

The Helensville Community News

Issue 162 - May 2023

South Kaipara Good Food going from strength to strength



Glen Savage, Deputy Principal and Tania McCorkindale, Learning Support Coordinator from Helensville Primary School, with South Kaipara Good food CEO Gemma Donaldson.

South Kaipara Good Food (SKGF), a non-profit organisation based in Te Awaroa Helensville and focused on community food security, is going from strength to strength with its four programmes, which have evolved from the results of careful research - Kai Assist, Kai Grow, Kai Learn, and Kai Rescue - running very smoothly. In September 2022, SKGF was honoured to win big at the local Business Awards, coming out on top in the categories Not for Profit/Social Enterprise, Best New Business (under 1 year of formal operations), Environmental Excellence, and, gratifyingly, the Supreme Award.

Through the Kai Assist programme volunteers deliver parcels of food and household items to people in immediate need. The aim of the Kai Grow programme is to promote locally grown healthy food to increase health and well-being through community, urban and school gardens. Kai Learn aims to increase self-sufficiency and community resilience through food sharing and gardening

knowledge, and through the Kai Rescue Programme SKGF acts as intermediary between suppliers and the community, collecting and distributing to those in need food that would otherwise end up in landfill.

Importantly, SKGF works alongside agencies like Te Ha Oranga, Parent Aid NorthWest, Outwest Youth, the Mental Health Team at the Helensville WDHB, South Kaipara Men's Centre, the Angel Fund, Guardians of Our Children, local schools, and Kindred Family Services, all of whom contribute to supporting the community's most vulnerable.

Since April 2020, volunteers have packed more than 35,560 bags and worked more than 9,118 hours. While funding provides some paid workers, volunteer engagement is one of the most important parts of SKGF, as without this group of dedicated individuals the preparation of kai packs, the community gardens and upkeep of the Kai Hub would be incredibly difficult. The need now is for more volunteers. If you would like to give some time to this worthwhile organisation please contact Gina Bones, Programme Support Administrator: admin@skgf.org.nz

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AUTUMN BOOK FAIR

27th – 28th May 2023

Helensville A&P Showgrounds

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

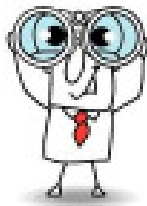


As the War Memorial Hall is still under repair the Lions Club of Helensville will once again hold their upcoming Autumn Book Fair at the Helensville A&P Association Showgrounds on the weekend of the 27th and 28th of May, opening at 9.00am on Saturday until 4.00pm and again on Sunday 10.00am until 3.00pm.

This is a community event and entry is free, we do not allow traders in before you, our community.

Our last Book Fair held in November raised \$12,527 from the sale of books, for which many thanks. Should this Book Fair be as successful as the last one the Lions may decide to make the A&P Showgrounds their permanent home. All the money raised went towards assisting individuals and organizations in the community that required helping.

I'm looking for “Good Sorts”



If you know any “Good Sorts” let me know so I can tell them how much they are appreciated. Send your stories to helensville@copyandprint.co.nz and we will tell the whole community next month. *Brian Hale*

I want to propose Michael Lin who runs the dairy in Kaukapakapa.

As well as being a hub of the village and having a shop that has TARDIS like dimensions, as everything always seems to be available, no matter how random (dress making scissors!) or in demand (candles during Cyclone Gabrielle), Michael is an invaluable source of information on all things local.

During the recent cyclones and storms he was open and welcoming to all, with generators for charging phones etc, even when his own power was down.

The free book exchange outside the shops is also a lovely touch.

Just the perfect local shop.
Stuart & Chris

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

Non-Fiction will be split into twenty separate categories, including one section dedicated to New Zealand subjects, which is still the largest section. Plus, a large General Non-Fiction section which you can spend hours browsing 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 and YA 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 the Helensville Lions.

Please note that the last date we are accepting books for this Book Fair is Friday 19th May.

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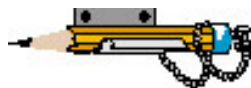


Sunday 21st May
A&P Showgrounds
8.30am – 1pm

10.00am - 12pm, live music
from Gillian and Mike
and free face painting.

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

What's happening this month



Wednesday 17 May, Parenting Through Challenging Times - Helensville Primary, Rata St, Helensville, 6:00pm – 8:00pm. This 90 minute workshop will introduce you to parenting strategies and concepts to support tamariki through times of change, uncertainty, heightened anxiety and trauma.

Kindred Family Services are pleased to be hosting 'Parenting Through Challenging Times', a workshop developed and presented by The Parenting place. Through good communication skills, empathy and positive connection with our Tamariki, we can begin to build resilience for past traumas and future events that may occur. Select the date and location that is most convenient for you and your whānau. Please note that the Kaipara College Session on Monday 22 May is specifically tailored to parents of teens, while all other workshops are more suited to parents of primary-age children and younger. For more information www.events.humanitix.com/parenting-through-challenging-times

Sunday, 21 May, Kaukapakapa Village Market, Helensville A&P Showgrounds, Railway Street, Helensville, 8.30am – 1pm, *Due to flood damage at the Kaukapakapa Memorial Hall the market has been relocated to the Helensville A&P Showgrounds, 63 Railway Street. New Venue – same great market! Friendly people, great atmosphere and a tempting selection of quality stalls with everything from locally hand-made crafts, plants, preserves, fresh fruit & veg to pre-loved treasures and collectibles, food, live music hair plaiting and much more...Our April musicians are Gilliam and Mike, free face painting, sorry no dogs **Please bring a gold coin donation for parking – proceeds go to the scouts jamboree** The Helensville A&P Showgrounds management have a no dogs policy with the exception of assistance dogs as there is stock grazing in the grounds. Email: sarah@riversidecrafts.co.nz Phone: 0274 831542 @kaukapakapavillagemarket. Eftpos cash out available.

Sunday, 21 May, Helensville Art Trail, Visit the home studios of artists and sculptors! Studios are all conveniently situated within two kilometres of central Helensville. Head into Helensville for a wonderful way to spend the day. Head for Helensville and follow the signs. All studios have info and brochures.

Works include: lost wax casting in bronze and crystal glass; figurative and abstract paintings and prints; corrugated iron shaped into incredible forms; intricate woodwork; elegantly hats for every occasion; mixed media creations and much more. Free Entry.

Wednesday, 17 May, Parenting through challenging times. 6.00 - 8.00 pm. Helensville Primary School, **Monday 22 May**, Kaipara College (for parents of teens). This 90 minute workshop will introduce you to parenting strategies and concepts to support tamariki through times of change, uncertainty, heightened anxiety

and trauma.

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Saturday, 27 May & Sunday 28 May, Lions Club Book Fair, As the War Memorial Hall is still under repair the Lions Club of Helensville will once again hold their upcoming Autumn Book Fair at the Helensville A&P Association Showgrounds 9.00am on Saturday until 4.00pm and again on Sunday 10.00am until 3.00pm.

Sunday, 28th May, Fascinating Fungi -Workshop, 9.30am to 11.30am. We've all seen Fungi growing either in the garden or when out walking but most of us generally pass by without giving them a second thought. In reality fungi are key players in many aspects of our lives and the environment. In this 2hr workshop Matthew Priestley from Brotherhood Tree Care will be giving an introduction to the incredible kingdom of fungi.

Tuesday, 6 June, U3A monthly meeting. 10.00-12.00. Catholic Church Hall, Kowhai Street, 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, Needle Stitches and TED Talks. Costs are minimal. For more information contact Gloria Middleditch jandgmiddleditch@outlook.com 09-420-3007/0211-658-428 or Bev Silvester-Clark bev.s-c@outlook.com phone 0274316205.

Monday, 6 June, King's Birthday

Saturday, 10 June, Waitoki Market, Waitoki, Waitoki Village Hall, 1000 Kahikatea Flat Road, Waitoki. 8.30 – 12.30 Come on down and celebrate, see what lovely delights await you. Have a look at what wares are available, a nibble, a bite to eat, filling a gap in the pantry, a little bling, greenery for the garden, a plethora of things to see and choose from.

Come and catch up with friends/neighbours whilst having a little wander. Feeling Peckish? A sausage or even a bacon & egg muffin could fill the gap. Interested in having a stall? Contact Gill 09 420 3301 or email markets4waitoki@gmail.com or message Waitoki Village Market on Facebook for more information. Come support your local community hall, run by your own local people. Next Market 12th August.

Friday, 30 June, Term 2 ends

Friday, 14 July, Matariki

Monday, 17 July, Term 3 starts

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Easter: A Symbol of new beginnings

by Lauren Morley, Year 13 Student Kaipara College

Easter: A time for treasure hunts, sweet treats, chocolates, that nostalgic feeling of reliving your childhood, and a symbol of new beginnings. No matter your age, there is no doubt that Easter is a joyous time for all, and this is no exception for the students and staff at Kaipara College.

Supported by our schools Outwest Youth team, Year 13 student, James Shaw, dedicated his time to organise an Easter bake sale with an extra special element. Because James and his family farm chickens, we were able to exchange a gold coin for a cuddle with some baby chickens! I don't know about you, but nothing that can make me happier than gently holding one of those adorable, chirping balls of yellow fluff and feathers - and it seems the students of Kaipara College felt the same way. All throughout interval and lunchtime, students crowded onto the field, intently waiting for their turn, and devouring the delicious baked goods in the meantime.

When I asked James where the inspiration for this event came from, he stated that the idea stemmed from the chocolate hearts which were used to spread love and fundraise on Valentines Day. He really loved this project and thought a similar idea could be fun and beneficial for Easter time. One hundred percent of the proceeds raised from the baked goods and chicken cuddling went to the Muriwai Fire Brigade. James says "donating the money to the Muriwai Fire Brigade came from wanting to help out after the cyclone," he went on to say that after scrolling through community facebook pages and knowing people personally who had lost their homes and belongings, it was clear that the cyclone had had a "devastating" impact on our local community. "Being able to donate the money we raised to the fire station means they will have extra funds to help people in future disasters, or for everyday callouts," he continued.

The total amount of money raised from this event was around \$700! This is no doubt a huge contribution to our local community which will likely make a massive impact for those in need. The collective effort put in by the Outwest Youth team, James Shaw and the many students who spent their time baking cupcakes, biscuits, rice bubble cakes and more, was nothing short of extraordinary. This event simultaneously brought fun and happiness to the students and staff of Kaipara College while also massively contributing to our local community. While the main inspiration for this event was simple fun, it seems the symbolism of new life and beginnings often associated with Easter perfectly connects with the restoration and healing of our community after the hardships faced by many local families.



Student cuddling with a baby chicken

Government elections - a need to include better funding for road maintenance.

by Cr Greg Sayers, Councillor for the Rodney ward



What is happening about the maintenance of our sealed and unsealed roads?

Roads are utilised by buses, cyclists, commercial and private vehicles. Everyone wants to use safe, good quality roads.

Yet the number of potholes, uncleared drains and blocked culverts are more abundant now than ever before. Repair costs to vehicles and safety for people are being compromised. Why?

The issue of roads "potholing" and poor road side drainage is being reported all across New Zealand and is not just isolated to Rodney's roads.

So why isn't Auckland Transport able to get on top of properly maintaining our roads?

The answer is relatively simple. For every dollar of ratepayer's money Auckland Transport gets it is subsidised another dollar from NZTA. That is how Auckland Transport is funded.

Those Government subsidies are being weighted more heavily towards providing public transport than towards improving the maintenance standards of the roads. This government directive is clearly outlined in the Government Policy Statement for Land Transport, which is set by the Minister of Transport. A balanced amount of funding is not being allocated for road maintenance.

This explains why the roads are in such a poor state.

The Government, through the Minister of Transport and Waka Kotahi NZTA, has intentionally set spending this way. This policy in turn cascades down and sets Auckland Transport's spending priorities because NZTA matches Auckland Transport's ratepayer provided funding, on the proviso the money is spent on the Minister's priorities.

Are any of the parliamentary candidates electioneering to change this Policy? If not, write to them to ask why.

Locally, ratepayers are extremely frustrated, they pay their rates in good faith, assuming their money will go into their local needs, which for rural Rodney is maintaining the unsealed roads, including keeping the drains and culverts clear.

Until the priority on transport spending changes at a central Government level, Auckland Transport has one hand tied behind its back in its ability to maintain Auckland's roads to the acceptable and safe standards that rural ratepayers expect.

Without a change in NZTA's directive for funding Auckland Transport, we will not see any significant improvements to the maintenance standards of our roads.

It is an election year and only when the government changes the funding formula to include a fair portion of funding for maintaining the unsealed and sealed roading networks will we see the state of our roads to improve.

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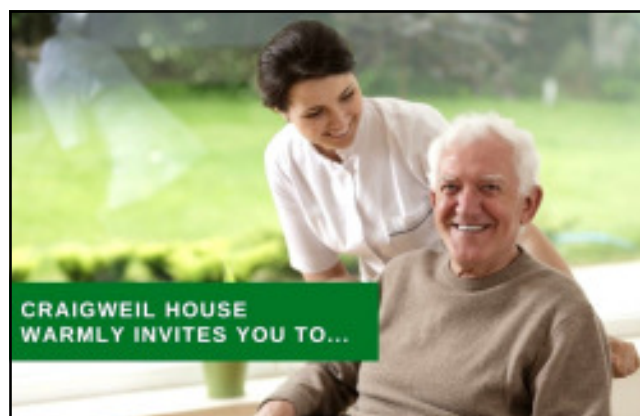
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Helensville Library and Service Centre update for May

The library and service centre team are focussing on NZ Music Month this May.

Our displays will feature local, national, and international music acts in Aotearoa New Zealand.

The Learn-A-Craft sessions, held as part of our Adult Crafternoons, will also be music-themed.

(Donations of old, unwanted, and scrappy musical

scores are welcome.) IMAGE: C'MON Tour Poster Auckland Libraries Heritage Collections Eph-Post00437



Regular events:

Crafternoon: Thursdays at 3.30pm. We have sessions for both adults and children. These sessions are a chance to learn new skills, teach others, and chat.

Kids Time: Wednesdays, 10am to 10.30am. Under 6s and their grown-ups are invited to share songs, rhymes, and stories.

Book Chat: Fourth Thursday of the month at 10am. A chance to share books you've read and enjoyed – or read and hated! – with fellow readers. This will be on Thursday 25 May at 10am.

Getting in contact: Recent events have shown that we need to get contact details for Council agencies more widely known.

Some of you may have direct dial numbers for the Helensville Library and / or the Helensville Service Centre, as they have been previously published.

The Helensville Library and Service Centre is open 9.30am to 5pm Monday to Friday, and 9.30am to 4pm on Saturday. We often don't make it to the phone in time, particularly in the Service Centre, as we are dealing with other customers. If you want to be sure that someone will help you, please use these numbers:

Auckland Council: 09 301 0101 (toll free and available 24/7)

Auckland Libraries: 0800 695 427

If your question is directly related to Helensville Library – you can email us on: helenlib@aucklandcouncil.govt.nz.

Other contacts: AT (Auckland Transport): AT is responsible for all the region's transport services, from roads and footpaths, to cycling, parking and public transport. 09 355 3553 at.govt.nz

Venue Hire: The Venue Hire team provide a 24-hour, seven days-per-week service to help Aucklanders book and access any of Auckland Council's 90 community venues with 162 bookable spaces. 09 370 2030 aucklandcouncil.govt.nz/parks-recreation/community-venues/Pages/default.aspx

Watercare Faults: 09 970 1467 watercare.co.nz/

Waka Kotahi (NZTA): Waka Kotahi is responsible for issues on the state highways, which includes Mill Road and Commercial Road in Helensville. 0800 44 44 49 nzta.govt.nz/



Kaipara korero

Principal Cindy Sullivan

From the Kaipara College Principal's Desk:

Doing Good Together

Recently the students at our school have shown outstanding and selfless leadership. Concerned for the suffering experienced by a number of our school whanau and community members who lost homes and possessions in Cyclone Gabrielle, some of our students decided to take direct action to help. As I mentioned briefly in the last edition, our student leadership team organised a non-uniform day at school to raise money for our affected Muriwai families. Students at school were allowed to wear non-uniform for a day and donate a gold coin in return. This initiative raised enough money to provide our affected Muriwai families with a Prezzy card each which they could use to buy themselves something they needed or wanted. Student leader reflections on this day included feeling proud of their efforts and proud of their peers for getting involved and supporting a really worthy, relatable and authentic cause.



Another initiative to raise money to support our cyclone affected community was led by James Shaw, a Year 13 student. He

Kaipara College: better learning, better lives, better world

and his team of supporters wanted to find a way to support the Muriwai Volunteer Fire Brigade. Combining Easter as the timely theme and his enthusiasm for chicken raising, James and his team organised a "Chick Cafe". This involved a group of students baking delicious and wholesome slices to sell along with an opportunity for students to "pat and hold a chick" for a gold coin donation. This was a resounding success, so much so that James repeated it the following week. Once again our students and staff donated generously. There were many very happy students around the school on those days, who were asking for regular repeats of the opportunity for "chick patting" claiming it put them in a great head space for learning!

Congratulations to all the students involved in organising and running these events at school. You have made your school and your community a better place through your actions.



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Art Centre Helensville

Members Exhibition 'New Works' on now!



All works have not been previously displayed at the Art Centre, and have been produced in the last two years. With a fresh new 'saloon' look at the Museum Gallery, this show is very fitting. Exhibition is on now until 6th May.

UPCOMING WORKSHOPS

Lino cut and printmaking with Willy Coenradi

Coming up we have a one day printmaking workshop with Willy Coenradi! Saturday 6th May 9:30 - 4:30.

Enjoy a rare opportunity to have a unique printing experience, printing your own art work on an antique Columbian Iron Hand Press. Designed and first built by George Clymer of Philadelphia in 1813 the Columbian is considered to be the most glamorous hand press of all time with its patriotic name, lavish ornamentation and the American eagle serenely balanced on top of the counterpoise lever - all reflecting the great American surge of nationalism after the Revolutionary War nearly 250 years ago.



What a wonderful time the Art Centre has had, working from their temporary base at the "Museum Gallery".

Diana Peel oil painting with palette knife



During March Oil painting workshops with Diana Peel were popular.

There was a beginners class, where no painting or drawing skill was needed! In the first block: Introduction, Diana used examples 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, she explained techniques of using a palette knife and application.

Third block: Students were provided with a canvas and the same image to use. Following the tutors guidance they produced a painting at the end of the class.

There was also an advanced Class in April designed for returning students or individuals happy for a challenge!

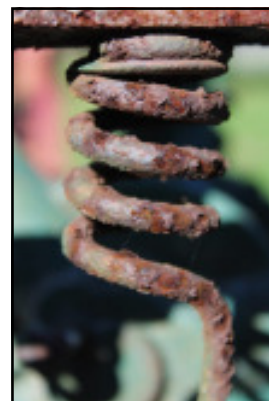
UPCOMING EXHIBITION

Kit Dean and the Museum Archive

Festival of Photography 2023. 10th May - 3rd June

The Art Centre Helensville is temporarily based at Helensville Museum Te Awaroa. As a result we have been privileged to view art in a different context. Utilizing the Museum's symbology and reflecting on preserved subject matter, has challenged the idea of how we approach and curate shows, significantly photography.

Local photographer Kit Dean's practice is environmentally based with a focus on structure and space. Visual aspects of Dean's work are consonant with the static nature of the Museum's photographic archives. These two projects will present 'resistance' thematically through the art of preservation and contemporary inclusion.



Te Awaroa Helensville Museum revives exciting local history project.

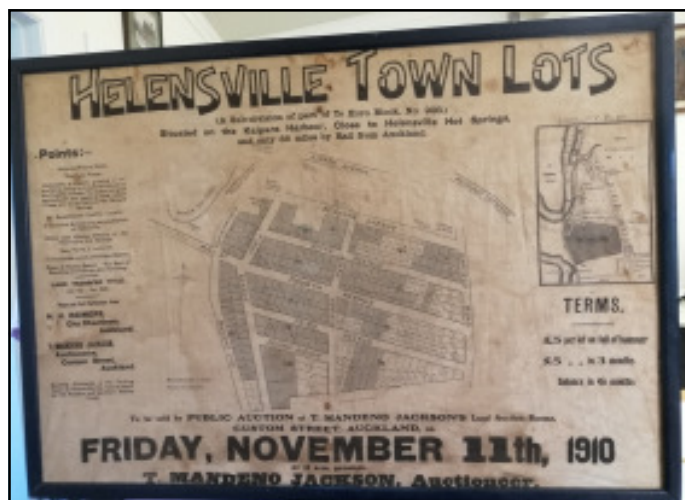
Do you know the history of your house? Did you know that the second iteration of Saint Matthews church in Te Awaroa Helensville's Garfield Road collapsed in an easterly gale and had to be rebuilt? In great news, a project designed to capture and preserve information and stories about local history, begun a few years ago, has been revived by current volunteers. It's going to be a collaborative community effort, and everyone is invited to join in. The end goal is to have as much information about each building and block of land as possible, and to have all this information available for research.

The folder containing the work done by a group of volunteers so far on the project 'On the Street Where You Lived' was led by the late Natalie Carroll. It is a treasure trove of hand-written information detailing local knowledge and memories of the people and places in the town of Te Awaroa Helensville. Surrounding areas such as Woodhill, Parakai, South Head and Kaukapakapa will be researched in Stage Two of the revitalised project.

Our local history is fascinating, from the first days of Maori settlement to the arrival of immigrants from overseas to the shifts in land use today, such as the Rautawhiri housing development on land that was formerly a farm. In just one story, Garfield Road was first known as Portage Road, museum President Toni Walmsley says, because in the 1860s it was the route for people, goods, and services to travel to Te Awaroa. The road was later renamed after the 20th American president James Garfield, who was assassinated in 1881 just six months after he took office, and still bears his name. Does anyone know why his name was chosen?

Toni is excited to be leading a team of volunteers to continue this valuable work. "We often have inquiries about land, or streets, or buildings from people who are curious about their home or where they grew up," she says. The answers are all over the place – some can be found in Colleen Sheffield's book 'Men Came Voyaging', others are in people's memories, or filed at the museum – and the goal is to have information centralised and digitised so it is readily accessible.

The project group is very keen to have community engagement. The first event will be at Te Awaroa Helensville Museum on Sunday afternoon, 1pm – 3pm, 28 May. There will be images, written information, and a short talk to kick off proceedings. You are invited to come with your questions, knowledge, and curiosity.



A fascinating poster from the Te Awaroa Helensville Museum collection.

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New ambulance for Helensville



On Wednesday 12th April a new ambulance was dedicated at the Hato Hone St John Archives, in Auckland, for the Helensville Station.

It is a Generation 4 vehicle, with all the latest equipment on board. Hato Hone St John is grateful to the *We Care Community Trust*, who donated the \$250,000 to purchase it. The Trust is a non-profit company that operates gaming machines to raise funds for the community, including the Kaipara Tavern in Helensville.



From left to right: Oliver Tyack, Operational Support manager, who started at Helensville. Peter Reilly, first ambulance officer in Helensville, Patsy Carlyle, first female officer in Helensville, Representatives of the We Care Trust, the ambulance sponsors, Dr John Elliott, Area Committee Chair', John Issott, Area Committee Treasurer, Grace Atkinson, Helensville Youth Division, Assistant Manager, Johanna Lang, Helensville Penguin, Carla Lang, Helensville Youth Divisional Manager, Amy, Ambulance officer, Eve Issott, Chair' of the Helensville Fellowship Group.

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Come Chase Us with Questions - What do we do? Lots!

Volunteers from Citizens Advice Bureau Helensville help clients with all sorts of information, referrals and issues.

These range from family and personal; housing and land; employment and business to finance and benefits; legal and Government; consumer, education and health categories.

In addition, a free budget clinic is available every Wednesday by appointment, JPs are here most days and volunteers photocopy, email and scan information for clients.

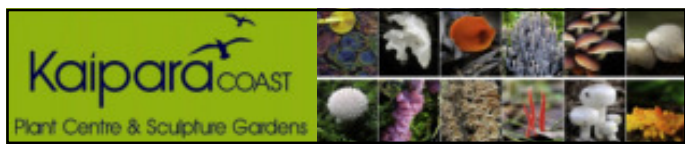
"There's no rhyme nor reason or even a pattern to the questions we're asked, but it certainly shows the diversity of need and want," CAB Helensville manager Rani Timoti says. "I remember in my previous work at a local community newspaper I'd advise people to call the CAB as I knew the organisation delivered a fountain of knowledge. Since working here, it's true! The CAB database is definitely our first port of call for everything we're asked."

The following is a range of client enquiry examples, upholding confidentiality principles:

- * Calling Auckland Council to check if Muriwai Beach was open to near residents.
- * Providing options when goods ordered online arrived but didn't match the description and condition advertised.
- * Writing a skills-based CV for a client for his prospective new employer.
- * Advising about a neighbour's drainage causing flooding on their property.
- * Going through legal rights for casual employees and helping with their employment relationship problem.
- * Providing a bus timetable to go to Hibiscus Coast.
- * Referring a family to a South Kaipara counselling service and South Kaipara Men's Trust.
- * Warning about an online scam which relates to a victim of identity theft and the necessity of contacting the bank about money laundering.

"Such a list goes on and I'm astounded by the depth of some of these issues which our volunteers go into with active listening, open-ended questions and empowering clients so they have more options than what they originally came in for," says Rani.

All are welcome to pop into our office at 16 Commercial Rd, Monday to Friday from 10am to 1pm. Or phone us on (09) 4207162 and leave a message, email helensville@cab.org.nz or visit our website: www.cab.org.nz for more information, especially out of hours.



Fascinating Fungi - Workshop

Sunday 28th May (9.30am to 11.30am)

We've all seen Fungi growing either in the garden or when out walking but most of us generally pass by without giving them a second thought. In reality fungi are key players in many aspects of our lives and the environment.

In this 2hr workshop Matthew Priestley from Brotherwood Tree Care will be giving an introduction to the incredible kingdom of fungi.

Learn more about this fascinating subject and how you can harness the power of fungi in the garden or on the farm; including how to start growing your own gourmet mushrooms.

Autumn is a fantastic time to see many fungi producing mushrooms, so come along to this informative workshop followed by a walk around the Sculpture Gardens to see what fungi can be found.

Matthew holds several Arboriculture qualifications gained both in NZ and the UK and also has a BSc in Botany & Microbiology as well as having many years' experience within this field.



These relaxed and interactive events are very popular so booking is definitely recommended as spaces are limited (see below for booking details).

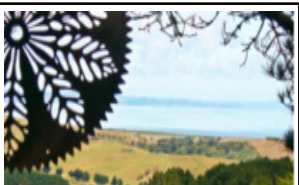
Afterwards, you will also be able to continue strolling around the beautiful 1Km sculpture trail which has over 40 marvellous pieces created by local and international

artists for our 2023 exhibition on display as well as our recently installed 2.5Km nature trail. *

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions and refreshments can be purchased from our cute little coffee shop.

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

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets \$20 per person
To Book info@kaiparacoast.co.nz
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From Penk's Pen **CHRIS PENK – MP**

Flood predictions are vital.

“While much of NZ has moved on, the aftermath of flooding and other storm events remains bleak in areas such as northwest Auckland. We must not allow the continually changing clamour of the news cycle to drown out the very real need that still exists here. Authorities have two key responsibilities in this regard.

The first is supporting locals whose lives are still in limbo. It seems to me that official answers are coming much too slowly from local and central government. I've been urging various government ministers to help flood-stricken residents in a number of different ways. And certainty is needed for those with “red-sticker” status. But that's not the focus of this column.

Instead I want to focus on the second area of official responsibility, which is to learn every lesson needed to reduce the risk of a further flooding event causing such damage. Some of my constituents have already been flooded out no fewer than four times in the past year and a half. Enough is enough.

A highly practical, relatively easy win can be installing a flood warning system for the Kumeu River.

In fact, it will be a matter of reinstating such a system: a river gauge at Kumeu was decommissioned in 2016 according to the Review of the Kumeu Flood Event of August 2021 carried out by WSP New Zealand Ltd.

The “Healthy Waters” section of Auckland Council have recently told me that they're working on a flood forecasting and warning system for Auckland. Information obtained from rising rivers must be passed in real time between the agencies and, even more importantly, to the residents themselves.

It can't come soon enough, as we're now in a race against time with the rains that months ahead of worsening weather will surely bring. I hope that promptly reinstating Kumeu River's gauge will also enhance the accuracy of the hydraulic modelling for Auckland's northwest, being an area with a large population centre situated next to a flood-prone river.

I've asked Healthy Waters to be kept informed on the progress of these initiatives and have urged that they be prioritised.

And another lesson learnt must be the end of ad hoc development. My view is that we simply cannot indulge “private plan change” applications in flood-prone environments, allowing one-off developments outside the existing envelope of infrastructure.

This particular change will be achievable by the stroke of a pen in the Beehive, which is where I'm directing many of these questions.

I'll keep you posted on the answers. Winter is coming.”

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Hospice West Auckland



At Hospice West Auckland, we believe that everyone should have access to free specialist palliative care. This Hospice Awareness Week (15th – 21st May), we are highlighting the growing demand for specialist palliative care in our community.

As the West Auckland population increases, so do our patient numbers. In the past six months we have supported 484 patients and their whanau, caring for an average of 240 patients at any one time – and these numbers are growing. There is also an increase in the complexity of cases. Within advance care planning, where people think about and plan for their end-of-life care, we are seeing the added burden of current lifestyle factors such as increased financial pressure, mental health concerns and complicated family arrangements.

Hospice West Auckland is partly funded by Te Whatu Ora and partly funded by donations and revenue raised through the Hospice Op Shops. Our services are provided free of charge to patients and whanau - and that's only made possible with the support of the West Auckland community.

Through your generosity, our patients are empowered to choose to remain in their homes that they love without compromising their quality of care. Your donation also helps to fund our vital 24-hour, 7 days support line, so that advice and reassurance is only ever a phone call away, and carers and whanau need never feel alone.

To make a donation to support the services we provide to the wider West Auckland community, please visit our website www.hwa.org.nz/donations.



Parenting Through Challenging Times: A free workshop for local parents

Being a parent in Northwest Rodney over the past few years has been tough for a lot of families. COVID, the cost of living, rapid development, and natural disasters have left many parents feeling overwhelmed, and our children have been feeling this as well. This is why Kindred Family Services is offering a free workshop for all parents and caregivers, introducing parenting strategies and concepts to support our tamariki through times of change, uncertainty, heightened anxiety and trauma.

“Change and uncertainty are normal parts of life,” says Kim Wills, clinical manager at Kindred Family Services. “but over the last few years, the sheer scale and frequency of changes have outpaced our normal resilience factors”. Kim says that this has led to a huge jump in the number of families accessing Kindred support, with a lot of these parents seeking support for their children as well.

With these pressures in mind, Kindred Family Services teamed up with Parenting Place to create something specifically tailored to the needs of North West Rodney parents. The result is a 90-minute workshop named ‘Parenting Through Challenging Times’, that draws extensively on research, and is delivered in the entertaining and practical approach that Parent Place is well-known for.

“We’re all really looking forward to it”, says Gemma Rose-Peacock, Team Lead at Kindred’s Family Centre. She explains that “for kids who have been through uncertain times, a strong relationship with a parent or caregiver is by far the most important thing”, and she hopes that this workshop will reinforce what parents are already doing well and provide a few new tools and strategies for supporting children in these uncertain times.

There are six workshops throughout May at various locations and times, including in Kumeu, Waimauku, and Helensville, with both evening and day sessions available. The Kaipara College session on Monday 22 May will be catered specifically to parents of teens, while all other sessions are more suited to parents of primary-aged tamariki and/or younger.

Register free online at <https://events.humanitix.com/parenting-through-challenging-times>.

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Auckland's unlucky number 13.

Labour announced their five preferred options for an Auckland Harbour crossing in March 2023. Apparently, this is the 13th such announcement by governments over the 35 years. According to the Prime Minister, the project is now on a “fast track” and construction will start within 6 years.

I met a former Mayor of the old North Shore City Council recently, who told me that the latest options were essentially the same as the old options.

In 2009 the New Zealand Transport Agency, Auckland City and North Shore City councils agreed to construct three cross harbour tunnels to complement the existing bridge. This would allow two lanes on the existing bridge to be converted for walking and cycling, and limit bridge traffic to light vehicles only.

Two tunnels would serve northbound and southbound truck and car traffic, while the third tunnel was dedicated to public transport. Buses initially, and trains at some point in the future. The Northern Busway was designed to carry trains at some point.

Both NZTA and Kiwirail issued designation notices under the RMA to protect the road and rail corridors around the approaches to a new crossing. In 2010 a Business Case was approved by NZTA. This indicated that the ideal timing for construction would be in the 2020's, because the existing bridge would not be able to carry heavy vehicles beyond 2030.

The new crossings would allow more land to be opened up for high density housing in Auckland's Wynyard Quarter and the North Shore.

At some point in the last 13 years, the project was put on the back burner. Now, in March 2023, a Labour Government under pressure on inflation and cost of living, crime, and co-governance is trying to sneak back into voters' hearts with yet another infrastructure promise.

Such an important project could well have been a priority for Labour when first elected in 2017, or even when re-elected in 2020. Instead they promised Auckland Light Rail to the airport. They have yet to decide a route, let alone start construction.

The last six years has been a huge waste of time, money and opportunity for Aucklanders. People living in the North West can spend 45 minutes in their cars crawling through Kumeu to get to the motorway at Westgate, and then face the same delays at the end of the day. This leads to frustration, which leads to anger and a feeling of deep unfairness.

Unfair, because we have known for at least thirteen years that State Highway 16 should be directed past Kumeu and Huapai, which are not just gridlocked, but frozen in time. The traffic means these lovely country towns are simply unable to develop to their full potential.

Unfair, because when land was developed for new suburbs and lifestyles in the North West, we assumed that roads and rail would be upgraded to match population growth. And unlucky, because under the previous National Government, even having a Prime Minister as your local MP for six of the last 13 years meant so little.

That is why ACT would take the politics out of infrastructure, and hand over the decision making to an independent Highways state-owned enterprise, Highways New Zealand, which would own and operate New Zealand's state highway network.

It would also construct any new state highways and conduct maintenance and improvements on existing highways. Highways New Zealand would be expected to be operationally self-funding out of

user fees, including delivering a return on invested capital to the Government. It would be incentivised to deliver projects promptly and affordably, because delays and cost-overruns would harm underlying profitability and, executive compensation.

Under a Government with ACT, if the roads we need aren't delivered on time, that would be very unlucky for management, not just the poor people stuck in traffic.



SHELLY BEACH TIDE CHART					
Date	High Water Shelly Beach		Sun Rise	Sun Set	
May '23					
1 Mon	0722	3.4	1951	0700	1736
2 Tue	0810	3.6	2038	0701	1735
3 Wed	0853	3.8	2121	0702	1734
4 Thu	0934	3.9	2201	0702	1733
5 Fri	1015	4.0	2241	0703	1732
6 Sat	1055	4.1	2321	0704	1731
7 Sun	1137	4.0	-	0705	1730
8 Mon	0002	4.1	1220	0706	1729
9 Tue	0045	4.0	1305	0707	1728
10 Wed	0131	3.9	1355	0708	1727
11 Thu	0222	3.8	1452	0708	1726
12 Fri	0322	3.7	1558	0709	1725
13 Sat	0431	3.6	1709	0710	1724
14 Sun	0540	3.7	1817	0711	1723
15 Mon	0644	3.8	1919	0712	1723
16 Tue	0742	3.9	2016	0713	1722
17 Wed	0836	4.0	2108	0713	1721
18 Thu	0926	4.0	2156	0714	1720
19 Fri	1012	4.0	2240	0715	1720
20 Sat	1054	4.0	2320	0716	1719
21 Sun	1134	3.9	2358	0716	1718
22 Mon	-	3.9	1211	0717	1718
23 Tue	0034	3.9	1247	0718	1717
24 Wed	0109	3.8	1324	0719	1716
25 Thu	0146	3.6	1405	0720	1716
26 Fri	0228	3.5	1452	0720	1715
27 Sat	0319	3.4	1549	0721	1715
28 Sun	0419	3.3	1653	0722	1714
29 Mon	0520	3.4	1755	0722	1714
30 Tue	0618	3.4	1853	0723	1714
31 Wed	0713	3.5	1948	0724	1713
Jun '23					
1 Thu	0804	3.7	2039	0724	1713
2 Fri	0855	3.8	2128	0725	1712



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 held at the Anglican and Methodist Church, 60 Garfield Road, Helensville, from 10am to 12pm. 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

Freemasons at Helensville; Regular meetings at The Duke of Albany Lodge, Kowhai Street, Helensville. For more information call Mike on 0276462121

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

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.

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 09-420-3007/0211-658-428.

Trade/Professional & Services List

Accountants	ECE Astute Accounting	420-7835
Accountants	UHY Haines Norton	420-7972
Agecare	Craigweil House	420-8277
Age Concern Rodney		09-426-0916
Acupuncture	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
Carpenter	Maguire Carpentry	021-990-268
Carpet & Upholstery Cleaning		Curtis 027-200-5456
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
Freemasons at Helensville	Duke of Albany Lodge	0276-462-121
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 027-677-6166021
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
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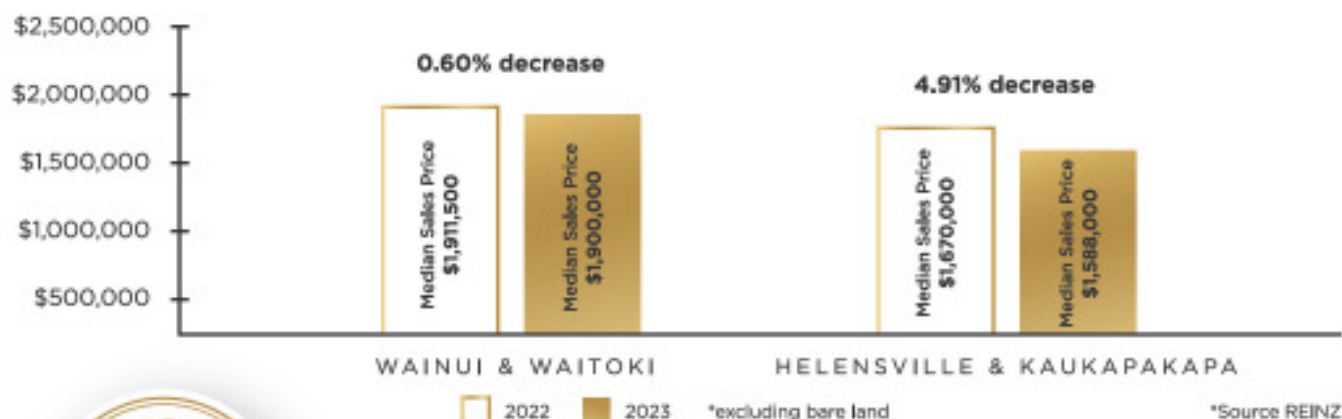
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Median Sales Price Jan - March '23 vs '22 Lifestyle Properties



Owners Must Sell!

251 MONOWAI ROAD, WAINUI

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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

\$2,550,000



THINKING OF SELLING?

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