer Jo Dixey studied with the Royal School of Needlework and now works on many public and private commissions, including banners, church furnishings, fashion garments and movie costumes. A recent volunteer with the Museum, she is happy to share her knowledge.

There'll be both a morning and an afternoon session and all materials will be provided. For more details contact the Te Awaroa Helensville Museum on (09)4207881 or info@helensville.org.nz



Sunday 19th February
Kaukapakapa Hall
8.30am – 1pm

10.00am - 12pm, live music
from Jessica
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Contact Sarah 0274 831 542
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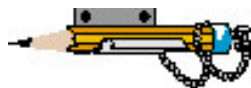


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What's happening this month



FEBRUARY 2023

Term 1 starts between sometime in February

Monday, 6 February, Waitangi Day

Tuesday, 7 February, U3A monthly meeting. 10.00-12.00. St Johns Hall behind ambulance station, Rata St, Helensville. Guests are very welcome. 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, Shared Reading, NZ History, Out n About and TED Talks. Costs are minimal. For more information contact Gloria Middleditch jandgmiddleditch@outlook.com 094203007/ 0211658428 or Bev Silvester-Clark bev.s-c@outlook.com phone 0274316205.

Friday 10 February, Combined exhibition at Kumeu Arts, 300 Main Road, Kumeu. Opening night 5-7pm. Our first exhibition of the year has already kicked off, and is a combined summer show with Kumeu Arts 'Our Aotearoa.' January 25th – February 18th, all welcome. It has been an absolute privilege to team up with our neighbouring Art Centre, Kumeu Arts, for our first exhibition of 2023!

Saturday, 11 February, Waitoki Village Market, 8.30am – 12.30pm. Wahoo! Welcome to a new year. 2023 here we come.

1st market of the New Year is coming up. Come on down and see what lovely delights await you. New Year, new surprises. You will never know what you will come across. Don't panic, we will also still have our regular favourites as well. It could be anything from a nibble, a bite to eat, to filling a gap in the pantry, a little bling, greenery for the garden (maybe to replace something lost or damaged with our current "wonderful" weather), and many more other little things/goodies to have a gander at. Come on down to catch up with friends/ neighbours whilst having a little wander. Feeling a bit peckish? A sausage or even a bacon & egg muffin from the barbecue might fill that gap. Interested in having a stall? Contact Gill on 09-4203301 or better still, email markets4waitoki@gmail.com for more information. Come support your local community hall run by your own local people. Future dates for you to note in your diaries, calendars, notebooks etc. Future market dates in 2023, April 8th, June 10th, August 12th, October 14th, and December 9th.

Saturday, 11 February, North West Wine, Beer & Food Festival, The Hunting Lodge, 307 Waikoukou Valley Road, Waimauku, 1pm – 7pm After a two-year hiatus, North West Wine, Beer & Food Festival is making its return for a day of music paired with some of the finest food and drink the North West region has to offer. Showcasing the best of the North West Country flavours with offerings from local vineyards, breweries and restaurants, with a music line-up headed by award-winning artists Tami Neilson, Troy Kingi & The Promises, Hollie Smith & Georgia Lines. As with previous years, the festival will be hosting a kids zone, making it a truly family-friendly event with discounted tickets available for children under 18. Tickets are on sale now, with return bus tickets from Auckland City, Muriwai, Helensville, Kumeu & Riverhead also available. <https://www.loop.co.nz/events/north-west-wine-beer-food-festival-2023/>

Saturday, 18 February, The Extravaganza Fair Summer Tour, Kumeu Showgrounds, Markets and Fairs Sat 18 Feb 2023, 9:00am–5:00pm, Sun 19 Feb 2023, 9:00am–5:00p. Welcome to Season 8 of New Zealand's largest and most fabulous travelling festival/fair! The Extravaganza Fair! Summer Tour 2022 - 2023. The Extravaganza Fair is a community-centred event with a creative and sustainable focus. It is a family affair, free entry for kids, gold coin entry for the adults. A fun day out with a full weekend's entertainment - from music & shows, to stall, rides & food. We bring a spark of fun, grassroots shows & old-school values which is a thrill for young and old. Unique & interesting market stalls, arts and craft, food, musical entertainment, the fabulous Ashton Family Circus, Dylan Daisy's Magic Show, Jeremy Penguin, NZ's #1 juggler, LuckyStar from festivals such as Splore & Shipwrecked, unique to NZ tiny homes, solar-powered cafes and stage, kids shows & games. With our retro-inspired sun shade lounges and hang-out zones, you'll want to stay all day!!! Arts, crafts and interesting market stalls - ranging from herbal remedies & natural perfumes, soaps, woodcraft, heaps of funky clothing, jewellery like you've never seen before - silver, beaded, fashion, bohemian! Kids toys, crystals, hats, hair braiding, massage, henna, and much much more!!!

Sunday, 19 February, Kaukapakapa Village Market, Kaukapakapa Hall, 8.30am-1pm, Held on the 3rd Sunday of every month all year round. With its friendly people, great atmosphere and a wide selection of quality stalls there's something for everyone with everything from locally hand-made crafts, fresh fruit & veg to pre-loved treasures and collectibles. Enjoy a freshly made coffee while you check out the stalls or sit and relax with something tasty from the market cafe while you take in the entertaining atmosphere and live music from Jessica, free hair plaiting. 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. For more information, stallholder, busker and music enquiries contact Sarah: Phone - 0274 831542 or Email - sarah@riversidecrafts.co.nz. Eftpos cash out available.

Wednesday, 22 February, Sculpture Gardens Guided Walk, 9.30-11.30. John Bayley will host a guided tour through the Kaipara Coast Plant Centre. He will chat about the history of the gardens dating back to their origin in 1994. Contact info@kaiparacoast.co.nz or 09-420-5655

Saturday, 25 February, 120th Helensville A & P Show. 9.00am-4.30pm The 120th Helensville A&P Show is just the best family fun day. Bring all the generations and enjoy a day in the country. Ride the tractor from the free carpark into the Show, pick up the Where's Woolly competition form and find the ten Woolly's around the grounds. Grab a coffee and some candy floss or see the Livestock area, with the cattle, sheep, goats, pigs as well as children showing their pet lambs, calves and goats. Spend time watching current NZ and World champion blade shearer Allan Oldfield. Our Helensville Dog Trial Club will wow you with canny sheep dogs. Ride the side shows, and do some shopping in the trade area. There are activities galore and food for all diets

Tuesday, 7 March, U3A monthly meeting. 10.00-12.00. St Johns Hall behind ambulance station, Rata St, Helensville. Guests are very welcome. 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, Shared Reading, NZ History, Out n About and TED Talks. Costs are minimal. For more information contact Gloria Middleditch jandgmiddleditch@outlook.com 094203007/ 0211658428 or Bev Silvester-Clark bev.s-c@outlook.com phone 0274316205.

Thursday 6 April, Term 1 ends

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A Year of Endings and Beginnings

by Lauren Morley, Year 13 Student Kaipara College

It's a strange feeling, going into your year of 'lasts.' The year when everything is coming to an end, but simultaneously, everything is also beginning. I know it's cliché, but you really do wake up one day and realise that you're no longer eight-years-old, playing in the backyard with your friends on the trampoline, stuck in an infinite loop of jumping up, down, up, down. But instead, you're about to turn 18 and suddenly it's time to jump forward. Forward into adulthood, into responsibility, into student loans, voting papers, first homes and first real jobs — careers.

I guess we all really should've listened to those old ladies your parents would bump into in the supermarket. The ones who would lean down, pinch your cheek, look back at your mum as they say, "they'll be all grown up before you know it," as you stand there, rolling your eyes, wondering why your mum didn't get that cereal you love so much.

As I am entering my final year of high school, it's becoming increasingly clear how important it is to appreciate every minute of every day. February 7th, 2023 will be my last first day of school ever. Then, in about ten months' time, I will be experiencing my last day of school ever. I will walk through those doors for the last time with the entire world out there to be explored. It's a fairly surreal feeling, knowing that it's almost all over. From the age of five, we adjust to this regimented system. The one where we go to the same place every day, see the same people every day, and learn the same subjects every day. But soon, the possibilities of ways to spend our time are endless. If we want to jump on a plane and fly halfway around the world, we can. If we want to pack up our bedrooms and move cities, we can. If we want to become teachers, politicians, engineers, designers, farmers, or lawyers - we can. Anything is possible.

So as I am entering this final year of schooling, like any other person my age - there is absolutely no doubt that I will continue to count down the days until my so-called "freedom."

However, I will also be taking a moment every now and then, to appreciate this time in my life. To appreciate my education and the people who dedicate their time to helping me through it. To appreciate my friends and all the people that I am sharing this experience with. To appreciate the town, the country and the world we live in. The world which will, very soon, be wide open.



The Beginning - Lauren's first day of school



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Helensville Library and Service Centre update for February

February means Helensville A&P Show! We have copies of the schedule available for interested entrants.

The Library will have a stand at the Show. We will be doing pop up storytimes and songs throughout the day. In tune with the theme for the Show, we'll be reading as many woolly yarns as we can.

Speaking of wool, the Library and Service Centre have started our greatly anticipated Crafternoon sessions.

These are on a Thursday afternoon, from 3pm until 5pm. Bring along whatever portable craft you're working on. It is a great opportunity to meet other crafters, share your knowledge, and learn new things.

If you need some inspiration, the team will have small crafts available to do at each session.

PS crafts are not limited to wool-related, it was just a good tie-in.

The sessions are open to all ages (under 10s, will need someone 14 years old and older with them to help) and genders.

We are also looking at starting a session on Saturday afternoons. Let us know if you're interested.

Donations of yarn and needles / crochet hooks welcome! We will use them in our craft sessions, and may share our bounty with other libraries.

February also means the start of Census 2023. The Library and Service Centre team are learning about how the Census data collection will work this time, and are preparing to help our community gather the best and most accurate information we can.

The Library and Service Centre is open our usual hours:

Monday to Friday: 9.30am to 5pm

Saturday: 9.30am to 4pm.

Council services are available during these hours.

Hall building work update:

The remedial building work in the Library area of the building has been delayed.

If there are any changes to our opening hours and availability, we will be updating our Facebook page.

facebook.com/HelensvilleLibraryAndServiceCentre.

Anne Coppel

Senior Librarian / Poukôkiri - Children & Youth

Helensville Library and Service Centre



The craft group at work, the next meeting will be on Thursday



Free Family Fun Day for Local Tamariki and their Families

For the first time in 2 years Children's Day Family Fun Day is back, promising to be a fantastic day out for local families. This free event is another wonderful opportunity to spend quality time with your tamariki in a fun filled environment without having to pull out the cash.

"This is our favourite event of the year and a real pleasure to organise", says event organiser Rowan Aish. "We invite a whole range of community organisations to get involved with running fun activities, and it's nice to see so many different people coming together for local children".

A stand out feature of Children's Day Family Fun Day are the performances by local children. This year Helensville DanceVille Studio have confirmed they will be performing, and if your group is keen to perform, we'd love to have you part of the event. In previous years we've had a great turnout, including local Kapa Haka & Pacifica groups and it's our hope the whole community gets behind this day celebrating our children and whānau.

"Getting up and performing in front of your community is a big moment for these kids", says Kim Wills, Clinical Manager at Kindred Family Services. "They all worked very hard get to the point of performing, and being able to celebrate our impressive and talented tamariki in this way is a really big part of what this event is about".

Children's Day Family Fun Day is being held on Sunday 5 March at Helensville Primary School, 10am – 1pm. All local children and their families are welcome. If you would like to get involved as

a volunteer, sponsor, stall holder, or performer, please email Rowan atrowan@kindredservices.org.nz.

Keep abreast of updates at www.facebook.com/kindredfamilyservices



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- Weds 8th March
 - Weds 15th March
 - Weds 22nd March
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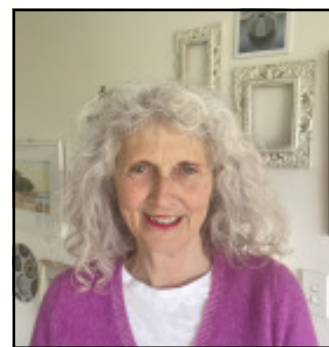
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Kaipara korero

Principal Cindy Sullivan

From the Kaipara College Principal's Desk:

Looking back to last February's column I reflect on how much things have changed in a year. This time last year we were working our way through the onslaught of Omicron in New Zealand, back to isolating, physical distancing and the wearing of masks. Thankfully not so this year. Although these physical restrictions are no longer constraints, across the globe the impact on students and their learning is still with us and will be for some time to come.

Daily through the media we will hear about "lost learning", "decreased attendance at school", "lack of engagement in learning", "declining mental health" and "declining achievement in numeracy and literacy". The good news is at Kaipara College we have a team of expert teachers, teacher aides, and student support willing and able to address these issues and support our students to reach their potential. Our goal is to reach and teach all our students to raise achievement and improve outcomes for success. At Kaipara College we pride ourselves in knowing our learners, valuing them for who they are and what they bring and offering authentic and engaging learning experiences.

We define the purpose of Kaipara College as:

"Our core purpose is to teach our rangatahi so they all reach their potential and are able to take their place as connected and contributing citizens to their community, Aotearoa New Zealand, and the world. We know our students, value them as part of our diverse whānau for who they are and the individual gifts they bring. We engage in authentic local and global learning, enabling students to learn, care about and take action on things that matter. We have high expectations of our students to be well-rounded, active, culturally aware, inclusive, critical and creative thinkers, empathetic, resilient and considerate people who uphold the kaupapa and values of our school. We nurture and teach our young people so they flourish, have mana, purpose and opportunities and are empowered to be ambitious in their chosen pathway".

Making positive connections with others, both staff and students makes a difference to a student's sense of belonging and therefore mental wellbeing. Positive connections made inside the classroom are a given in our well ordered and stimulating classroom environments. However, I would encourage all our students to take up or continue with an outside the classroom activity such as sport or interest group at Kaipara College. This is where positive connections with others also thrive. We have an increasing range of such opportunities.

I look forward to a positive and learning-full year in 2023!

Kaipara College: better learning, better lives, better world.



Sculpture Gardens Guided Walk

**Wednesday 22nd February
0930 to 1130**



Join David Bayly on a guided walk around the Sculpture Gardens as well as our native forest & farm trails at Kaipara Coast Plant Centre. As a one-off opportunity for this special event we will also be including access to a forest track that has previously not been open

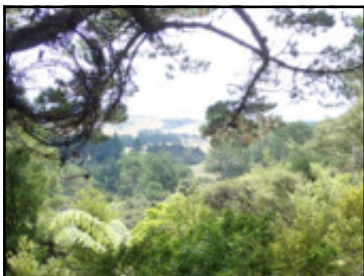
to the public, thus offering a unique gardens experience.

David will chat about the origins and establishment of the gardens, the history of the property plus conservation measures we have in place as well as answer any questions you may have.

Kaipara Coast Sculpture Gardens and its associated nature trail is located within some of the most stunning countryside in Auckland.



There are approximately 40 works of art along the 1km sculpture pathway, which are changed each November. The 2.5km nature trail meanders through long established as well as newly planted areas of native flora and with a real focus on regeneration and sustaining the ecological diversity and integrity of the area. There are also some amazing rural and harbour views.



The gardens were established in 1994 by the local Bayly family who still own and run it and are now a 4 star NZ Gardens trust nominee.

There are also games areas and many ideal locations to sit and enjoy

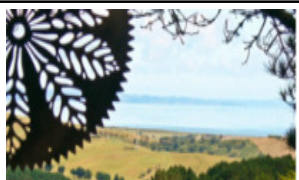
a picnic as well as our cute little coffee shop in which to relax once you have completed the walk.

Please ensure that you wear suitable walking footwear and bring a drink (plus a rain jacket if the weather looks unsettled).

The walk will take approx. 2 hours and will be around 5km in length.

***Please note: Trails are not suitable for wheelchairs
or walking frames.**

Venue location: Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Entry: \$10 per family
Contact: info@kaiparacoast.co.nz
OR 09 420 5655. **Booking:**
kaiparacoastplantcentre.com/events



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From Penk's Pen CHRIS PENK – MP

Road Repair Recklessness

There's a fine line between an excuse and a reason. Whose fault is X? When did Y begin?

When it comes to the state of our rural roads, your vehicle doesn't understand the difference. Put more precisely: your wheels don't know and your axle doesn't care.

I'm much more interested in talking to someone (anyone!) who can help change the situation. But, in order to do that, it's important to highlight the issue so that we're all starting on common ground about what's needed.

At least half the calls and emails received by my electorate office in the opening weeks of January (and most of the social media interactions!) have been about the state of road in north and northwest Auckland. Naturally I respond by making this my priority in terms of lobbying for change.

I've written a letter setting out the situation and appealing for assistance. That's gone to everyone in the central government world of transport policy from the Minister down. And in the local government space I've included various key figures, with elected representatives and Auckland Transport among them.

The priority going forward should be an effective, timely management maintain and repair the roads, culverts, potholes and ruts. In other words, we need a maintenance programme that works. Instead of pouring money into the cracks like so much "hot mix" that lasts just days or weeks, we need to invest properly.

We also need to move past the culture of excuse-making that points to the fact that it rains lots in Auckland (no kidding), that more funding would be helpful (wouldn't it always), there are still issues related to covid19 (seriously?) and the prioritisation of other projects (now we're getting warm: think that infamous bike bridge proposed for the Harbour Bridge).

The big debate in relation to central and local government shouldn't be in the nitty gritty of funding percentages. We must be honest about what we expect council agencies to do: get the basics right and leave the fluffy stuff well alone.

I'm pleased that National remains firmly of the view that the Local Government Act should be amended back to mandating councils to do the basics. The expansionist aims of the current government need to be reversed, so that ratepayer revenue can be spent where it counts. Like on the roads.



The view of one of our readers.

Thought this permanently placed 'safety' signage may interest the newsletter. Steep part of Kiwitahi Road which is narrow and already a hazard just became a greater hazard. Fulton Hogan with a directive from what I assume is the council just placed this signage which cannot be safely viewed when travelling in either direction.....We just want potholes fixed but our rates payments result in this...

Art Centre Helensville

Let's Get This Show On The Road, 2023!

Our first workshop of the year is Diana Peel's oil painting workshop, Saturday February 11th 10-2pm, book now to reserve a space, there are only two spaces left!

You don't need any drawing or painting skills!!! Diana is an established New Zealand floral artist and tutor and works mostly with palette knife and oil paint. Get in quick, limited spaces!

The first block: Introduction, Diana will use example of her own works to show the technique you will be using and the materials and tools.

The second block: Mixing colours, practice on the palette panel, explaining techniques of using a palette knife and application.

Third block: Students will be provided with a canvas and the same image to use. Following the tutors guidance you will produce a painting at the end of the class.

Course fee \$165. This includes all materials provided, easels, paints, canvas 35cm x 45cm, palette knife, brushes, cloths and solvents.

If you would like to enroll please email your name and number to manager@artcentrehelensville.org.nz. Please make payment to 38-9020-0478416-00 Reference your name, and Diana Workshop.

Dianna Peel Exhibition



4th February - 4th March

I could not think of a more fitting exhibition while we are at our temporary location the Helensville Museum than artist Diana Peel. Have you seen the gardens at the museum! Simply scrumptious.

Diana Peel's paintings are an extension of these gardens in a vivaciously textural style,

preserving the beauty of these natural subjects on canvas.

This exhibition will be a great opportunity to view Diana's works if you are interested in attending any of her upcoming workshops at Art Centre Helensville.



Yvonne Abercromby with Jago Neal Manager, Kumeu Arts



De-stress with CAB Helensville

A little stress is good for us. It creates a sense of urgency to get things done. A lot of stress however is quite the reverse. The damaging, negative effects of excessive stress are well documented for virtually all of us- Covid-19 has brought unwelcome stress to everyday life.

Businesses damaged or even destroyed, long-lasting health issues and deeply personal distress are just a few of the effects we have all been subject to in one form or another.

The first reaction to stress is often to assume we are the only person feeling it. Everyone else seems to be coping and as we try to "soldier on" this impression grows more severe. We can then feel more isolated and finally unable to cope. This is when stress becomes a serious threat and needs to be dealt with.

This is where Citizens Advice Bureau Helensville comes into its own. Available to all from Monday to Friday, 10am to 1pm, staff and volunteers offer a free, confidential and non-judgemental service. It starts with a "listening ear" where issues are identified through confidential discussion with a trained volunteer, followed by potential options being identified so the client can be empowered to provide their own solution.

Your local CAB has its own data-base of information collected and updated through experience over many decades of service to the community.

CAB Helensville manager Rani Timoti says it has been a busy start to the year with client enquiries so far including help with a CV and digital literacy support; dealing with neighbours; relationship and marital issues; business and financial struggles; immigration matters and complaints about banks, companies and organisations.

"It's wonderful to have our volunteers listen, support and help clients professionally with such a wide range of issues. Our face-to-face, online and phone enquiries have all been quickly actioned after our holiday break and we expect some traditional patterns, including the after-effects of Covid cautiousness, to reveal themselves in the next few months."

Our strong relationship with our JPs, who are often also CAB interviewers, has seen an influx of clients being looked after with their specific needs.

"So don't feel like you're the only one going through something- we may have the torch for the light at the end of the tunnel," Rani says.

Come visit our friendly volunteers Monday to Friday at 16 Commercial Rd. Other options include by phone 09 420 7162 or email: helensville@cab.org.nz or go to <https://www.cab.org.nz/> for our national website.



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The way others see things



I came across the following in my emails the other day and could not help but feel that the world has been changing without us even noticing and I really do not like where it is heading. Brian Hale

Hi Guys,

With all the medical drama we have been through over the last 3 years I'd like to share with you info from a book I bought in 2006 which is about pharma companies and their marketing ploys. At a personal level around that time I kept bumping into clients and prospects who were on, or were being put on, statins for cholesterol issues. The Doctors who used to prescribe medication when your C level was say 4 or above was being prescribed when the level was around 2. That's the average of the HDL and LDL. The book explains why that change occurred, not only on this health issue but also on 9 others too! I believe the book is still available today.

HOW WOULD YOU IMAGINE PHARMACEUTICAL COMPANIES GROW THEIR MARKET SHAREand increase their profits? Nov 2022

Would they develop new and better products to better help those they currently serve?

Would they move in to markets that they are not currently servicing?

Would they expand their market to include people who are not sick?

I'm in the process of doing some decluttering. Part of that process is to reduce the number of books we have accumulated over the years. Many are of the self improvement, biographies and autobiographies, health related, business and marketing stories.

I have always taken an interest in health issues which explains why I joined a gym a few decades ago, and researched supplements and natural ways to retain good health. The natural health industry has become very big over the last 30 years and I imagine this has had a not insignificant impact on the medical profession.

One of these books relates to the questions I have asked above. Let me quote from the back cover;

This remarkable investigation of the sickness industry is by two accomplished writers with an incredible story to tell.

Three decades ago, the head of one of the world's leading drug companies made some remarkably candid comments. Wishing his company was more like the chewing gum maker Wrigley's, the chief executive of Merck said it has long been his dream to make drugs for healthy people, and 'sell to everyone'. That dream now drives the marketing machinery of one of the most profitable industries on the planet.

Using their dominating influence in medical science, drug companies are marketing fear in order to redefine human illness. In alliance with company friendly doctors and sponsored patient

groups, the all-powerful pharmaceutical industry is helping to widen the very definitions of disease, in order to expand markets for its drugs.

With compelling clarity the book reveals how the ups and downs of daily life are becoming mental disorders, and common complaints are being transformed into frightening conditions. Shyness is Social Anxiety Disorder, PMS is a psychiatric illness called PMDD, and active children now have ADHD. As more and more ordinary people are turned into patients, drug companies move ever closer to that dream of selling to everyone.

Globally they have 80,000 sales reps pushing the new sickness definitions and of course have the solution.

And when was the book.....Selling Sickness, How Drug Companies are turning us all into Patients, by Ray Moynihan and Alan Cassels published? Would you believe in 2005!

The book covers 10 specific conditions from high cholesterol, Depression, Menopause, Attention deficit disorder, High blood pressure, Pre-menstrual dysphoric disorder, Social anxiety

disorder, Osteoporosis, Irritable bowel syndrome and Female sexual dysfunction.

No doubt all these pharmaceutical companies claim to follow the ESG philosophy, in that they put the customer first, and everything they do is for the betterment of mankind. And fund Manager's probably fall over themselves to invest in these companies on behalf of their captive investors.

We have seen in recent years seen just how pharma companies use their power.

And people probably wonder why alternative medicine has become such a big industry!!

*Here's to your good health, Cheers,
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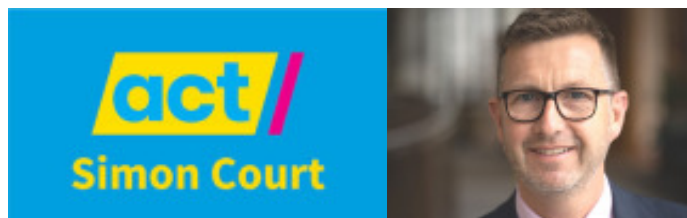
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Government has broken the contract with our community

A few weeks ago, I asked a friend who lives near South Head what were her major concerns going into 2023? Her response was all about transport, roads, and infrastructure, with possibly a few swear words for emphasis.

She mentioned the state of the local roads in rural areas. The traffic queues at Kumeu “while Westgate and Kumeu are being developed with zero supporting infrastructure” for existing growth.

And, she told me, “They won’t even chuck a train on because electric trains can’t go through the tunnel, despite the fact they could use a diesel connection.”

Auckland Transport and Waka Kotahi received similar feedback from the community in various rounds of consultation in 2020, 2021 and in June 2022. The local and central government alliance - Supporting Growth - reported in August 2022 on key themes arising from that most recent consultation in their ‘Feedback Summary North West’.

When it comes to extending rail services to the North West, it says - “We heard in several pieces of feedback that people want passenger rail in the North West. We heard lots of good suggestions from people around station locations, train frequency, and run times.”

On traffic congestion and travel time – “Many people emphasised to us the community’s experience with traffic congestion and travel times. They would like to see construction brought forward.”

And, on project timeframes - “We heard your concern over how far away construction of the project is, and that you would like a solution sooner rather than later.”

Based on my friend’s response, I can only imagine how many swear words had to be removed from the final consultation report.

On my recent visit to South Kaipara the unsealed roads look like riverbeds after only a brief rain shower. State Highway 16 has the same dangerous corners I remember from when I used to commute to work in the 1900s and 2000s.

The traffic congestion is however much worse because tens of thousands of people have moved to North West Auckland when it was opened up for subdivision and development over 20 years ago.

And, despite the North Auckland rail line running through Kumeu, Huapai and Helensville there is no passenger train service beyond Swanson. That is why I believe that Government has broken the contract with the North West community.

Local government collected development contributions when new subdivisions went in, and property taxes from land owners. These charges are meant to fund infrastructure and provide basic services like roads and public transport.

Central government collects petrol taxes, road user charges and takes money from general taxation to fund infrastructure. So why has the North West missed out?

When the local National MP was the Prime Minister, nothing was done to prepare for growth that was already occurring in our community. Under the last five years of a Labour government, they have shied away from investment in road capacity and public transport for the North West.

Their priorities area now-cancelled bike bridge, and an Auckland light rail project which will gobble hundreds of millions of taxpayer dollars before it too will no doubt be cancelled.

Endless rounds of consultation confirm we already know what infrastructure is needed for our community to thrive. We simply want the agencies responsible to get on with building and stop giving us the run around.

We are all familiar with the cycle of politicians announcing projects which they run out of money to deliver, or projects which are simply cancelled following a change of Government.

Under a government involving ACT, local needs like building roads for tens of thousands of new residents would become the priority for government agencies, not bike bridges and light rail fantasies.

This Government might be allergic to building infrastructure where it is needed, but ACT is not.



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February '23			
1 Wed	0819 3.4 2040	0636	2032
2 Thu	0924 3.5 2143	0637	2031
3 Fri	1018 3.6 2235	0638	2031
4 Sat	1102 3.8 2319	0639	2030
5 Sun	1141 3.9 2357	0641	2029
6 Mon	- 3.8 1215	0642	2028
7 Tue	0031 3.8 1247	0643	2027
8 Wed	0104 3.9 1318	0644	2026
9 Thu	0136 3.9 1350	0645	2025
10 Fri	0210 3.8 1424	0646	2024
11 Sat	0245 3.8 1501	0647	2023
12 Sun	0324 3.7 1542	0648	2022
13 Mon	0408 3.6 1629	0649	2020
14 Tue	0500 3.5 1725	0650	2019
15 Wed	0604 3.5 1833	0651	2018
16 Thu	0721 3.5 1953	0652	2017
17 Fri	0844 3.6 2115	0653	2016
18 Sat	0955 3.8 2224	0654	2015
19 Sun	1053 4.1 2320	0656	2013
20 Mon	1143 4.3 -	0657	2012
21 Tue	0009 4.2 1230	0658	2011
22 Wed	0055 4.3 1313	0659	2010
23 Thu	0138 4.3 1355	0700	2008
24 Fri	0219 4.2 1435	0701	2007
25 Sat	0259 4.0 1515	0702	2006
26 Sun	0340 3.8 1556	0703	2004
27 Mon	0423 3.6 1641	0704	2003
28 Tue	0515 3.4 1736	0705	2002
March			
1 Wed	0623 3.3 1848	0706	2000
2 Thu	0745 3.2 2011	0707	1959
3 Fri	0856 3.3 2119	0708	1958
4 Sat	0952 3.5 2212	0709	1956



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: Invite you to a game of Bingo (No cost involved) and a friendly chat. Every Wednesday morning 9.30am - 12.30pm. Please bring a plate for lunch plus \$4 each week. For more information and location please phone 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 Floral Art Club, Third Thursday of the month at Helensville Masonic Lodge, 9 Kowhai Street. All welcome. Contact Cushla 420-8905 cushanddez80@gmail.com for more information.

Helensville Healing Rooms, Helensville Community Church, 40 Mill Road, Next to the Hospice Shop, Opposite Mitre 10, Every second and fourth Saturday, 11am-12noon, 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.

Helensville St John Youth: Ages 5-18 yrs see youth@stjohn.org.nz for more information. Monday 5.30-7pm during school terms, Makiri Street, Helensville. Contact: Carla. carla.lang@stjohn.org.nz

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

Kaukapakapa St John Youth: Ages 5-18 yrs see youth@stjohn.org.nz for more information. Tuesday 5.30-7pm during school terms, 1015 Kaipara Coast Highway, Helensville. Contact: Sheryl 0211900591, sheryl.pawley@stjohn.org.nz

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.

Our Village Coffee/Playgroup - Northwest (Find us on Facebook). Social community group for all ages and stages. Everyone welcome along: Parents, caregivers, grandparents, all the whānau, with/without children. Every Thursday 930am - 130pm St Matthews Church Lounge - 60 Garfield Rd, Helensville. Email: ourvillagenorthwest@gmail.com

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

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 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 094203007/0211658428

Trade/Professional & Services List

Accountants	ECE Astute Accounting	420-7835
Accountants	UHY Haines Norton	420-7972
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Age Concern Rodney		09-426-0916
Acupuncture	Parakai Acupuncture	027-351-7377/09-449-0690 (Parakai Church)
Beauty Therapy	Beauty Elixir	022-465-0727/420-9775
Birthing Centre	Commercial Road, Helensville	420-8747
Budget Service	Francis	420-7740
Butcher	River Valley Meats	021-685-199/412-2007
CAB	16 Commercial Road	420-7162
Cabins	Northwest Cabins	022-1209-562
Carpenter	Maguire Carpentry	021-990-268
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
Electrician	Sean Gray Electrical	0274-784-396
Garden Sheds	Baby Barns	022-075-8283/420-3298
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	
Ink and Toner	Huapai Copy & Print	09-412-8882
JP's	Grev Walker	420-7173
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
Painters	Robert Wright & Company	027-374-1105
Picture Framing	The Picture Framing Company	0800-372-633
Plant Centre	Kaipara Coast Plant Centre	420-5655
Plumbers	Aqua Plumbing	021-0275-3821
Plumbers	ATL Plumbing Ltd	420-7868
Plumbers	KPL Ltd	420-9108
Pumps	Mid West Pumps	420-7694
Real Estate	Arizto Real Estate - Kara Singer	021-414-376
Real Estate	B&T - Kerry & Laura	0274-587-299/0277-726-969
Real Estate	Burmester Realty	420-8360
Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Real Estate	Quest & Co - Raewyn	027-449-7391, Karlene 027-677-6166/021
Reiki Healers	The Healing Heart of Helensville	420-9098
Storage	J S Storage	021-462-930
Takeaways	Shark n Tatties	420-5062
Typesetting/Photocopying	Huapai Copy & Print	420-9307
Venue Hire	Kaipara Memorial RSA	420-8888
Water Cartage	Water Wagon 1	027-280-2630
Water Cartage	Waioneke Water	020-420-2132/420-2131
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There comes a time when what you seek is a return to the simple, but significant things. Space. Nature. Family connection. A step away from rush, more time for what matters most. Only two years old, this well-appointed weatherboard home comes with all the modern comforts discerning homeowners expect.

Make 2023 the year you shift gears to a slower pace to enjoy the space and simplicity of country living; get in touch to view this desirable family home.

Land Area 12.4696ha | Floor Area 278sqm

For Sale by Deadline Private Treaty
Thursday 9th February at 1pm (unless sold prior)



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For Sale by Deadline Private Treaty
Thursday 16th February at 1pm (unless sold prior)



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