

Helensville Community News

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www.helensvillecommunitynews.co.nz

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

~ COPY DEADLINE ~ 23RD OF THE MONTH ~

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Corel Draw 12, .jpg, pdf or MS-Word (with any graphics sent as .jpg images as attachments).

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

Circulation 4,500 — 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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Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

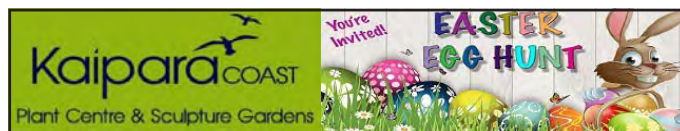
Helensville Birthing Centre is your local community facility. It provides a free service for women who choose to give birth in a low-tech environment. Alternatively, women who give birth in hospital can then transfer to us for the opportunity to rest and establish breastfeeding.

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

www.birthcentre.co.nz



Easter Egg Hunt

Sunday 20th April (9.00am to 3.00pm)

We're holding our annual Easter Egg Hunt again so time to load up the kids and head to Kaipara Coast Sculpture Gardens this coming Easter Sunday.

If you want to come along in your bunny suit or other seasonal dress you won't be alone 😊.



Egg tokens will be replenished during the day to ensure everyone goes home with Easter eggs.

While on the hunt you walk around the beautiful 1 Km sculpture trail which has over 40 marvellous new sculptures created for our 2023 exhibition by local 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; the popularity of this event plus the limited spaces available means that BOOKING YOUR ENTRY TIME IS ESSENTIAL. You can email info@kaiparacoast.co.nz or phone 094205655 or simply buy tickets online at:

<https://kaiparacoastplantcentre.com/product-category/vouchers-tickets/>



Our cute little coffee shop will be running a sausage sizzle on site on Easter Sunday, plus you can select plants for your garden at the Plant Centre during your visit.

A wonderful way to spend Easter Sunday and we're only a few minutes' drive North of Kaukapakapa (and around 35 minutes from downtown Auckland).

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

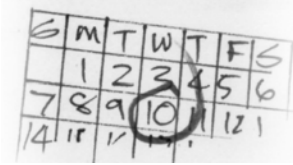
* Trail not suitable for wheelchairs or walking frames.

Venue location: Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.
Tickets \$50 per family
Contact: info@kaiparacoast.co.nz
OR 09 420 5655.

Online : <https://kaiparacoastplantcentre.com/product-category/vouchers-tickets/>



What's happening this month



Friday, 11 April, Poppy Day

Saturday, 12 April, Kiwi Bubble Soccer, Rautawhiri Park, 10.30am – 12.30pm. Please check our Facebook page on the day for any weather related updates as we might have to postpone if the weather doesn't play ball. Bubble Soccer is a hilarious combination of traditional sports and big Bubble suits. While your upper body is safely enclosed in a huge inflatable Bubble, players are sent flying through the air and tumbling on the ground as they strive for a win. This event is proudly supported by Rodney Local Board. Wondering what you need to do if you want to play? Very simple – just turn up, wear comfortable clothes without any sharp items and you're ready to go. No booking is required, however a few minutes waiting time is normal during a busy session. Bring plenty of water and be ready to have fun! Suitable for kids and adults. Minimum age is 5 years. This is a smoke-free and alcohol-free event and please remember to be kind and respectful!

Thursday, 17 April, Rumpus Machine at the Original Kaipara Tavern, 26 Commercial Road, Helensville, We're looking forward to being back at the Original Kaipara Tavern for a pre Easter celebration on Thursday night of eggs, bunnies and epic classic rock! Either outdoors or indoors depending on weather. So spread the word and get yourself along for some great food and a cold beer and let us help to get your Easter Break off to the right start!

Friday, 18 April, Good Friday

Saturday 19 April, NZ Offroader EGGstravaganza Egg Hunt & Family Day Out 9:00am - 4:00pm, Auckland Off Road Adventure Park, Rimmer Road, Muriwai Beach. Get ready for a day full of fun, adventure, and Easter joy at the Eggstravaganza Family Easter Egg Hunt & 4WD Day Out! Join us on Saturday, 19th April 2025, at the Auckland Adventure Park, Woodhill Forest for an unforgettable day for the whole family! Whether you're a 4WD enthusiast or just looking for a fun family outing, we've got something for everyone: All 4WD tracks open for the day – perfect for adventurers of all skill levels!

A vehicle-free zone packed with family-friendly activities, including our very first Easter Egg Hunt for kids under 12! A Superhero-themed bouncy castle, face painters, and balloon artists to keep the little ones entertained. Local West Auckland children's book author showcasing their stories! Tasty treats like Hot Cross Buns, plus plenty of PRIZES to be won! This is the perfect chance to spend a fun-filled day with friends and family while supporting your local community. Don't miss out on the fun, laughter, and chocolate eggs galore! Get your tickets now and make sure you're part of this Easter Eggstravaganza!

Sunday, 20 April, Easter Egg Hunt, 9am – 3pm, Kaipara Coast Sculpture Gardens, we're holding our annual Easter Egg Hunt again so time to load up the kids and head to Kaipara Coast Sculpture Gardens. See opposite page

Sunday, 20 April, The Village Market, Helensville Showgrounds, Railway St. Helensville, 8.30am – 1pm. A monthly event that takes place on the third Sunday of every month (except for February) at the Helensville A&P Showgrounds. A lively and friendly market that offers

a variety of stalls, live music, free face painting or hair plaiting for the kids, and delicious food and coffee. You can find fresh local produce and plants, artisan food and preserves, handmade crafts, gifts, collectables, pre-loved items and more. If you are looking for a fun and relaxing way to spend your Sunday morning, you might want to check out this Village Market. No dogs please with the exception of assistance dogs. Gold coin donation for parking – proceeds to the Helensville/Kaukapakapa scouts and St John youth. For more information contact sarah@riversidecrafts.co.nz.

Sunday, 20 April, Easter Sunday

Saturday, 26 April, Samantha May – Sacred Sound Ceremony, 6pm – 8pm, Helensville Tennis Club. You are invited to join me in Sacred Ceremony as we immerse ourselves in the Alchemy of Vibrational Frequency coupled with Ceremonial Cacao. I'm so honoured to be back, sharing with the Helensville community in 2025! "A Journey Through Sound like no other... Samantha's distinct vocal prowess has been described as Ancient and Celestial - her sound speaks to the deepest layers of your being. A truly unique experience for those who are ready to receive Soul-Moving Sounds infused with NEW EARTH FREQUENCIES." Spaces are limited due to the venue size. These events often sell out so please book your space in advance if possible.

Friday 25 April, ANZAC Day

Sunday, 4 May, South Rodney Trapping Workshop, Kaukapakapa Hall, 947 Kaipara Coast Highway, 10am – 12pm. Join us for an informative event focused on predator control, habitat restoration, and protecting our native species. Whether you're an experienced trapper or just getting started, this is a great opportunity to connect, learn, and take action for conservation! Presentations: 10:00 AM – 12:00pm. Trap Demonstration: 12:00pm What to Expect: *Presentation from The Forest Bridge Trust on Kiwi Connectivity – Learn how we're working to create safe habitat corridor for kiwi and other native wildlife. *Community Discussion – Share your thoughts on what's important for conservation in your area. * Kaipara Moana Remediation (KMR) Presentation – Find out about fencing & planting grants and funding opportunities to support habitat restoration and healthy rivers. *Predator Control Presentation – Hear from The Forest Bridge Trust's Predator Control Team on best practices and how to get involved. *Council Conservation & Landowner Support – Learn about regional conservation goals and how landowners can contribute. Networking & Trap Demonstration: *After the presentations, connect with local conservation representatives and learn about available support. *12:00 PM – Trap Demonstration with The Forest Bridge Trust Predator Control Team. Learn about different pest species, see how traps work, and find out how you can be part of the Predator Free 2050 campaign. Light refreshments provided. Come along and be part of the movement to protect our native wildlife!

Tuesday, 6 May, 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 Bev Silvester-Clark bev.s-c@outlook.com phone 0274316205.



**Sunday 20 April
A&P Showgrounds
8.30am – 1pm**


Live music from Darren and Michelle and free hair plaiting, Easter egg hunt

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



Gift baskets made to order

phone Sarah 0274 831 542
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Helensville Library and Service Centre update



Your Art Here!

Yvonne, Art Centre Helensville manager, worked with the Helensville Library crafternoon children to create craftwork for the library!

The artwork will be made into a sign over the ramp from the carpark, leading into the library. We can't wait to see the final results!

Hello New Bin!

The Auckland Council Waste Team will be visiting Helensville Library during the school holidays: Join us for a bin-tastic school holiday session filled with fun games and activities. Discover how Auckland Council rubbish bins work and learn about our rubbish service. 17 April, between 3pm and 4pm. Note: this session replaces our regular crafternoon for that day.



The return of Minecraft Club!

After a break of a year or so, we are very happy to announce that the Helensville Library Minecraft Club has returned! The club runs on a Wednesday afternoon, between 3.30pm and 4.30pm during the school term. Details are available on our Facebook page.

Digital Classes

The planned digital classes, run by the Helensville Library team, have been delayed. However, Helensville local, Jeremie Ryan has started up drop-in sessions, specifically for seniors. There are two classes in April: 2nd and 9th, between 12.30 and 2.30pm.

These are in the meeting room. No charge, however a small donation for tea/coffee would be appreciated.

From Jeremie: Pop in for a chat about all things tech; phones, tablets, laptops, computers, internet & WiFi, social media, online banking, smart TVs, satellite dishes & terrestrial aerials...

I love helping our community become more confident and competent in the ever expanding digital world. This will suit those not born with a mobile phone in their hand as I'll tackle issues at an easy to follow pace, using easy to understand language.

Feel free to bring in your device and ask me about those pesky little issues, maybe I've got a simple fix for you? However I'll happily refer you to local professionals for more complicated things. I hope to hold classes for specific subjects as interest is shown, such as word processing, spreadsheets, ancestry/history research, spam/scam/virus education, backup, etc.

I hope to affiliate with SeniorNet soon, gaining access to their tips, tricks and training material. I'm open to taking direction from the group, so please get in touch!

Ph/txt: 0221-330-635, Email: jeremie@amoeba.co.nz

Our regular programmes:

Kids Time, for under 6s and their grown-ups: Wednesdays, 10am to 10.30am. Crafternoon for adults: Thursdays, 3pm to 4.30pm. Crafternoon for kids: Thursdays, 3.30pm to 4.30pm.

Book Chat: Thursday 24 April, 10am to 11am. Bring along a book you've recently read and loved – or disliked – to share with fellow readers.

Report a problem with Auckland Council

While you're out and about, you may see something that needs fixing.

The Auckland Council website is your best place to start. aucklandcouncil.govt.nz/report-problem/Pages/report-a-problem.aspx Alternatively, you can phone Auckland Council 24/7 on 09 301 01 01 or visit our service centre desk. Our hours are: Monday to Friday: 9am to 5pm. Saturday: 9am to 1pm.

Keep an eye on our Facebook page for any updates: facebook.com/HelensvilleLibraryAndServiceCentre

Anne Coppell, Senior Librarian / Poukōkiri - Children & Youth / Helensville Library and Service Centre

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Guess who's back . . . again!

by Kaiya Jones, Year 13 Student, Kaipara College

Kia Ora, reader!

Month two of school is chugging along much the same as month one thus far. A week of assessments has just passed and personal lives are finally being brought off the back burner to take centre stage again. I'm sure the feeling of relief is mutual among all students.

A cry of outrage recently swept through the student body as the tuck shop was shut down FOR AN ENTIRE WEEK. This was due to the company supplying the food going bankrupt and now hundreds of students have been going without their daily hashbrowns and ice blocks for FIVE WHOLE DAYS...what a tragedy. Good news though! A new supplier has been located and the tuck shop is resuming business on the 24th. One can't help but wonder if students' (and parents') wallets weren't benefiting from this brief hiatus of the tuck shop...

Kaipara College recently held a tabloid day as part of our newly introduced house structure and it was a day fairly well received by students (bearing in mind any opportunity to not work is seized enthusiastically). Whanau classes joined together to compete in their house colour in a range of activities, including crab football (a game where players move in a crab position on their hands and feet and try to kick a ball into the opposing team's goal), tug of war, water slide, swimming sports, and a few others. The winning team in each activity (separated into year groups) earned points for their house and these go towards a tally which I assume will be added up at the end of the year with a mysterious prize for the winner.

Another activity going on this month was a year 12 P.E. camp/trip to Waipu. Forty year 12 students had the opportunity to go to Waipu Cove where they got to participate in numerous adventure based activities on the beach. Students were based at the campground in between surfing, abseiling, rock climbing, caving, and spending time on the beach. All these activities helped students work towards various achievement standards for their P.E. class- imagine that! Being able to surf for credits!

In other news, Year 13 students are currently being pulled up to the careers office to talk to Ms Bear about their future. Students are walked through the different options for life after school, and those who already have an idea are shown the best pathways to reach their goals. Career seminars are also organised, where different universities and trades/businesses come in to talk to students about what a career in that field potentially looks like.

Speaking of planning for the future, the school is having IEMs (individual educational meetings) which involve the student, their whanau teacher and the student's parents. The goal of these meetings is to celebrate learning achievements, discuss any difficulties or barriers to learning, identify and discuss support needed to overcome those barriers, and set learning and wellbeing goals.

Have a great day!





Connection update



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

Regular events -

Wednesday:

- Raranga/flax weaving 10.30 - 2.30pm, just drop in, \$20 for a 2 hour session. Heather 0220366985

Friday:

- Sewing Circle 10.30 to 12.30 and 1.30 - 3.30pm, \$10 for a 2 hour session. Chrissy 0274 671843.

Room available for hire:

Acoustic band practice (evenings), Workshops, Meetings, Interest groups, Celebrations, Exhibitions etc. Heather 0220366985

New group: Wednesday April 9th - Knit and Knatter (and solve some world problems), see the poster attached.



Knit and Knatter

Ladies, come and learn to make an easy

diagonal knitted blanket for premature babies to go to NICU while we solve the problems of the world, or bring your own project.

Needles and wool supplied (until my stash runs out).

Starts Wednesday 9th April 6-8pm.

CONNECTION, Shop 3

Helensville Railway Station.

\$10 for room and tea/coffee.



Contact Heather

0220366985

Or weaverweb@xtra.co.nz

South Kaipara Good Food (SKGF)

We're excited to announce a **Community Potluck Dinner** hosted by **South Kaipara Good Food (SKGF)** and **Our Village** on **Saturday, 5th April**.

Event Details:

- **Date:** Saturday, 5th April
- **Time:** Arrive from 4:30 PM | Kai served at 5:30 PM
- **Location:** St Matthew's Church Lounge, Helensville

What to Bring:

- A dish to share (or just yourself – there's always plenty!)
- No need to bring plates/cutlery – we've got that covered!
- Bring your own drink (non-alcoholic event)

Special Features:

- **SKGF** will be serving up a glazed ham and fresh rolls
- **Our Village** will have a hot drinks station & bikkies ready to keep you cozy
- Play area for under 5s
- Zero waste – please label your serving dishes (or use one you're happy to recycle through Helensville Zero Waste). I've attached a couple of flyer versions. If you need a different size or format, please let us know, and we'll be happy to adjust them.

For more event details, check out the **Facebook event here:** <https://www.facebook.com/share/12GHh9t39N8/>. If you have any issues with the link, please contact us, and we'll send all the content directly.

POTLUCK DINNER

SATURDAY 5 APRIL
ARRIVAL FROM 4.30PM
KAI WILL BE SERVED AT 5.30PM
ST MATTHEWS CHURCH LOUNGE
60 GARFIELD ROAD, HELENSVILLE

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NorthWest COUNTRY



One of the most important drivers for the Board of the Business Association is to make sure that we deliver value back to our members, and much more than are paid in membership fees. We have been strategising about ways we can do more of the good work we have done for the past 11 years.

Did you know that any members of the business association can post to our Facebook page and get their message instantly in front of over 6,600 people? If you are advertising a deal that benefits our members we may even pick it up and boost it for free!

We are able to attract members discounts such as Bridgestone Helensville offering 10% of all goods and services to members, and Waimauku Pharmacy offering 7% of all goods and services to members.

Any members can also send us articles which we can add as blogs to our website, send us articles which we can publish in our WEST Magazine and online, and of course we have free entry into the North West Country Business Awards.

We are currently planning for the 2025 Business Awards so get ready. The awards will open in July with the Awards Dinner booked in for November. All the dates and details to follow over the coming months.

We also have Social Media training on April 23rd hosted by the amazing Loren Tomlinson of The Social Collective. This will be a half day course which has attracted a 50% subsidy from the Regional Business Partners network. Our website will soon be updated with more details.

Security is our big topic of the month with members starting to come to us after burglaries and thefts. Once you start talking to your neighbours you realise how frequent these issues are becoming. We are building a suite of solutions for local businesses and will showcase these at a public meeting in Huapai with local business owners, security firms, Police and members of parliament. We will send out more details soon and we would love to see you there.

Don't forget, please come to me with any questions, ideas, issues, or support that you might need. I am here to help. Daniella Hancock, Business Manager Manager@northwestcountry.co.nz

ANZAC Day 2025 RSA



The Kaipara Memorial RSA is holding a full schedule of ANZAC Day services in 2025.

A Dawn Parade at the Kaipatiki Reserve Cenotaph in Parakai, with a 0550 Fall-in at the Parakai Pool carpark for a short march to the Cenotaph for a 0600 hour service, during which the RSA, the NZDF and the Kaipatiki Reserve Board will each lay a wreath.

We will then move to the Helensville Soldiers Cemetery where a short service will take place at Sunrise, being 0655 hours, where the KMRSA will lay a wreath at the Cenotaph. Members of the public can place a poppy on their relative's plaques after the service. Each plaque will have a white cross and poppy behind them. Veterans in the Helensville Public Cemetery all have a large wooden cross behind each one, so they are easily identified. Last year some kind soul knitted a poppy for each and every cross in the Helensville Cemetery, thank you for your kind gesture and mark of respect.

An ANZAC breakfast will be served at the KMRSA clubrooms from 0730 for everyone who has attended the services.

A 0930 service will be held at the Kaukapakapa Cenotaph and Memorial Hall, with a full wreath laying ceremony.

At 1100 hours there will be a Civic service at the Helensville War Memorial Hall Cenotaph, where all the community groups can lay a wreath. This service will be preceded by a street march along Commercial Road, Fall-in at 1045 hours outside the Original Kaipara Tavern, the parade will be led by military vehicles, the Kumeu Brass Band, student Flag Bearers, Veterans, NZDF personnel, NZ Police, Fire Brigade, Scouts, St John Cadets and Primary school kids.

Any organization who wants to lay a wreath at the 11.00am service needs to contact the Kaipara Memorial RSA by email kaipararsa@xtra.co.nz or text President Rex Keane 027 293 2768. Wreaths can be ordered and paid for through the KMRSA.

Medals should be worn on ANZAC Day, if you wear your relatives Medals, which we encourage, wear them on your right side.

Poppy Day 2025.

The annual Poppy Appeal will be held on Friday 11th April, a week earlier than usual due to Easter falling the weekend before ANZAC Day, which falls on a Friday this year. Our Poppy Collectors will be out in force on the 11th of April. Poppy boxes will be in retail stores from early April and the KMRSA will be using our unique QR Code for online donations using your phone camera. A Tax receipt is also issued using the QR Code for your tax refund. KMRSA President Rex Keane says that QR Code donations in 2024 trebled from 2023. Last year the Poppy Appeal raised over \$5400, which is transferred to Ranfurly's Poppy Foundation Trust (PFT). The KMRSA applies to the PFT on behalf of our Veterans for welfare assistance, and the PFT has in return paid over \$17,000 to our local Veterans in 2024.

The KMRSA also donated from our own Welfare Fund, a \$500 donation to Veterans travelling to the Invictus Games and \$500 to the crew of HMNZS Manawanui to help them recover after the Navy (Read Government) only compensated them \$1000 each for the loss of all their possessions, when the ship sunk off the coast of Samoa. **KMRSAAGM**

The Kaipara Memorial RSA recently held its AGM in the clubrooms for the first time in two years after the seismic strengthening project delayed the clubroom opening by over a year. Rex Keane was elected President, Bill Rangi and Steve Wilson Vice Presidents, and with a full committee. In the Presidents report, the number of members at the end of 2023 was 115 members, after our reopening in September 2024 and lowering the fees to \$30pp, there are 231 new members in just six months and a total membership of 346. Rex's goal of 400 by Christmas needs to be revised to 500 members by Christmas. Remember you don't need to be Ex-service to join the KMRSA, new members including NZDF personnel currently serving are welcome to join.

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

Kaipara College is dedicated to creating exceptional young people through a comprehensive educational approach that encompasses three key curricula: the Subject Curriculum, the Positive Behaviour Curriculum, and the Pastoral Curriculum. Each of these components plays a vital role in shaping well-rounded individuals who are prepared for success in their academic and personal lives.

Here at Kaipara, our Subject Curriculum is designed to align with the New Zealand Curriculum, ensuring that students receive a robust education grounded in essential knowledge and skills. This curriculum covers a wide range of subjects that equip students with both theoretical understanding and practical abilities necessary for their future endeavours. By focusing on core subjects such as mathematics, science, English, social studies, and the arts, students develop critical thinking skills and a solid foundation for lifelong learning. The emphasis on knowledge acquisition is complemented by opportunities for hands-on learning experiences. This approach not only engages students but also fosters a deeper understanding of complex concepts.

In addition to academic excellence, we place significant importance on fostering positive behaviour among our students. The Positive Behaviour Curriculum actively teaches students how to behave in ways that maximize their own learning as well as the learning of their peers. This curriculum is rooted in the school's values encapsulated by te WAKA o Kaipara and is grounded in restorative practices.

Restorative practices focus on building relationships and community within the school environment. By teaching students how to communicate effectively, resolve conflicts amicably, and support one another, we create an atmosphere conducive to learning. Students learn not only about acceptable behaviours but also about empathy and respect for others—skills that are invaluable throughout life.

The Pastoral Curriculum at Kaipara College—known as Te Waka Eke Panuku—is deeply intertwined with the school's values of Whanaungatanga (Our People), Aroha (Our Way), Kaitiakitanga (Our Place), and Angitutanga (Our Success). This curriculum aims to foster a sense of belonging among all students while promoting academic success and overall wellbeing. Through various initiatives under this curriculum, students are encouraged to form strong connections with their peers and teachers. These relationships are crucial for creating a supportive school community where every student feels valued. Additionally, the pastoral curriculum provides resources and guidance for navigating challenges both academically and personally. By prioritizing mental health and emotional wellbeing alongside academic achievement, we prepare our students not just for exams but for life beyond school.

We are committed to nurturing exceptional young people through our holistic educational approach. By integrating the Subject Curriculum with a focus on knowledge acquisition, the Positive Behaviour Curriculum emphasizing respectful interactions, and the Pastoral Curriculum promoting wellbeing and belonging, we equip our students with the tools they need to succeed academically while also becoming responsible citizens in

their communities. Kaipara College is truly dedicated to shaping future leaders who embody its core values while excelling in all aspects of life.

Te WAKA o Kaipara: Navigate to Success
Te WAKA o Kaipara: Eke panuku, eke Tangaroa



Students enjoying the Tira (House) Tabloids Day—The Tira system is one of our new initiatives to bolster a sense of community and belonging for students at Kaipara College.

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Manuka Honey

Manuka is a world-famous NZ honey with incredible healing properties, but it used to be the bane of beekeepers; it was very thick and didn't want to come out of the comb. Also, no one really wanted to buy it as it had such strong flavour. Fortunately, forty years ago Kerry Simpson, a curious Hamilton high school teacher, noticed some unusual healing properties of manuka compared to other honeys and with biochemist, Peter Molan, discovered its unique healing powers. All honey is naturally good for healing wounds; it has been used for thousands of years to dress infected cuts. Honey has several distinct properties that kills germs and help wounds to heal – it is quite acidic; it produces hydrogen peroxide when diluted; honey is hygroscopic, being a super-saturated sugar solution it will absorb moisture until it is stable, in a wound it will dry out bacteria, killing them. Manuka has other properties that makes it even more potent, this is known as non-peroxide activity, it is high in phenol. Phenol is a powerful natural antiseptic with antimicrobial properties.

With these combined properties it would not be possible for disease to become resistant to manuka honey. We are now seeing resistance to antibiotics and some countries have superbugs that can't be touched by traditional Western medicine. Manuka has been successful in healing ulcers and other infected wounds that modern medicine hasn't been able to treat. Hospitals worldwide now use these manuka dressings for stubborn ulcers and skin conditions. Some studies on other benefits of manuka have been shown that manuka honey is indeed nature's healer; not only used on skin conditions like acne but also for digestive issues and sore throats.

My hives are mostly rural and there is usually some manuka nearby, which means that my honey usually contains some manuka. Honey from manuka and other sources is called multi-floral. Honey from only manuka is called mono-floral manuka honey and is much more potent and valuable.

Manuka honey is thixotropic, like a non-Newtonian fluid, when vibrated it changes its physical state and becomes less viscous. There are two ways to get manuka honey out of a honey frame, the first is to cut it out of the frame and then crush the honeycomb. The second method is more elegant, vibrate the honey to liquefy it and it will then spin out in the extractor. We use vibrating needles or a roller-pricker to agitate the honey to get it out.

Honey has been a very low price for several years now with many commercial beekeepers going out of business. Manuka honey still commands a good price overseas, but we are seeing increasing competition with "manuka" from other countries. We are fortunate in New Zealand with unique flora that produce some distinct and delicious honey; next time instead of buying generic "honey", try a mono-floral honey like Pohutukawa, Kamahi, Kanuka or Manuka.

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Museum searches for a Pot Of Gold

Te Otene Kikokiko and his wife Maata, gifted land in Helensville in 1865 for justice and education. The Courthouse and the Primary School were built on this land which became known locally as the “ten acre block”. Today, it runs from the bare piece of land beside the Caltex Station up to the Helensville Primary School on Garfield Road.

The Native Land Court (renamed the Maori Land Court in 1947) was established in 1865 with the purpose of translating customary Maori land ownership into legal land titles recognisable under English law. The first purpose-built Native Land Court in New Zealand was in Helensville, presided over by Judge John Rogan and is now on the Te Awaroa Museum site. Thus began the “Kaipara Minute Books”, a Court record of land sales - 33 volumes of transactions outlining boundaries and whakapapa.

As Maori people were brought before the court to determine native land entitlements and ownerships, the oral traditions of Maori citing their relationship to the land and the ancestors of it were recorded in these historic books. These recitals provide a profound insight into the heritage of the whenua and the people. In recognition of their value as a unique archival resource and taonga Maori, in 2012 the Minute Books were listed in UNESCO’s New Zealand Memory of the World documentary heritage register.

They provide a link to tuuna, to heritage and to identity. The museum is in the unique position of being able to offer a distinctly local resource to both students and other researchers. Maps are available showing original land blocks in the southern Kaipara area which can be tied into the actual land sales and further museum research has uncovered four pages of links to additional information, all to be available on site. Most of the hard work is done, but we need the funds for a bit of infrastructure such as electrical work, computers and display screens - a small pot of gold to invest in the region’s legacy is all we need. If you can help, even in a small way, please contact us at the museum. Info@museum.teawaroa.nz. (09)4207881. <https://givealittle.co.nz/cause/help-us-get-a-pot-of-gold-and-bring-history-alive>



Discover Hidden Gems at the Helensville Hospice Op Shop!

Looking for unique finds at unbeatable prices? The Helensville Hospice Op Shop is your go-to destination for quality second-hand clothing, accessories, homewares, furniture, bric-a-brac, and one-of-a-kind treasures. Our ever-changing selection means there’s always something new to discover - whether you’re a bargain hunter, vintage enthusiast, or simply looking for something special.

More than just an Op Shop, every purchase supports Hospice West Auckland, helping to provide essential palliative care and support for those in need in the greater West Auckland community.

Located at 36a Mill Road, we have plenty of off-street parking. Visit us today and shop with purpose - because every dollar spent makes a difference!

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National N **From Penk's Pen** **CHRIS PENK – MP**

I hope readers are finding the change of season a welcome relief, for those that swelter in summer. Certainly there's been some much-needed rain for the farms (and gardens!) in our area, so that's good news. It probably goes without saying that too much precipitation is problematic as we grapple with planning our future given our flood prone past.

I will have more to say on this subject in the coming months but for now have been deliberately circumspect: I'm conscious of the huge impact on people's life plans, livelihoods, property values etc. whenever the subject is discussed. For this reason, I don't want to speculate on the physical location of current-Kumeu and surrounding areas in a way that might prove unhelpful until we know more from Auckland Council or its "Healthy Waters" team.

The other obvious point to make in terms of welcoming rain (reasonable levels of rain!) is that NZ's primary sector key players have been keeping us afloat lately in economic growth, as has traditionally been the case.

I would also like to shine a light on the importance of manufacturing for local and national prospects, however, as I think that is probably much less well understood.

Areas of northwest Auckland (along with more northern areas, such as Warkworth and Wellsford, which I also represent) are home to a vibrant and dynamic manufacturing sector that plays a crucial role in the region's economy. The industrial zone in areas such as Kumeu hosts a diverse range of local firms, from small-scale businesses to large-scale manufacturers, all contributing to the local job market and regional growth. These companies are key players in both the national and global supply chains, producing everything from food and beverage products to machinery and construction materials.

As the population of this area grows and decisions are made about its future, in terms of stormwater management and transport routes particularly, it's critical that future planning takes into account the importance of the industrial zone. In the meantime, thank a manufacturer today as they play their crucial role in leading NZ into the promised land of economic growth.

Chris Penk MP

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Building consent data shows need for bold reforms

New annual data has exposed the staggering cost of delays previously hidden in the building consent system, Building and Construction Minister Chris Penk says.

“I directed Building Consent Authorities to begin providing quarterly data last year to improve transparency, following repeated complaints from tradespeople waiting far longer than the statutory 20 working days for a consent.

“For the first time, we have consistent nationwide data proving statutory timeframes are masking problems. Councils are stopping the clock on applications by requesting additional information, extending processing times beyond the official 20 working day target.

“The complete annual data for 2024 paints a stark picture: two-thirds of applications required a ‘Request for Information’ (RFI), adding an average of nearly 12 extra days to processing times.

“That’s 12 more days of projects stalling. Time is money for our tradies and officials estimate a 12 working day delay because of an RFI could cost around \$4,000 per dwelling. Last year, 94,362 applications triggered an RFI.

“Every unnecessary delay affects real people - builders, businesses, and families waiting for their homes to be completed. That’s why this Government is pushing ahead with the most significant building consent reforms in a generation.”

“In the next few months, we will finalise decisions on major initiatives to speed up the process. These include streamlining inspections, enabling trusted builders to sign-off their own work, restructuring Building Consent Authorities to ensure they are fit for purpose, and adopting a more balanced approach to liability for defective work.”

The Annual Building Consent System Performance Monitoring Data for 2024 can be found on the MBIE Website at the following link: <https://www.mbie.govt.nz/building-and-energy/building/building-system-insights-programme/building-consent-system-performance-monitoring>

Hon Chris Penk

Minister for Building and Construction

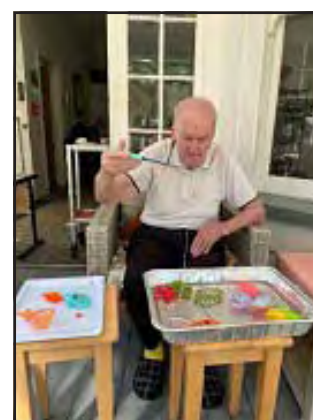
Fun and Festivities at Craigweil House!

At Craigweil House, we believe in creating joyful moments for our residents, and our recent events were no exception!

Fishing Fun Day brought the excitement of the catch right to our home. With a large tub of water as our “fishing pond,” residents took turns reeling in colourful toy fish, sharing laughter, friendly competition, and stories of past fishing adventures. The smiles were as big as the “catches”!

Soon after, we celebrated St. Patrick’s Day in style, transforming Craigweil House into a festive green haven. Residents and staff donned green hats and lucky charms, enjoying a lively afternoon of puzzles, colouring, and great conversation over tea.

From fun activities to warm companionship, there’s always something happening here! If you or a loved one are looking for a caring and engaging place to call home, we’d love to welcome you to Craigweil House. Come visit and see the magic for yourself! PH09 420 8277



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Respect for property rights means unleashing development and prosperity

Simon Court ACT MP and Undersecretary to the Minister for RMA Reform and Infrastructure.

New Zealand is one of the most beautiful countries in the world – from our pristine beaches to snow-capped mountains, our rolling farmland to majestic forests. But behind this stunning landscape lies a problem that’s growing more acute with each passing year – New Zealand is the best land in the world, and yet we can’t build on it.

Whether it’s homes, roads, power stations, water treatment plants, or even quarries, nearly every major infrastructure project in this country faces a monumental barrier – the incredibly complex, outdated, and overbearing Resource Management Act (RMA). A system that’s built to block rather than build, so our land is simply sitting there, unable to live up to its full potential. And in the meantime, our communities and our economy suffer.

Look around, and you’ll see the consequences. Young people are increasingly disillusioned with the prospects of home ownership, and many are leaving for countries where they can get ahead in life. For those who do manage to buy a home, the cost is often astronomical. Many poorer households are now spending more than half their income just to pay rent.

Meanwhile, the Government’s billions in rental subsidies only paper over the cracks of a broken housing system. The fact that so many New Zealanders are still renting in their retirement is a clear sign that something is wrong with the system.

It all comes back to one simple issue – the difficulty in getting consent to build infrastructure we need to support a thriving, modern economy. Roads, rail, power stations, water treatment plants – the basic services that connect us all – are stymied by the same bureaucratic inertia.

This is where ACT’s hard work in opposition is paying off. Late last year, Cabinet gave the green light to significant reforms that will reshape New Zealand’s resource management system based on ACT’s 2022 paper, Building New Zealand and Conserving Nature.

We argued that the underlying principle of resource management should shift away from the 1980s-era idea of “sustainable development” – a concept that has never been clearly defined and is practically impossible to implement. Instead, we proposed a shift towards a system that values the preservation of property rights. By refocusing resource management on the protection of individual property rights, we dramatically reduce the range of people who can interfere with the use of someone else’s land.

The Government’s new reforms are based on this very principle, as outlined in ACT’s coalition agreement. These reforms replace the outdated Resource Management Act (RMA) with new, more practical laws. One law will govern urban development and planning, while the other will protect the environment. It’s never made sense that the same laws that protect Fiordland National

Park also determine whether a horse paddock in Helensville can have two homes built on it.

These reforms are a game-changer. They will streamline the building process, reduce unnecessary delays, and ensure that people can more easily access the resources they need to build the infrastructure. From water to waste management to energy, these changes will have a profound impact on the lives of all New Zealanders.

ACT’s principles of reducing unnecessary regulation and respecting private property rights are not just theoretical ideas. They’re becoming a reality in government policy, and they offer a solution to many of our most pressing problems.



SHELLY BEACH TIDE CHART						
Date	High Water	Shelly Beach	Sun Rise	Sun Set		
April '25						
1 Tue	0121	4.4	1338	0734	1914	
2 Wed	0204	4.2	1423	0735	1913	
3 Thu	0249	4.0	1510	0735	1912	
4 Fri	0339	3.8	1604	0736	1910	
5 Sat	0438	3.6	1710	0737	1909	
6 Sun	0453	3.4	1730	0638	1807	
7 Mon	0611	3.4	1844	0639	1806	
8 Tue	0718	3.5	1946	0640	1804	
9 Wed	0813	3.6	2039	0641	1803	
10 Thu	0901	3.8	2125	0641	1802	
11 Fri	0942	3.9	2204	0642	1800	
12 Sat	1018	4.0	2240	0643	1759	
13 Sun	1051	4.0	2312	0644	1757	
14 Mon	1122	4.0	2343	0645	1756	
15 Tue	1153	3.9	-	0646	1755	
16 Wed	0014	4.0	1224	0647	1753	
17 Thu	0045	3.9	1258	0648	1752	
18 Fri	0120	3.8	1335	0648	1751	
19 Sat	0158	3.6	1417	0649	1749	
20 Sun	0244	3.5	1509	0650	1748	
21 Mon	0342	3.4	1615	0651	1747	
22 Tue	0454	3.4	1732	0652	1746	
23 Wed	0608	3.5	1846	0653	1744	
24 Thu	0715	3.7	1950	0654	1743	
25 Fri	0813	3.9	2047	0654	1742	
26 Sat	0907	4.1	2139	0655	1741	
27 Sun	0958	4.3	2228	0656	1740	
28 Mon	1046	4.3	2315	0657	1738	
29 Tue	1133	4.3	-	0658	1737	
30 Wed	0001	4.3	1220	0659	1736	
May '25						
1 Thu	0047	4.2	1307	0700	1735	
2 Fri	0134	4.0	1358	0701	1734	
3 Sat	0226	3.8	1454	0701	1733	
4 Sun	0325	3.6	1559	0702	1732	
5 Mon	0433	3.5	1708	0703	1731	
6 Tue	0539	3.4	1811	0704	1730	



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.

Car boot, garage sale market. \$15 per stall. 2nd Saturday of the month, 8.30am to 12.30pm. Positioned by the bollards up by the street footpath, 40 Commercial Road, beside WINZ. Enquiries to 021 488 427

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 - Helensville War Memorial Hall. 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 - Levia Aukino-Uruamo. Ph 022-626-7030

Hana's Group Fitness Classes, small group fitness classes. Pilates, Functional Fitness & Boxing for Fitness held indoors at the Helensville Rugby Clubrooms, 5 x per week. Please contact Hana on 0211623362 or email hanalundon@gmail.com

Helensville Floral Art Club, Third Thursday of the month at Helensville Masonic Lodge, 9 Kowhai Street. All welcome. Contact Cushla 0212-588-979 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 Railway Museum. 2 Railway Street, Helensville. Open every Sunday 10.30am to 3pm. 09 420 8961, helensvillerrailwaystationtrust@gmail.com, www.helensvillerrail.org.nz

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 8-9-9.30am. Suitable for arthritis sufferers or those wanting to warm up these muscles and stay flexible. Lots of fun; pool noodles available and fully instructed. At Parakai Springs Hot Pools. For more information contact Chrissy on 027-258-2010

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

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

Kumeu Friendship Club. Friendship New Zealand Inc. is a welcoming social organisation for people living in New Zealand who are retired or semi-retired. Come along and join us on the fourth Thursday of the month at 10am at St. Chad's Church, 7 Matua Rd, Huapai.

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

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

South Kaipara Community Patrol, Contact Paul on 021345928. or southkaipara@cpnz.org.nz

Te Awaroa Museum Open Monday - Wednesday 10.30am - 1.30pm 09-420-7881 info@museum.teawaroa.nz www.museum.teawaroa.nz

U3A South Kaipara: 1st Tuesday of the month for general meeting. See What's happening this month column for more information or contact Bev Silvester-Clark. bev.s-c@outlook.com 0274-316-205.

Trade/Professional & Services List

Accountants	ECE Astute Accounting	420-7835	Market Opportunity	Car Boot/ Garage Sale	021-488-427
Agecare	Craigweil House	420-8277	Markets	The Village Market	0274-831-542
Age Concern Rodney		09-426-0916	Markets	Waitoki Village Market	Gill 420-3301
Beauty Therapy	Beauty Elixir	022-465-0727/420-9775	Mechanical Repairs	Helensville Mechanical Services	420-8177
Birthing Centre	Commercial Road, Helensville	420-8747	Mechanical Repairs	Parakai Automotive	09-420-7224.
Budget Service	Francis	420-7740	Mower Repairs & Sales	Lifestyle Mowing Machinery	0274-955-948
Business Hub	Northwest Country, Danielle	0204-0027-008	MP	Chris Penk	021-0230-6106
CAB	16 Commercial Road	420-7162	Paddock Mowing	Tractor mowing with mulcher	0274-669-464
Carpet & Upholstery Cleaning	Curtis	027-200-5456	Pet Spa	Groomville Boutique	021-246-5354
Chiropractor	Kaipara Chiropractic Healthcare	420-6224	Plant Centre	Kaipara Coast Plant Centre	420-5655
Clothing	MarvinSmithApparel	123	Plumbers	ATL Plumbing Ltd	021-245-9677/420-7868
Concreters	Brewis Concrete	021-992-590	Plumbers	KPL Ltd	420-9108
Diggers	Helensville Diggers	021-454-793/420-7023	Pumps	KPL Ltd	420-9108
Early Learning Centre	Active Explorers	09-222-3277	Pumps	Mid West Pumps	420-7694
Early Learning Centre	Gumboots	09-411-9038	Real Estate	Burmester Realty-Kelly Davison	0274-670-175
Early Learning Centre	Helensville Montessori	420-7181	Real Estate	Burmester Realty-Lesley Garriock	027-265-4476
Electrician	Sean Gray Electrical	0274-784-396	Real Estate	Burmester Realty	4208360
Filtration	KPL Ltd	420-9108	Real Estate	Courtney & Co	027-688-0818
Garden Sheds	Baby Barns	022-075-8283/420-3298	Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Gift Baskets	Riverside Crafts - Sarah	0800-831-542	Roofing	KPL Ltd	420-9108
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Gifts & Clothing	Eleventh Hour - 60 Commercial Road		Shower Installation	GSI Ltd	0800-466-5327/420-8777
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