

# The Helensville Community News

Issue 174 - May 2024

## Blown up and died twice yet lives to tell the tale!

The new interim minister for Helensville Community Church, Tienie Bekker, will be telling his story on May 19th at the 10.30 morning service at 40 Mill Road.

Tienie is originally from South Africa and, when he finished his theological studies, the time came for his compulsory military service.

He was travelling in an anti-landmine vehicle with an amount of ammunition and weapons that the enemy left behind after a failed attack, in the back of the vehicle, when suddenly some of the unstable ammunition detonated.

The right side of his body, from the buttocks up and his right arm was torn off and he was bleeding profoundly. Medics attended to him, helped him and thought he was stable while attending to another injured person. But blood flooded his chest and his lungs collapsed, killing him and for more than five minutes his body was completely still – not even a heartbeat pumping blood beneath the skin. The medics rushed back to him when they realised this and were able to resuscitate him.

In those few minutes Tienie's faith changed completely, changing it into something far more real.

Later in hospital, blood again flooded his chest and began to collapse his lungs, and he died a second time, this time with him being in a hospital setting they could resuscitate him much quicker.

Prior to that he had been religious in a more traditional (but less 'real' way). He never believed it when people spoke about 'near death' experiences.

He describes looking down at his body, seeing everything blown away, people putting bandages into his back, trying to stop the bleeding and thinking "this can't be happening."

Tienie is now ordained as a minister who has a real heart for those going through trauma and drug and alcohol problems. You can see why when you consider that even after his miraculous escape from death, he was in a coma for several weeks with a 5% chance of survival. He woke up unable to speak, hear or walk. The pain was so intense that, without even knowing it, he became addicted to morphine.

Following his miraculous survival, Tienie pledged to spend the rest of his life helping others to find the same life changing relationship with a loving God and helping them through their trauma.

Monica, his wife, was moved by his close shave with death. She describes the terrible pain that broke her after weeks of watching him in surgery. She also found her resilience in faith, understanding that although her husband and father had both been very religious men, it was a personal faith that would bring her comfort. "You can't play religion, you have to live it," she says.

If anything in this story resonates with you, or you would like to meet Tienie and hear more of his story, then please come along on the 19th. The church runs a 'cafe style' service where



Tienie Bekker and wife Monica.

food and beverages are available throughout the service at no cost. For more information or to connect with Tienie email: revbekker@gmail.com

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## Helensville Community News

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

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

Circulation 4,500 — 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.

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## AUTUMN BOOK FAIR

25th and 26th May 2024

Helensville A&P Showgrounds

"Still the Biggest & Best Book Fair in the West!"

The Lions Club of Helensville will be holding their Autumn Book Fair at the Helensville A&P Association Showgrounds on the weekend of the 25th and 26th May, opening at 9.00am on Saturday until 4.00pm and again on Sunday 10.00am until 3.00pm. As this is a community event entry is free, and we do not allow traders in before you, our community.

Our last Book Fair held in November raised \$8,400 from the sale of books, for which many thanks. All the money raised went towards helping individuals and organizations in the community that required assistance. We have had an unprecedented number of books donated this year so there will be plenty of choice in all genres.

Books are priced to sell, with nothing over \$2. There is a large selection of children's and YA books for \$1. Also, we have 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 our largest section. We have introduced two new sections, Art and Music, splitting these out from the Craft & Hobbies section. There is also plenty of general Non-Fiction 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.

Small donations of books can be left at Burmester Realty, Helensville, or for larger lots, contact Chris on 027 646 3324, or any other member of the Helensville Lions.

**Please note that the last date we are accepting books for this Book Fair is Friday 17th May. Sorry, but we cannot accept donations at the Book Fair.**

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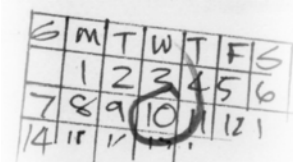
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## What's happening this month



**Wednesday, 8 May, Unlimited Potential marketing Workshop.** 9.30am – 11.30am, Business Hub 103c Mill Road, Helensville. Many small to medium businesses find it challenging to build the formality, structure and discipline needed to gain the best customer attraction and retention that could deliver better sale volumes and profitability. Marketing for many organisations is a nice to have not a must have but without a marketing plan and some basic principles your business may struggle to achieve its fullest potential or in tight times might not survive at all. Join us for a morning workshop to give you the tools and the tricks to ensure your marketing brings you returns in 2024.

We delve into a range of topics and questions:

Full details next month.

- What are the best marketing tools and why should you consider them?
- What are the key things that customers are looking for before they introduce themselves to you?
- Who is the best customer for you and what would they likely spend with you over 5 years?
- What do your customers say about you? (when you're not listening)
- How do you ensure what you are doing is relevant, cost effective and responsive?

Course facilitator Graham McIntyre has had thirty years of practical and hands on engagement in marketing, customer lifecycle and brand development. His engagement with multiple brands and services sees him operating in the volunteer, professional service and media environments using client endorsement, print, digital, social and directional media environments. He shares his knowledge freely, workshop with your organisational needs and will provide you with some insights that will add strong value for you today and into the future.

**Sunday, 12 May, Mother's Day Harvest Walk,** 9.30am – 11.30am, 1481 Kaipara Coast Highway, Kaukapakapa. Something special at the centre for mum on this upcoming Mothers Day; David Bayly will be taking you on a guided walk around the Sculpture Gardens as well as our native forest & farm trails at Kaipara Coast Plant Centre and Sculpture Gardens. Along the way David will be showing you all of the Exhibits contained within our 2024 sculpture exhibition as well as talking about the local flora and fauna. He will also offer information about the history of the gardens as well as the ecological initiatives being undertaken to conserve and enhance the area. You will also be able to pick available "in season" produce so you will potentially be able to go home with a posy of flowers/foilage and some fruit. There are also some wonderful harbour views along the way and great locations in which to have a picnic after your walk (dad and the kids are also welcome). 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 maybe bring a drink (plus a rain jacket if the weather looks unsettled). Tickets: \$20 per person To Book: email - info@kaiparacoast.co.nz or phone – 09 420 5655

**Saturday, 18 May, Muriwai Beach Clean Up,** 10am – 2pm, Wilson Road, South Head. South Kaipara Clean Ups invite you to come along and join our community beach clean up! Everyone welcome! Bags and gloves provided Both 4x4 and walking access available. Meeting at 10am ON the beach at Wilson road entry to register your name & grab some supplies. Return your bags to Wilson's cut out for disposable - Kindly collected by SeaCleaners. Invite all your family and friends- the kids love it too! Wear sturdy footwear and bright clothing + gloves for the children! Please keep off the dunes! Let's make it a great day! Enjoy the beach. For up-to-date information see South Kaipara Clean Ups Facebook page.

**Sunday, 19 May, The Village Market, Helensville Showground's.** 8:30am – 1pm. Now being held at the Helensville A&P Showground's, 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, coffee, food, live music from Gillian and Mike, free face painting for the kids and much more...\*Please bring a gold coin donation for parking - proceeds going to the scouts jamboree & St. John Youth\* Sorry no dogs with the exception of assistance dogs as there is stock grazing in the grounds. Email: sarah@riversidecrafts.co.nz Phone: 0274 831542

@thevillagemarkethelensville Eftpos cash out available.

**Sunday, 19 May, Helensville Art Trail. 10:00am – 4:00pm Helensville township,** Free Admission. Third Sunday of each month until May. Open studios are all conveniently situated within three kilometres of central Helensville. Head into Helensville for a wonderful way to spend the day. Follow the signposts. All studios have maps and info. The artists have spent years honing their skills in an extensive variety of genres. Enjoy meeting them and gaining an insight into the processes involved in creating a diverse array of artworks. Works include: lost wax casting in bronze and crystal glass; figurative and abstract paintings and prints; corrugated iron shaped into incredible forms; intricate woodwork; ceramics; mixed media creations, jewellery crafted from reclaimed items and much more. Visitors have the opportunity to purchase a treasure, large or small, directly from the artists should they wish.

**Saturday, 25 May, Native Plant "Walk & Talk" Event,** 9:30am – 11:30am, Kaipara Coast Plants & Sculpture Gardens, 1481 Kaipara Coast Highway, Kaukapakapa.

**Tuesday, 4 June, U3A Monthly Meeting,** 10am – 12pm 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 and Stiches 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.

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# An April not for the fools

by Noah Everard, Year 13 Student, Kaipara College

One is not often thankful for the rain. Or the blanket of morning moisture residing over the lawn. However, after the recent spout of the Mount Rex fire, we can all happily state our gratitude to the stubbornness of the grass and surrounding bush, which resisted the heat, forcing the fire to not spread to a tumultuous degree. So in that case one can be quite thankful for the rain, even though it may be constant and dreary, it still gives an excuse to be quite unproductive. Remaining indoors, dry, as the symphonies of rain herald an end to summer days. Lucky is how I would describe it. We are lucky to have this abundance of water. We are lucky that the climate caused the surrounding bush to be non-flammable. This notion of luck and good fortune was made apparent during my hike to the Pinnacles, in the Coromandel. My friends and I completed the hike this April, and I still get chills thinking of the serene landscape, dotted with native trees, streams and waterfalls. In this case I or we are extremely lucky to live and experience such a country as this. From birds to bushes I am forever in love with Aotearoa and the peace it can give me.

Besides this surge of good fortune, April has been like most months that occur at the end of a school term. Students rushing to turn in assignments, teachers allowing the class a moment of leisure when all is completed and the inclusion of events and class trips which everyone forgot about. In my experience this was the Waitakere sports exchange, where several of Kaipara College's sports teams (Football, rugby, netball and basketball) travelled via bus, to play a friendly match against Waitakere College's opposing teams. Each match was tough, but softened by the addition of sportsmanship, making each loss exponentially less painful and each win all the more deserved. The sports exchange was first to happen after Covid-19, so yet again I find myself gifted with luck and the good fortune of the teachers who helped make the event come to fruition.

The first term of my last school year has come to an end and I am satisfied. The wishes I made at the beginning of the year have so far been met. As a Year 13, you are encouraged to try everything for the last time, with no judgement. The environment of my classes revelled in friendships between students and teachers. The common goal is to reach your potential, caring not for the embarrassment of failure, but for the satisfaction of learning.

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## The stage is set.

Whenever a government broadcasts its intentions from Wellington, local MPs around the country assess how these might benefit the local areas that they represent.

For me, representing Helensville (as it was initially named) and now Kaipara ki Mahurangi has seen me conducting this mental exercise for the last 6 and a bit years. It's been under a combination of Labour-led and now National-led governments.

My initial reaction to our government's recent announcement that public sector targets are being introduced is that it seems like a good idea for people of northwest and north Auckland. Of course the proof of the pudding is always in the eating and (to mix my metaphors!) we are not counting our chickens before they're hatched.

While no one is immediately better off merely because targets have been announced, I think it's also fair to observe that you're more likely to get good outcomes if you know what you are focusing on. This holds true for any organisation, whether business, NGO or government in nature. Maybe running the country a bit more like a company (not trading recklessly while insolvent, for example) is actually a good idea! Accountability requires a yardstick against which we can measure progress.

With that background, I think it will be helpful for our area that a number of targets have been set recently by the Prime Minister in relation to health and education in particular. Other aims are focused on restoring law and order, housing and the environment.

Shorter stays in emergency departments – with 95% of patients to be treated within 6 hours – is very worthy, for example. This will require sufficiently broad focus to improve the primary health system by ensuring we have sustainable GP services. And that in turn requires policies such as voluntary bonding for medical students to remain in NZ and the opening of a new medical school, which are both policies of the incoming government.

I look forward to holding the government to account for these (with the obvious disclaimer that I am a member of that same government!), which is nothing less than you deserve from your local MP. The stage is set.

**Chris Penk**  
 MP for Kaipara ki Mahurangi

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## Joan Bennett 100 years on 18/04/1924

Born in Birmingham, she was always thought to be a clumsy child. However, she was registered partly blind at the age of 43 and totally blind at 50 years old.

She was a dancing teacher in England and produced yearly shows at the Aston Hippodrome followed by exams.

Joan won the Queen Community Service Award for work representing the Blind Foundation and helping people to cope the best they possibly could.

Joan worked in a solicitors office as a receptionist for many years prior to emigrating to New Zealand in 1975, where she continued to work for the Blind Foundation.



Joan lived on her own in Green Bay until she was 92 years old, then moved in with her daughter and son in law until she was 96 years old, then moved to Craigweil House where the staff could not have looked after her any better. They are fantastic and all helped her to reach 100 years. (Many thanks guys)  
 Happy Birthday Mum. Joan, Dave, David, Robert and Joanne.

**West Auckland hospice**  
**Hospice Awareness Week 13 - 19 May**  
*Weaving a network of care around people facing end-of-life*

At any given time, there are more than 250 families in our community who are under the care of Hospice West Auckland, each with their own unique needs. When Corrie's husband Brian was referred to Hospice, it reaffirmed everything she knew about the specialist palliative care service – and so much more. "It was the sheer breadth of service that Hospice provided that was incredible for us," says Corrie. "Every single person from Hospice was knowledgeable, supportive, caring, helpful in a day-to-day way, and importantly took the time to talk to me. They told us what to expect and what not to expect. They explained how the dying process was likely to play out, and that was very helpful." Corrie and Brian discovered the many forms of wrap-around care Hospice could provide, including counselling, music therapy, massage therapy, spiritual care and caregiver support sessions. "I felt so supported, which meant that Brian felt so supported," says Corrie.

Regardless of the unique needs of each of our patients and whanau, Hospice West Auckland has solutions – but each year we need to raise over \$4 million in essential community fundraising in order to continue providing our services for free. This Hospice Awareness Week (13th – 19th May), we need your help to continue weaving a network of care around Westies facing end-of-life. Please donate at [www.hwa.org.nz/](http://www.hwa.org.nz/) donate to make a real difference.





## Fist Pump for Youth Kete

Positive feedback is pumping through about Citizen Advice Bureau's new Youth Tool Kete.

Easy access, plain down-to-earth information and English are just some of the comments from clients.

"It's easy to use and understand. I like the colours and the animation characters. My friends would really learn from the different topics which help us out as youth," says Shavaughn Hill-Khan, 17, who is connected to Haranui Marae.

CAB Helensville manager, Rani Timoti, says since the kete's launch, it's been great to hear how relevant it has been for clients, including adults who have English as a second language.

She showed participants at last month's Community Support Network group so they could check it out and pass on to their young family and friends.

The colourful and innovative design is also a bonus in presenting information or help.

The kete supports young people deal with "adulting" and all the new challenges it brings, whether it's about employment, flatting, buying a car, getting an ID sorted or understanding insurance.

"Rest assured there's no misinformation or disinformation here. Our information is current, correct and crucial for youth to thrive in their communities," says Rani.

A Youth Engagement Report has also timed with the kete launch from CABNZ. It spotlights on issues facing young people throughout NZ, particularly a year of enquiries to CABs from clients aged under 25.

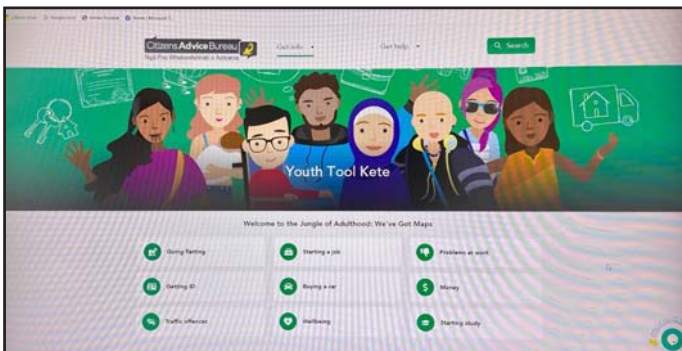
Rani says there also seems to be a need to provide reassurance for clients who want to check if they're on the right track or following proper procedures for all sorts of issues.

CAB Helensville also refers clients to specialist services.

"This is seen so clearly with our own South Kaipara networking for our locals with organisations and groups who go the extra mile even with their own constraints," says Rani.

Check out the Youth Tool Kete on our website at cab.org.nz to chat online or email us.

Or if you want to see some friendly faces come and see us at 16 Commercial Rd, Monday to Friday from 10am to 1pm or Saturday, 10am to noon.



**The new Youth Tool Kete provided by Citizens Advice Bureau is relevant and packed with important information to help young people navigate life.**

## ARTcentre HELENSVILLE

This May we have Helensville Art Trail exhibiting. Dates are 1 - 25th May, opening event Saturday 4th May 4-6pm all welcome.

HAT is a group of 12 Helensville artists who hold open studios on the third Sunday of each month. This May they combine their practices to hold a joint exhibition uniting diverse media's and materials.



Festival of Photography will be running this June, we will be exhibiting works by students from Kaipara College and local photographers from Helensville.

The exhibition can be found on Auckland Festival of Photography website, photographyfestival.org.nz. Entries are open for photographers who wish to enter, forms and details can be found on our web page artcentrehelensville.org.nz under exhibitions to enter. Due date for entries is 25th May.

From 20th June – 6th July we will be holding our annual Matariki exhibition. If you are an artist who would like to exhibit in this show details and entry form can be found on our website. Groups and classes term two will be posted on our website for more details.

Janet McLeod ran 'March Art Dare' Wednesday's during March which was a free creative group. This May we will be continuing the free drop in group however it will be untutored, starting Wednesday 8th May 10:30-12:30 (koha donation to cover materials). Please bring anything you would like to work on and enjoy social interaction with other artists.

Mike Rowland will be continuing on with Pencil Drawing 6 week course. Dates 10th May – 14th June Friday's 1-3, course is \$220 material pack included, to book a space please email manager@artcentrehelensville.org.nz.



# ARTcentre HELENSVILLE

For everyone joining us with anticipation of the construction works coming to an end this April! We have now been informed that further work will take place to tidy and repaint the exterior adding a further 3 months on to the completion date! As much as we are disappointed at this news, we soldier on with activity, creative and social events happening and showing great art to our community! We look forward to your visit with us.

As a quirky take on the exterior mess, local artist Laura Schiessel has created sculptures that turn the outside chaos into works of beauty! Do come down and see these marvelous works on our outdoor plinths.

We also have acquired a wonderful collection of art books for a library corner, on your visit please enjoy a good read in our comfy exhibition and library space.



## Renaissance Artist Caravaggio - Artist Talk

Come along and enjoy a relaxed 'Cafe Style' Church service at Helensville Community Church on Sunday 26th May. Refreshments are available throughout the service, at no cost, and questions are welcomed throughout the powerpoint talk. Chris is both professional and personable in his presentation. He combines information, warmth and humour throughout. Chris Elwood is a trained teacher but now works as a blacksmith.

Hear and see the story of Caravaggio as we look at his journey from childhood to adulthood, the genius, flamboyance and realism in his art. Hear the story that led to a life being lost and the effect being 'on the run' had on the young artist.

This will be the third of a series of 5 talks. Still to come are Rembrandt on June 23rd and Van Gogh on August 25th. These talks are gaining in popularity and have received fantastic feedback.

Service starts at 10.30 and runs for an hour at the Helensville Community Church at 40 Mill Road.

For more information please email Pauline paulinekiwidenton@gmail.com



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# Helensville Library and Service Centre update

Alas, we were unable to fully open to the public in April. We do not have a date for our reopening, nor that of other parts of the building complex.

As the project nears completion, we may need to close at short notice. Please keep an eye on our Facebook page for more information.

We want to thank the community for their support and care during the building work. Especially during this final phase, while we were unable to open to the public.

We are looking forward to having you in the space again. [facebook.com/HelensvilleLibraryAndServiceCentre](https://facebook.com/HelensvilleLibraryAndServiceCentre).

## What is available:

- ✓ Collection of requested items
- ✓ Take 5 bags
- ✓ Printing – if emailed to us
- ✓ Photocopying
- ✓ Bespoke library item selection
- ✓ Some Council services
- ✓ WiFi
- ✓ Outside seating
- ✓ Kids Time: Wednesdays at 10am (weather dependent)
- ✓ Crafternoon: Adults: Thursdays at 3pm (weather dependent)
- ✓ Crafternoon: Children: Thursdays at 3.30pm (weather dependent)

## What is unavailable:

- X Public access into the building
- X Public toilets
- X Public computers
- X Payments – either Council or Library

## Rates Payments:

We are unable to take rates payments. However, if you have your rates invoice – with a barcode on it – you can pay at NZPost at Helensville Paper Plus Select.

The Library and Service Centre is open our usual hours:

Monday to Friday: 9.30am to 5pm

Saturday: 9.30am to 4pm.

Selected council services are available during these hours.

*Anne Coppell*

*Senior Librarian / Poukōkiri - Children & Youth*

*Helensville Library and Service Centre*

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## Native Plant “Walk & Talk”- Free Event

**Saturday 25th May  
(9.30am to 11.30am)**

Whilst still one of the most beautiful areas within New Zealand, Kaipara faces many ecological challenges; particularly maintaining the water quality on which its various eco-systems depend.



Kaipara Moana Remediation (KMR) were established over a decade ago and partner with various organisations as well as landowners to establish remediation strategies and in some scenarios assist with funding of these so as to address the underlying issues.

During this 2 hour interactive workshop members of the KMR team will be making a brief presentation explaining some of the main challenges facing the area as well as strategies to offset them. This will be followed by a walk through the gardens and nature trails highlighting key considerations. The team will also be answering your questions along the way.

You will also have the opportunity to enjoy the beautiful 1 Km sculpture trail which has over 40 marvellous new sculptures created for our 2023 exhibition by local and international artists on display.

There is also a 2.5km nature trail which meanders around farmland and native forest, has a beautiful lookout point of the Kaipara Harbour and forms an important part of the Kaipara Coast Plant Centre conservation and restoration program.\*



PLEASE NOTE; numbers will be limited so booking your slot is advised. You can email [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz), or phone 094205655.

There is also our cute little coffee shop plus knowledgeable and friendly staff to assist with any garden related questions.

\* Trail is not suitable for wheelchairs or walking frames and appropriate walking shoes (and possibly a jacket) are recommended.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.

Entry Free

### Booking:

[info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz)

OR 09 420 5655





# Thank you to everyone who has sent in a nomination!

The WasteMINZ Awards for Excellence recognise the industry superstars who have been part of an amazing initiative or project over the past 12 months.

**Thank you to everyone who has sent in a nomination!**

Our judges found their jobs very challenging this year - the innovation, creativity, and passion evidenced in all the nominations this year meant it was difficult for them to mark!

The Awards for Excellence ceremony will be held on 28 May as part of our Conference 2024.



Congratulations to the Helensville Recycling Centre who is a finalist in the category of "Best resource recovery or Value recovery initiative" at the WasteMINZ awards for 2024! We are wishing you all

the best of luck Treena and the team. Check out all the finalists at [www.wasteminz.org.nz](http://www.wasteminz.org.nz)

Since opening nine years ago, Helensville Community Recycling Centre has become a vital hub in the Helensville community. The facility is the second of Auckland's 13 Community Recycling Centres (collectively called the Resource Recovery Network) to open, providing full waste and recycling services for the township's 3000 residents.

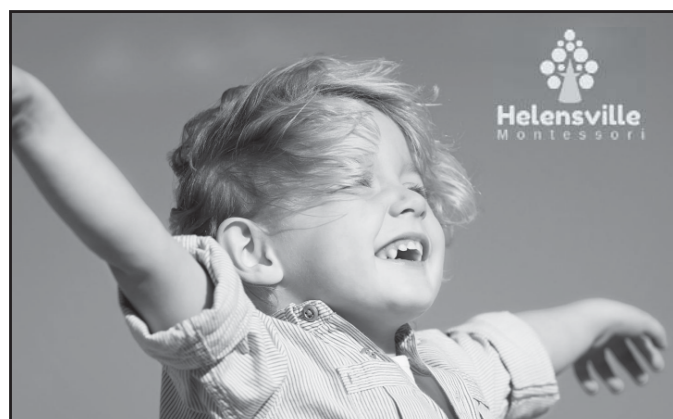
The facility is operated by Helensville Zero Waste, with Manager Treena Gowthorpe the driving force behind its success. She is a passionate zero waste advocate, ensuring that as much material as possible is recovered and put to its highest and best use - and that locals benefit from the revenue generated.



**Manager Treena Gowthorpe**

Fifteen paid positions have been created and an amazing 77% of material entering the site is being diverted from landfill into the circular economy.

Construction and demolition waste is a growing focus with an entire house being deconstructed on site in 2018 and plans underway to accept reusable material from Auckland flood/cyclone damaged houses for reuse to avoid it being sent to landfill.



## Helensville Montessori

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**58 Garfield Road, Helensville. 09 420 7181**  
[www.helensvillemontessori.co.nz](http://www.helensvillemontessori.co.nz) and



## Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

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

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

**53-65 Commercial Road, Helensville**  
**Ph (09) 420 8747**

**Email [bookings@helensvillebirthingcentre.co.nz](mailto:bookings@helensvillebirthingcentre.co.nz)**

[www.birthcentre.co.nz](http://www.birthcentre.co.nz)



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# Your Garden and Bees

Most readers probably have a garden or even a bit of land. It's always a balance (or battle) between encouraging life and dissuading pests. We all like a tidy colourful garden with lots of fruit & veg but this often means that we have to kill weeds, pests and fungi. It can be tempting to use a strong, effective herbicide or insecticide and then not have to worry about it. However, this could kill many beneficial or harmless insects and reduce the quality and quantity of life in your garden. I'm not suggesting stopping using chemicals, but there are ways that you can reduce the damage done. When I was kiddie, we still used DDT and 2,4,5-T; they were very effective at killing things but came with side effects that were unknown at the time. There are now concerns about the use of neonicotinoids and their effects on bees. It appears the effects may be subtle and when combined with other chemicals could be quite harmful. Issues with flight and navigation, reduced taste sensitivity and slower learning ability have all been linked to neonics, which can have a cumulative effect on a bee colony's ability to survive.

## Some things that could mitigate your pest control in the garden.

**For insect pests**, try more targeted insecticides rather than broad spectrum sprays, try insecticidal soaps, neem oil, Maverik or Pyrethrin based insecticides. Choose an insecticide that has a low residual so that it does the job and doesn't hang around. Most importantly, follow instructions carefully.

**When killing weeds**, try to minimise the indiscriminate use of glyphosphate, neonicotinoids and other systemic weedkillers. Maybe use organic sprays, torching weeds, manual weeding or planned planting. Never ever spray flowers, this will definitely kill bees and may destroy a whole hive. Try to avoid sprays drifting onto flowers, beehives and areas that insects may live. Spray in the evening after bees that have been foraging have returned to their nest.

## Top Tips for a Bee Friendly Garden -

- **Plant seasonally**, there is usually lots of food available for bees later in spring and throughout the summer. Bees often need lots of food in early spring and autumn
- **Unattractive flowers**, some flowers aren't attractive to bees at all. There are several reasons why – colour (bees can't see red, to them it's black or grey), long flowers (bees' tongues can't reach into long tubular flowers), frilly or double flowers (they're too difficult for bees to get to the nectar source), smell (some flowers have a scent that is a deterrent to bees, like geranium, citronella), some new flower varieties are bred solely for looks and are of no benefit to bees and other pollinators.
- **Wild areas**, a neatly manicured garden looks awesome, but not much lives in it. Leave some areas to grow a bit wild. An area of meadow flowers can look attractive
- **Ground cover**, weed matting and bark can deter ground nesting bees e.g. bumblebees and most native bees. Mulch may be a bit more friendly and still help with weed control. A bare bank is the perfect habitat for our native bees.
- **Water**, all living things need water. Providing water will benefit bees, insects, arachnids, birds, and reptiles; it will encourage them into your garden. Bees can easily drown in a water bath, it's a good idea to give them an escape ramp or steps e.g. pebbles, branch, moss etc. Note that rainwater is odourless, so bees will more easily find a swimming pool, dripping tap or washing on the line. To encourage bees, add a few drops of bleach, some crushed shells or allow the water to stagnate with some algae to help them find your watering station.
- **Open feeding**, never feed honey to bees, it could contain spores

*of American Foulbrood which is very harmful to bees. Avoid feeding bees sugar water, this could help to spread contact bee diseases, and could incite robbing (this is a behaviour akin to a shark feeding frenzy, when a nearby hive could be raided and destroyed). Giving a drop of sugar water to a lone hungry bee is okay.*



• **Get bees!** - Getting your own bees will benefit your garden enormously. You'll be surprised at how much more fruit you'll get off your trees and vines and your plants will produce more flowers. You can learn how to keep bees or pay for someone to put a hive in your garden.

## Some bee-friendly plants

**Herbs** - borage, rosemary, thyme, bee balm, sage, oregano, white clover

**Trees** – Pohutukawa, bottlebrush, eucalyptus, willow

**Fruit** – berries; stone fruit, citrus, apple & pear trees

**Vegetables** – fennel, squashes,

**Perennials** – lavender, dandelion, gorse (very good source of pollen), salvias

**Annuals** – phacelia, tansy, sunflowers (some varieties can be perennials), buckwheat,

**Natives** – flax, cabbage tree nikau, manuka, kanuka, pittosporum, karo,

**Climbers** – ivy, clematis, honeysuckle, wisteria, jasmine, cucumbers

## Ken Brown

A passionate beekeeper who is a part-time Apiculture Tutor with Land Based Training in Kumeu.

## Further Reading

[www.landbasedtraining.co.nz/programmes/apiculture-training-programmes/](http://www.landbasedtraining.co.nz/programmes/apiculture-training-programmes/)

[www.fortheloveofbees.co.nz/native-bees](http://www.fortheloveofbees.co.nz/native-bees)

[www.treesforbeesnz.org/](http://www.treesforbeesnz.org/)

[www.aucklandbeekeepersclub.org.nz/](http://www.aucklandbeekeepersclub.org.nz/)

[www.xerces.org](http://www.xerces.org)





**Kaipara korero**  
**From the Kaipara College Principal's Desk:**

*Principal Cindy Sullivan*

As you are aware, this year is the centenary year of Kaipara College (previously Helensville District High School), having collectively been involved in educating local rangatahi for 100 years.

School alumni play an important role in the life of a school. They are the backbone of any educational institution, representing a legacy of success, knowledge, and community. Their contributions can extend far beyond finishing College, shaping the future of their previous school and society at large. One of the most significant virtues of school alumni lies in their ability to form robust networks that foster collaboration, mentorship, and professional growth. Alumni networks provide a platform for current students to connect with experienced professionals in various fields, opening doors to internships, job opportunities, and valuable insights. These connections not only benefit individuals but also strengthen the reputation and influence of the school as a whole.

We would love to have alumni actively participate in school, sharing their expertise and experiences with current students. By staying involved in educational initiatives, alumni can contribute to a culture of continuous learning and innovation that drives academic excellence. Through their generosity, alumni can leave a lasting impact on their school and create opportunities for aspiring young people to thrive.

Alumni can also serve as mentors and role models for our current students to support them to navigate their academic and professional journeys. By sharing their career paths, challenges faced, and lessons learned along the way, alumni inspire younger generations to pursue their goals with determination and resilience. Ultimately, school alumni contribute to building a legacy of excellence that transcends generations. Their achievements reflect the quality of education provided by the school and inspire others to strive for greatness.

Some of our passionate alumni are involved in making the Kaipara College Centenary Celebration one to remember. If you are Kaipara College alumni (or know someone who is), please get involved, either in assisting with the organisation, attending the event or just connecting with Kaipara College. Without alumni there is no event! For more information or to make contact please visit the News & Events page of our website [www.kaipara.school.nz](http://www.kaipara.school.nz) We would also like to make a special request for interviews with our ex-students so that we can share your "Where are they now?" stories with our alumni and school community via channels such as newsletters, our website, and social media. To share your story with us, or read other alumni stories, please head to our website and click on Alumni Hub.

**ALUMNI WE NEED YOU**  
 SHARE YOUR RECOLLECTIONS, HISTORICAL INFORMATION ABOUT OUR SCHOOL OR LOAN HISTORICAL ITEMS TO US FOR THE EVENT EXHIBITION. YOU CAN BE A SPECIAL PART OF THE CENTENARY CELEBRATIONS BY SHARING WITH US.

**100 YEARS**  
 1918 - 2018

**CLASS OF 1972 TO CLASS OF 1988**

We are particularly keen to hear from any of our 1972 - 1988 alumni to help us recount this era.  
 Email: [centenary@kaipara.school.nz](mailto:centenary@kaipara.school.nz)

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*Te WAKA o Kaipara: Eke panuku, eke Tangaroa*

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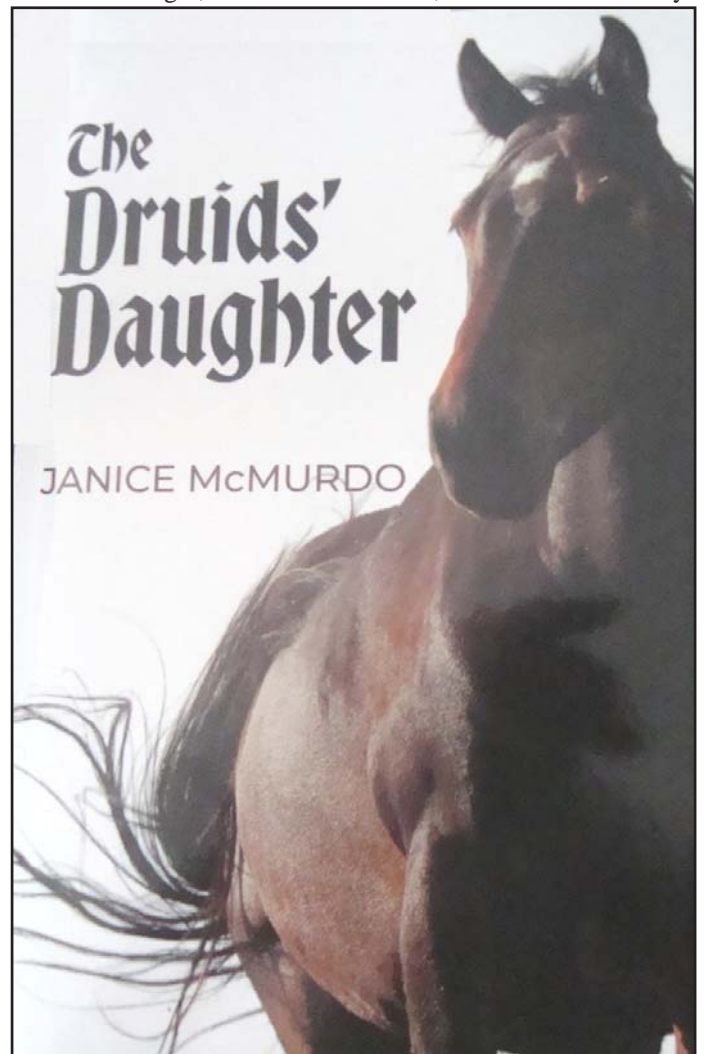
# Local Author writes another book

Janice McMurdo has written her fourth book, “The Druids’ Daughter.” Set somewhere in England in the late 1880’s, this story is about a young woman with extraordinary powers of energy healing. She encounters difficulties when people become suspicious of her powers and she is faced with hostility from those who believe she might be a witch.

Janice’s first three books, The Bird’s Nest, Wait for the Tide and The House Down the Hill all involve the South Head Peninsula and the Kaipara Harbour. This is the place where she was brought up and it is very dear to her. “The House down the Hill”, is about an Auckland drug boss trying to set up a meth operation at South Head – with some amusing aspects.

The Birds’ Nest and Wait for the Tide have a magical or spiritual element, which she has taken to another level in The Druids’ Daughter.

All Janice’s books are available at Paper Plus in Helensville, at Food for Thought, 72 Commercial Road, and at the local Library.



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# Connection update

**CONNECTION, Shop 3, Helensville Railway Station, next to The Shoppe and Ginger Crunch café.**

Weaving Circle every Wednesday from 10.30 - 2.30pm. Come and learn the basics of flax weaving in a friendly group setting.

Sewing Circle every Friday from 10.30am - 12.30 and 1.30 - 3.30pm. A group of like minded people who gather to sew together.

Room available for use by counsellors and practitioners, and for workshops and meetings. Contact Heather 0220-425-652 for availability and cost.

Go to Connection Hub facebook page for more details.



*Connection comfy corner*



*Connection tables and chairs*



*Connection kitchen*

## Death Cafe

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death.

Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'.

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.



Sunday 19th May at 3.30pm

Shop 3, Helensville Railway Station

2 Railway St, Helensville.

Donation for room, tea and coffee or please bring cake. All are welcome, no need to book but you can contact Heather 0220 425652

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# Govt’s second quarterly plan builds freedom and prosperity

Working for a civil contractor before I entered Parliament I’ve had the privilege of witnessing first-hand the hard work and dedication of New Zealanders striving for a better future rain, hail or shine. It’s only fitting that they have a government that mirrors their commitment—a government that is fiscally responsible, makes it easier to get stuff done, and delivers services without bias or discrimination.

Under the Coalition Government we’ve made significant strides toward these goals, and our achievements to date reflect our unwavering commitment to the people of this nation. As we are well into our second quarterly plan, I am pleased to outline some of the ACT policy initiatives we are advancing in this phase of government.

Our coalition government’s quarterly plan is a testament to our dedication to action and progress. With half of the 36 actions in the plan stemming from ACT policies, we are at the forefront of driving positive change for our communities. From making Labour’s MDRS housing rules optional for councils, to reviewing the methane science for consistency, our policies are designed to empower local governments, promote cost-effective environmentalism, and support economic growth.

Key initiatives such as improving the rental market, streamlining the Medsafe approval process, and delivering a Budget that reduces wasteful spending while investing in frontline services demonstrate our commitment to addressing the pressing issues facing our society. By reforming the Holidays Act, reintroducing charter schools, and launching initiatives to lift school attendance, we are prioritizing education and ensuring equal opportunities for all.

Moreover, our focus on law and order is unwavering. We are restoring Three Strikes, reviewing the firearms registry, and repealing Section 7AA of the Oranga Tamariki Act to ensure consequences for crime while safeguarding rights and ensuring every child has opportunity, regardless of race.

At the core of our agenda are the priorities outlined by ACT during the election—reining in the cost of living, ensuring consequences for crime, and promoting equal rights for all. These principles guide our actions and shape our policies, ensuring that decision-making power and resources are returned to the households and businesses that sustain our economy.

As an ACT MP based in West Auckland, I am proud to be part of a government that is not only responsive to the needs of its citizens but also proactive in driving real change. Together, we will continue to build a stronger, more prosperous New Zealand for generations to come.

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SHELLY BEACH TIDE CHART					
Date	High Water Shelly Beach	Sun Rise	Sun Set		
May '24					
1 Wed	0326	3.6	1559	0700	1736
2 Thu	0434	3.5	1712	0701	1735
3 Fri	0546	3.6	1824	0702	1734
4 Sat	0653	3.8	1930	0702	1733
5 Sun	0754	3.9	2029	0703	1732
6 Mon	0851	4.1	2124	0704	1731
7 Tue	0943	4.2	2213	0705	1730
8 Wed	1031	4.2	2300	0705	1729
9 Thu	1117	4.2	2344	0707	1728
10 Fri	-	4.1	1201	0708	1727
11 Sat	0027	4.1	1244	0708	1726
12 Sun	0109	3.9	1327	0709	1725
13 Mon	0152	3.7	1413	0710	1724
14 Tue	0238	3.6	1504	0711	1723
15 Wed	0333	3.4	1604	0712	1723
16 Thu	0436	3.3	1710	0713	1722
17 Fri	0539	3.3	1812	0713	1721
18 Sat	0637	3.4	1910	0714	1720
19 Sun	0729	3.5	2001	0715	1720
20 Mon	0816	3.6	2047	0716	1719
21 Tue	0859	3.7	2129	0716	1718
22 Wed	0940	3.8	2209	0717	1718
23 Thu	1020	3.8	2247	0718	1717
24 Fri	1100	3.9	2326	0719	1716
25 Sat	1141	3.8	-	0720	1716
26 Sun	0006	4.0	1224	0720	1715
27 Mon	0047	3.9	1308	0721	1715
28 Tue	0132	3.9	1357	0722	1714
29 Wed	0222	3.8	1451	0722	1714
30 Thu	0317	3.7	1551	0723	1714
31 Fri	0418	3.7	1654	0724	1713
June '24					
1 Sat	0521	3.7	1757	0724	1713
2 Sun	0623	3.8	1900	0725	1712
3 Mon	0724	3.9	2002	0726	1712
4 Tue	0823	3.9	2059	0726	1712
5 Wed	0919	4.0	2152	0727	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, 12.30 pm in small office at rear of carpark Magnify, 118 Main Road, www.al-anon.org.nz.

**Aqua Aerobics** – Low impact exercises to improve your health - Green Prescription – with or without. Classes: Mon, Wed, Fri, 9am – 10am, held in outdoor pool all year, except public holidays. Cost: \$2 per class. Parakai Springs Hot Pools. Contact Ruth on 0210-2277-481 for more details.

**Citizens Advice Bureau:** Helensville, is open every Saturday from 10am to noon at 16 Commercial Rd, Helensville. JPs are always available. Come for information and advice.

**Diabetes & Arthritis Group** - First Monday in the month unless it's a public holiday. Held at the Anglican-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.

**FLexercise with Fitness League:** Friday 10am - Kaipara Cruising Club. FLexercise low impact exercise to music incorporating balance and flexibility-move dance enjoy. All ages and abilities. Call Christine 0212602190 Web www.thefitnessleague.org.nz

**Freemasons at Helensville;** Regular meetings at The Duke of Albany Lodge, Kowhai Street, Helensville. For more information call Bob Greenough on 0210-829-2345

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

**Hana's Group Fitness Classes**, small group fitness bootcamps at Rautawhiri Park 3 times per week Mon, Thurs & Fri at 9am. Please contact Hana on 0211623362 or on Facebook @HanasGroupFitnessHelensville.

**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**, now at outside rooms of River Valley Baptist Church, Fordyce Road Parakai, opposite Parakai Primary School, Every 1st and 3rd Saturday, 11a.m-12p.m. We offer prayer

for help with what you need healed, All welcome, no appointment, no charge, ph 0276-058-225

**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 Tennis Club Building, Rautawhiri Park. 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

**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. Entry is free. Why not come along and find out what we have to offer. Contact details: Brian Lacey brian@lacey.nz, 0221-831-811, Nigel Dempster 09-411-9444

**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

<b>Accountants</b>	ECE Astute Accounting	420-7835	<b>Glass Services</b>	Nor-West & Kumeu Glass Services	09-420-8210/0800-825100
<b>Agecare</b>	Craigweil House	420-8277	<b>Ink and Toner</b>	Huapai Copy & Print	09-412-8882
<b>Age Concern Rodney</b>		09-426-0916	<b>JP's</b>	Grev Walker	420-7173
<b>Acupuncture</b>	Parakai Acupuncture	027-351-7377/09-449-0690 (Parakai Church)	<b>Lions Club of Helensville</b>	Chris Clarke	420-8527
<b>Beauty Therapy</b>	Beauty Elixir	022-465-0727/420-9775	<b>Markets</b>	Kaukapakapa Village Market	0274-831-542
<b>Beauty Therapy</b>	Premier Aesthetics	www.premieraesthetics.co.nz	<b>Markets</b>	Waitoki Village Market	Gill 420-3301
<b>Birthing Centre</b>	Commercial Road, Helensville	420-8747	<b>Mechanical Repairs</b>	Helensville Mechanical Services	420-8177
<b>Budget Service</b>	Francis	420-7740	<b>Mechanical Repairs</b>	Parakai Automotive	09-420-7224.
<b>CAB</b>	16 Commercial Road	420-7162	<b>Mower Repairs &amp; Sales</b>	Lifestyle Mowing Machinery	0274-955-948
<b>Café</b>	Blend Art Café	027BLENDNZ	<b>MP</b>	Chris Penk	021-0230-6106
<b>Carpet &amp; Upholstery Cleaning</b>	Curtis	027-200-5456	<b>Painters</b>	Robert Wright & Company	027-374-1105
<b>Chiropractor</b>	Kaipara Chiropractic Healthcare	420-6224	<b>Picture Framing</b>	The Picture Framing Company	0800-372-633
<b>Computer Repairs</b>	Michael	021-251-4138/420-9307	<b>Plant Centre</b>	Kaipara Coast Plant Centre	420-5655
<b>Concreters</b>	Brewis Concrete	021-992-590	<b>Plumbers</b>	Aqua Plumbing	021-0275-3821
<b>Diggers</b>	Helensville Diggers	021-454-793/420-7023	<b>Plumbers</b>	ATL Plumbing Ltd	021-245-9677/420-7868
<b>Dog Grooming</b>	Christine	021-521-303	<b>Plumbers</b>	KPL Ltd	420-9108
<b>Early Learning Centre</b>	Active Explorers	09-222-3277	<b>Pumps</b>	Mid West Pumps	420-7694
<b>Early Learning Centre</b>	Gumboots	09-411-9038	<b>Real Estate</b>	B&T - Kerry King	0274-587-299
<b>Early Learning Centre</b>	Helensville Montessori	420-7181	<b>Real Estate</b>	Prestige - Jana Mills	021-509-990/420-9953
<b>Electrician</b>	Sean Gray Electrical	0274-784-396	<b>Shower Installation</b>	GSI Ltd	0800-466-5327/420-8777
<b>Freemasons at Helensville</b>	Duke of Albany Lodge	0210-829-2345	<b>Storage</b>	J S Storage	021-462-930
<b>Garden Sheds</b>	Baby Barns	022-075-8283/420-3298	<b>Tiny Homes &amp; Cabins</b>	Lenny	0212-673-730
<b>Gift Baskets</b>	Riverside Crafts - Sarah	0800-831-542	<b>Typesetting/Photocopying</b>	Huapai Copy & Print	420-9307
<b>Gifts &amp; Art</b>	FIGG 44 Commercial Rd	021-488-427/420-6026	<b>Venue Hire</b>	Kaipara Memorial RSA	420-8888
<b>Gifts &amp; Clothing</b>	Eleventh Hour - 60 Commercial Road		<b>Your Local Business Book</b>	yourlocalbusinessbook@gmail.com	

# Craigweil House

Nestled in our neighbourhood is Craigweil House Home and Hospital, where residents enjoy a day filled with simple pleasures and engaging activities.

In a cosy corner of the activity room, residents gathered with anticipation as they were introduced to a new musical instrument. Barbara Husband from Memory Unit played a song with Norway's national instrument. The listening session became a communal experience. Laughter and camaraderie filled the air as they reminisced about concerts attended, dances enjoyed, and favourite artists admired.



Our residents also enjoyed walks outside the facility. As summer has ended, the outing provided a refreshing opportunity to soak in the last warm sunshine and revel in the beauty of the great outdoors. Led by dedicated staff members, the group set off from the rest home, armed with comfortable footwear and cheerful spirits. They chatted amiably as they walked to the local dairy, sharing stories and laughter that added an extra spring to their steps.

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

-09-420 8277



nwkg@xtra.co.nz

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