

The Helensville Community News

Issue 200 - July 2026

Superior Taekwondo Academy Finds New Home in Helensville



Coach Andrea with Kaylee

Helensville's growing sporting community is celebrating a major milestone, with Superior Taekwondo Academy recently relocating to its new training facility on Mill Road in the former Dulux building.

Led by Rio Olympian Andrea Kilday, Superior Taekwondo Academy has established itself as one of New Zealand's leading taekwondo clubs, providing high-quality coaching and opportunities for athletes of all ages and abilities.

Andrea represented New Zealand at the 2016 Rio Olympic Games and has enjoyed a distinguished international career that includes Oceania Championship titles and a Pacific Games gold medal.

The move to the Mill Road facility marks an exciting new chapter for the academy. For many years, coach, students, and families have spent countless hours setting up and packing down mats in community halls multiple times each week. Having a permanent training space provides greater consistency for athletes and creates a more professional environment for learning and development.

Over the past year, Superior Taekwondo students have proudly represented Helensville and New Zealand at several major events. Athletes competed at the New Zealand Kukkiwon Cup in Christchurch, the Oceania Championships, Gold Coast Open, President's Cup, and the Australian Open. These experiences have allowed students to test themselves against some of the best competitors from across New Zealand, Australia, and the wider Oceania region.

Unlike many mainstream sports, taekwondo receives limited funding, meaning athletes and their families often cover the costs of travel, accommodation, competition fees, and equipment themselves. To help make these opportunities possible, Superior Taekwondo students regularly participate in fundraising initiatives such as sausage sizzles and raffle sales. The support of the local



Superior Xmas Function at the Hot Pools



Superior Team Medal Haul at Tauranga Tournament

community plays a vital role in helping young athletes pursue national and international competition opportunities.

Beyond competition success, Superior Taekwondo Academy is committed to developing discipline, resilience, respect, confidence, and leadership in its students. Classes are available for all ages, from preschoolers and school-aged children through to teenagers and adults looking to improve fitness, learn self-defence, or compete at an elite level.

As the club settles into its new Helensville home, the future looks bright for Superior Taekwondo Academy and its growing team of athletes.

To learn more about classes, events, and athlete achievements, visit Superior Taekwondo Academy on Facebook.

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

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Jordan Luck Band Returns to The Original Kaipara Tavern

Get ready for a huge weekend of classic Kiwi rock as the legendary Jordan Luck Band returns to The Original Kaipara Tavern in Helensville for two nights only on Friday 17 July and Saturday 18 July 2026.



As part of their 10th Annual NZ Winter Tour, the Jordan Luck Band will bring a setlist packed with beloved Exponents hits that have become part of New Zealand's musical soundtrack. Fans can expect singalong favourites including "Victoria", "Who Loves Who The Most?", "Why Does Love Do This To Me?" and many more iconic Kiwi classics.

The Jordan Luck Band has built a reputation as one of New Zealand's most entertaining live acts, delivering energetic performances that attract audiences of all ages. Frontman Jordan Luck remains one of the country's most celebrated musicians, having helped shape the New Zealand music scene for more than four decades.

The return of the band is another major milestone for The Original Kaipara Tavern, which has quickly established itself as one of the region's premier live music venues. Previous Jordan Luck Band performances in Helensville have drawn capacity crowds, highlighting the strong demand for quality live entertainment in the area.

Doors open at 8.00pm, with the show kicking off at 9.00pm on both nights. The event is R18, and early ticket purchase is recommended as demand is expected to be high.

Whether you're a lifelong fan or simply love great New Zealand music, this promises to be one of the standout live music events of the winter.

Jordan Luck Band NZ Winter Tour 2026 Friday 17 July & Saturday 18 July 2026 The Original Kaipara Tavern, Helensville
Doors Open: 8.00pm | Show Starts: 9.00pm | Tickets available www.jordonluckband.com or at The Original Kaipara Tavern

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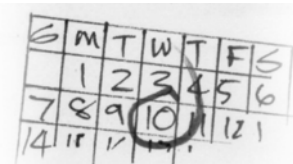
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What's happening this month



Tuesday, 7 July, U3A Monthly Meeting, 10am – 12pm: Speaker Ian McLean - Auckland Regional Representative for Birds New Zealand. **Title** - Godwits Long Haul Champions. Guests are very welcome. U3A www.u3a.nz is a national and international volunteer led organisation for retired and semi-retired people committed to lifelong learning and who enjoy interesting company. South Kaipara U3A has more than 60 members and is thriving. There is an informative meeting on the first Tuesday of every month 10am-12pm. There are also a number of smaller interest groups. Guests and new members are very welcome. For enquiries contact Bev Silvester-Clark bev.s-c@outlook.com 'phone 0274 316205

Friday, 10 July, Matariki

Saturday, 18 July, Art Centre Helensville AGM, 2pm

Sunday, 19 July, 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 from Doonas, 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, collectibles, 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.

Monday, 20 July, Term 3 Starts

Tuesday, 4 August, U3A Monthly Meeting, 10am – 12pm: Speaker - Geri and Sue with Colin for moral support, **Title** - Discovering Waikumete Cemetery. Guests are very welcome. U3A www.u3a.nz is a national and international volunteer led organisation for retired and semi-retired people committed to lifelong learning and who enjoy interesting company. South Kaipara U3A has more than 60 members and is thriving. There is an informative meeting on the first Tuesday of every month 10am-12pm. There are also a number of smaller interest groups. Guests and new members are very welcome. For enquiries contact Bev Silvester-Clark bev.s-c@outlook.com 'phone 0274 316205

Tuesday, 11 August, West Auckland (Kumeu) Junior Tough Guy and Gal Challenge, 9.30am – 1pm, Kumeu Showgrounds, Gate 2, Access Road, Kumeu. This is a chance for primary and intermediate aged kids (years 3-8) to get involved in New Zealand's biggest mud run series in a version tailored especially for them! The Carpet Court Junior Tough Guy and Gal Challenge includes a stunning finishers medal for all competitors, the chance to experience the challenging obstacles, scenic courses, hot showers at the end and spot prizes galore - as well as a school prize for the brightest dressed crew! Only 20kms out of the Auckland CBD, the Kumeu Showgrounds is a blank canvas of 80 acres that has some epic fast flat running and a superb mud pool! While the parking is plentiful and free, we do encourage our competitors to carpool where possible to ensure everyone has a space to park. Competitor numbers at the venue are limited to 1,100 per day. Approx 1.5km course for school years 3-4 Approx 3km course for school years 5-8. To register a school group, please email: info@eventpromotions.co.nz Online entries are available for competitors not entering with a school group. For more event information visit the event website: www.eventpromotions.co.nz/tough-guy-gal/

Helensville Library and Service Centre update for July

Soft Toy Sleepover:

Our annual Soft Toy Sleepover will be on Thursday 9 July.

Bring a toy (not one that needs to be home at night) along to spend the night at Helensville Library.

Thursday 9 July: 3pm to 5pm: Toy registration, storytime and craft.

Friday 10 July: Matariki public holiday – toys on an adventure.

Saturday 11 July: from 9am: Toy pick up.

NB: Toys are welcome from people of all ages. They can be dropped off while the library is open on Thursday 9 July.

Keep an eye on our Facebook page for any updates: [facebook.com/HelensvilleLibraryAndServiceCentre](https://www.facebook.com/HelensvilleLibraryAndServiceCentre)

Our regular programmes:

Kids Time, for under 6s and their grown-ups: Wednesdays, 10am to 10.30am

Minecraft Club: Wednesdays, 3.30pm to 4.30pm.

Crafternoon for adults: Thursdays, 3pm to 4.30pm.

Crafternoon for kids: Thursdays, 3.30pm to 4.30pm.

Baby Play, a playgroup for under 6s and their grown-ups: Fridays, 10am to 11am.

Lego and Duplo Club: Saturdays, 10.30am to 12noon.

Book Chat: Thursday 23 July, 10am.

Bring along a book you've recently read and loved – or disliked – to share with fellow readers.

Getting in contact:

The Helensville Library and Service Centre is open 9am to 5pm Monday to Friday, and 9am to 1pm on Saturday.

If you want to be sure that someone will help you, please use these numbers:

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

Auckland Libraries: 0800 695 427

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

Anne Coppell


Senior Librarian / Poukokiri - Children & Youth / Helensville Library and Service Centre



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**Sunday 19 July
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The Importance of Rest: Avoiding Burnout in a Busy School Year

by Sequoia Thomson, Year 13 Student, Kaipara College

As I write this, I am still three weeks away from the end of the term, but as you, my lovely readers and fellow students, read this, the school term is over! I bet future me is *very* relieved, but already figuring out what I need to do next.

It has been one chaotic term, with so many fantastic activities and events that it was hard to keep track! We just recently had a wonderful Samoan language week, with some beautiful performances and a very cool updated bell - though I must say, it did startle me the first time I heard it. It's so easy to get into a routine, and Mondays are already rough enough as it is. Once I adjusted, though, it was quite fun to have a dance!

We also had our wonderful school production of the year, Baskerville, a Sherlock Holmes mystery. Fantastic drama teacher Sara Dean has been hard at work putting this play on a fast track due to a second production (a musical: Paradise), which will be shown early term three. This reduced the amount of time Sara had to prepare everyone, but boy did the cast and crew pull through. The production was shown from the 17th to the 20th of June, and gosh, it was just wonderful!! All the characters were incredibly vibrant and funny, and the acting was just marvellous. The set was also incredibly built, considering the lack of resources and time. I myself played a couple of minor characters, which is always such a fun experience - the behind-the-scenes chaos never gets old!

As I joked about before (this is a character flaw of mine), future me, when I arrive at the holidays, will likely already be figuring out what I need to do next. I wanted to stress in this article the massive benefit of allowing yourself the time and space to breathe and celebrate your wins. As I know very well myself, not allowing yourself to celebrate your wins, or to rest, is the only sure-fire way to get to a state of burnout. For those who don't know what burnout is, it is a state of mental, physical, or emotional exhaustion caused by prolonged or excessive stress and a lack of rest.

For those experiencing burnout, the first step to recovering is recognising the signs like chronic fatigue and irritability, then auditing your workload, setting boundaries, and prioritising physical and emotional rest. I also suggest seeking support from friends, family, and most definitely a therapist or counsellor who can help you construct effective methods to prevent yourself from burning out again. That work-life balance is sooo much more important than you think!

If you would like to learn about burnout in greater depth, visit Healthline's article, Burnout Recovery: 11 strategies to help you reset, or Psychology Today's article, dealing with academic burnout. The school's free therapist is also a wonderful free asset for those who find counselling or therapy too much of an expense in this current economy.

I mention this because as we start to approach the start of practice exam season, the pressure begins to build. Maintaining your usual work-life school schedule, with the extra workload of exam study, is no small feat, and really keep in mind that ensuring your body and mind stay rested, healthy and happy plays a massive part in your results. Whilst one extra hour of study at 11 at night seems more beneficial, for your brain to function properly, that extra hour of sleep is much more beneficial.

Tofa (goodbye) everyone, have a wonderful holiday!

Celebrating King's Birthday at Craigweil House

Residents and staff at Craigweil House Home & Hospital recently came together to celebrate King's Birthday with a festive afternoon filled with fun, music, and delicious treats.

Our dedicated staff put in a wonderful effort decorating the facility with themed decorations, helping to create a warm and celebratory atmosphere for everyone to enjoy. Residents were also treated to a special afternoon tea featuring a selection of tasty goodies prepared for the occasion.

The celebration was made even more special as it coincided with our regular Happy Hour. Residents enjoyed relaxing with friends while listening to live music from Joe Fingers, who entertained everyone with a fantastic selection of familiar songs. Many residents sang along, tapped their feet, and shared happy memories inspired by the music.

It was a wonderful afternoon of celebration and companionship. Thank you to our staff for organising the event and to Joe Fingers for providing fantastic entertainment.

Come and have a look at what we have to offer, meet our friendly team, and see first-hand the activities, care, and companionship that make Craigweil House a special place to call home. We would be delighted to show you around. PH 094208277



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North West Country Inc. Media Release - July 2026
Hello North West!

We're well and truly into winter, and even with the chill in the air, things across the Northwest are anything but slow. New financial year, new momentum, and plenty going on this month worth sharing with you.

Danielle

Big News: North West Country is Becoming Business North West

We're modernising. North West Country Business Association (*a bit of a mouthful, let's be honest*) we will be trading as Business North West. The rebrand creates a clearer distinction between the business association and the new tourism brand we're developing for the area. Keep an eye out for our new logo and colours over the coming months as the website and assets roll out.

North West Community Forum Kicks Off

North West Country is a founding member of the new North West Community Forum, the brainchild of Guy Wishart, Rodney Local Board Chair. The Forum is a place for community leaders to come together, hear from experts, and support each other through community needs and changes. Meetings will be open to the public and held regularly at the Waimauku RSA. To get on the mailing list for your community group, email Tatjana Ratsdorf on tatjana@envirology.co.nz.

Destination Tourism: Big Workshop at Kumeu Showgrounds

The Destination Management Plan is half way through its process, with three workshops done and strong connections built between local tourism operators. The next workshop is the big one, hosted by Kumeu Showgrounds on Monday 20 July, 10am to 2pm. We'll be discussing the Strategic Imperatives, Outcomes, and the Action Plan. Missed a workshop? Drop me an email and I'll send through the latest version for you to comment on.

New Digital Magazine: Corridor Launches This Month

We're launching Corridor, our new digital magazine celebrating Northwest businesses. Expect news, articles, events, opportunities, and a section packed with local discounts and offers. Corridor will go live quarterly on our website. Want to be the first to know when it drops? Jump on our mailing list.

A Warm Welcome to Rebecca

We're pleased to welcome Rebecca Beavis as our new Membership Ambassador and Events Coordinator. A long-time Northwest local with a background in communications, retail, real estate, and marketing, Rebecca brings deep local knowledge and practical business experience to the role. Say hi when you see her around.

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Valuable Volunteers

Lifblood, absolutely essential, caring community locals- some of the phrases our CAB Helensville volunteers are known for.

We celebrated their contribution during National Volunteer Week from June 14 to 20 under an extra special umbrella of the International Volunteer Year 2026. This year's theme, Your Year to Volunteer- Tou tau ki te tuao- recognises those who are volunteering and prompts others to start.

"Our current volunteers bring life's experiences, different working backgrounds and a multitude of skills and talent to our CAB Helensville whanau," says manager Rani Timoti. "However, having a heart for their community is the key to unlocking our service to clients. You could have all the qualifications but if you don't want to make a difference by being selfless, patient with a listening ear and providing options not your opinions, then volunteering here will not work."

Ongoing learning and development training and computer/technology skills, including using a CABNZ AI tool and our upgraded system, are expected and vital for a quality service in our changing society.

"One of the many advantages is the constant learning curve volunteers go through each roster- not only with clients and our L&D training, but working with each other to help with clients and training," says Rani. "If you love to learn- this is definitely the place."

Strong community connections are intrinsic with volunteers, many who wear other volunteering hats in South Kaipara.

In hosting the Community Support network group (COMSUP) each month, these agencies, organisations and individuals are important for CAB Helensville to refer clients to or to be a referral point for our specific information and role. "COMSUP continues to amaze me with such productive people who are embedded and active in their own mahi. We can share, advocate and co-act with each other to spur on and plan community events or projects. We also encourage one another as we face complex and layered issues with our society pressures and decisions impacting us," says Rani.

Last month has been busy for volunteers running the office well and hosting the COMSUP meeting while Rani and Tania attended CABNZ's national hui specifically for managers and co-ordinators- reaping the rewards of sharing ideas, tips and projects.

Catch-ups with community groups and organisations, including Waitemata Community Law Centre lawyers, are regular mainstays as well as meetings with fellow work colleagues from CAB North Shore in which Helensville is one of eight branches.

There have also been promotions including our extended treasure hunt project and national youth week celebration.

Meanwhile, if you're feeling the pressure of bills, debt or just trying to stay on track, you don't have to work through it alone. Come to CAB Helensville for our free budget clinic with Mary, our friendly Financial Mentor, who works Thursdays, 10am to 1pm. But she's also available in Helensville on other days. Mary is from Henderson Budget Service and offers free, confidential financial mentoring to help you get organised, understand your options and feel more in control. She can support with budgeting, bills and debt management and planning ahead.

CAB Helensville is open at 16 Commercial Road from Monday to Friday, 10am to 1pm and Saturday, 10am to noon. Pop in or call us on 09 420-7162.



Sayers says it

By Rodney Councillor Greg Sayers.

Where Does the Money Go? Each year, Rodney residents receive higher rates bills to help fund Auckland's growing needs. We are told these rates support transport, parks, libraries, environmental programmes, community facilities and regional infrastructure. Yet one simple question remains unanswered: how much of Rodney's rates revenue is actually spent back in Rodney?

As your elected Council representative, I have repeatedly asked Auckland Council for a clear breakdown comparing the rates collected from Rodney with the amount invested back into Rodney. Despite these requests, no straightforward answer has been provided. While Council publishes information on local board budgets, projects and regional programmes, the key figure ratepayers would reasonably expect to see is missing: what Rodney contributes versus what Rodney receives.

Council staff argue this is difficult because many services cross Local Board boundaries. I do not accept that explanation. Large organisations routinely allocate costs across regions and business units. Auckland Council should be able to provide a basic breakdown of rates collected and expenditure by area, e.g.: for Kumeu, Helensville, or Riverhead, etc.

Ratepayers deserve transparency. They should be able to see how much is collected locally, how much is reinvested locally and how much is allocated to regional activities.

Disappointingly, there has been little political appetite among the majority of councillors to demand this information. Yet accountability is essential, particularly as rates continue to rise.

Council must focus on delivering value and prioritising essential services. Rodney is one of Auckland's fastest-growing areas, requiring infrastructure, roads, community facilities, environmental protection and common-sense flood protection.

Without clear information, residents are left to speculate. Transparency would replace assumptions with facts and allow an informed discussion about whether Rodney is receiving a fair return on its rates contribution. Rodney residents are not seeking special treatment. I am simply asking for accountability, transparency and an answer to a straightforward question from Council: where does Rodney's money go?

Twist & Turn with Helensville Floral Art

Members of the Helensville Floral Art Club enjoyed a creative and inspiring workshop on Thursday 18 June at the Helensville Masonic Hall on Kowhai Street.

Ten members attended the session, which was led by guest tutor Peggy Haysom from the Hibiscus Floral Art Club. Participants arrived armed with an unusual collection of materials, including 25 claddies (flax sticks), sandpaper, black nuggets, PVA glue, sharp scissors, a polystyrene ball, a spike painted black, and cable ties.

As is often the case with Floral Art workshops, the excitement lies in not knowing exactly what the finished design will look like until the tutor begins demonstrating the techniques. Members carefully prepared their flax sticks by cutting them into 50cm lengths before twisting, shaping, and assembling them into striking contemporary arrangements.



The results were impressive, with every creation reflecting the individual style and creativity of its maker. Although all members followed the same instructions, not one design was exactly the same.



The workshop was a wonderful opportunity to learn new skills, share ideas, and enjoy the company of fellow floral art enthusiasts. A great day was had by all.

New members are always welcome. The Helensville Floral Art Club meets on the third Thursday of every month at the Helensville Masonic Hall, Kowhai Street. Whether you are an experienced floral artist or simply interested in learning more about the art of floral design, come along and join this friendly and creative group. Contact Cushla Hawkes 021 258 8979



Connection update

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



Regular events:

Wednesday Raranga/flax weaving - by appointment - individuals or small groups. Learn the basics, putiputi/flowers and kono/basket including harvesting and tikanga. Contact Heather 0220366985

Friday Sewing Circle - 10am to 1pm, \$10 for a 2 hour session. Bring your machine and your mending or a project. Also Dresses for a Girl Around the World, Pacific cohort. Chrissy 0274 671843. Room available for hire: Acoustic music practice, Workshops, Meetings, Interest groups, Celebrations, Exhibitions etc. Heather.



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ARTcentre HELENSVILLE

f-stop is our exhibition for Auckland Festival of Photography, exhibiting local artists and Kaipara College's year 11 and 12 photography students. Kaipara's music students performed at the opening event. Included in the show is a 'reverse sgraffito film strip' created by our teen afterschool class which added a contemporary element to the photography theme. This show is up until Saturday 4th of July, come check out the wonderful display from our talented Helensville youth. Included in the show is local photographers Meghan Williams, Helene Blomfield and Denise Corden.



Next up is our Matariki exhibition, 8th – 25th July, opening night will be on Thursday before Matariki holiday 5-7pm we warmly invite you to come along. Maria our weaving tutor will offer some basic weaving on the night, prior to the opening is a glow in the dark display in our basement gallery of Craftafternoon Kids along with Matariki Book reading by Anne Coppel from the Library starting at 4pm with the Library's annual Teddy Sleepover.



Free school holiday art workshops! Bring the kids to free art workshops these school holidays, we offer a variety of media and kids get to take a completed artwork home each session. Please note the workshops are not enrolment based therefore kids must be supervised by an adult. Wednesday 8th July 1-3pm, and Tuesday and Thursday 14th and 16th July 1-3pm. Workshops include 'Portrait Pillow' making, 'Stick Friends' and 'Scribble, Scratch and Sketch'.



Term 3 Classes enrol now!

Afterschool art classes for kids age 6-11 Tuesday's and Thursday's 3:30-5pm, Teen art classes for ages 12-17 Wednesday's 3:30-5pm, \$120 for 8-week course starting 28th July ending 17th September. Enrolment cut off is 17th July please visit our website for an enrolment form or email manager@artcentrehelensville.org.nz.

Mike Rowland 'Painting and Drawing' 6-week course, at the discounted rate of \$150 Friday's 11-1 starting back 24th July.

Raranga Flax Weaving with Maria Kaka, 8-week course Thursday's 11-1 starting 30th July \$80.

Free Groups. Every Wednesday 11-1 'Gas Bag' free art and craft group, bring your own craft, complimentary tea, coffee,

cookies and great social banter.

'Street Maori' Te Reo language group Tuesday fortnight's 6-7:30pm starting back 28th July.

Things to look forward to!

A major mural which has been 3 years in the planning is now going up on the side of the council building. The mural design is by local artist Mei Hill, Ngāti Whātua Tūturu. Mei has gifted the mural design with the narrative to be shared on completion. We will hold an unveiling ceremony at the beginning of July where Mei will share the meaning behind the work, please keep an eye out on our facebook page for details.

Arts in the Ville 24th – 26th October Labour Weekend 2026.

We are now underway with planning this year's major annual art trail event! If you are an artist interested in participating this year, please keep up to date with important information on the Arts in the Ville website page. We look forward to another wonderful year of celebrating local talent!



LIONS CLUB of HELENSVILLE AUTUMN BOOK FAIR 30th & 31st May

At the Autumn Book Fair held last May, the weather gods were once again with us, the rain holding until we were packed up on Sunday. The weekend grossed \$11,771, a very satisfactory result. All funds raised are deposited into the Lions Club of Helensville Charitable Trust account and are used to help the many individuals and organisations in our community who are in the need of assistance.

Thanks to all who donated so many high-quality books, without you we would not have been able to hold a book fair. Thanks also to Club members and their families who were with us all weekend and the students from Kaipara College who helped in the set up on Friday. Thanks also to the Friends of Lions and the Kaukapakapa scouts who assisted in packing up and cleaning the Hall on Sunday.

The next Book Fair is our Christmas Book Fair which will be held on the last weekend of November, Saturday 28th and Sunday 29th.

As a service to the community the Helensville Lions will accept books throughout the year. Small amounts can be left with Burmester Realty, Commercial Road, Helensville, larger amounts can be delivered to our shed on a Tuesday afternoon between 1pm and 3pm. The shed is situated behind the Gull petrol station, Mill Road, Helensville. Otherwise contact Chris at 027 646 3324 or any other member of the Lions Club of Helensville.

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From the Kaipara College Principal's Desk



Principal Jane Coup

As we approach the shortest day of the year, the cold and dark mornings make it harder for our young people to get up and get going. This is understandable, but it is also exactly the time when resilience matters most. We ask our students to draw on the values that define Kaipara College, not just when it is easy, but when it is not. Showing up, staying committed, and maintaining high standards through the middle of winter is what gives students the foundation they need to succeed when it counts. This shows up in small ways every day. It is the student who gets to training even though the field is wet and the morning is dark. It is the one who turns up to class on time despite every reason to stay under the duvet a little longer. None of these moments make headlines, but they are exactly where resilience is built, one cold morning at a time. Part of this is learning to fail well. Students who only ever take the easy path rarely discover what they are capable of. It is in the missed goal, the disappointing result, or the training session that does not go to plan that young people learn to assess, adjust, and try again. Failure handled well is not the opposite of success; it is part of how success is built. It is worth remembering that the shortest day is also a turning point. From here, the days grow longer and the end of the year comes into view. Students who have kept their standards high through the winter months are the ones best placed to make the most of the opportunities ahead, whether that is in examinations, sport, the arts, or any other area of school life. We appreciate your support in encouraging your son or daughter to keep their paddle in the water. A waka does not



Toi Wearable Arts Creative Concept Award Winning Entry - Tua Taniwha - by Tineka Jones & Macey Clerke.

reach its destination when only some of the crew are pulling. Every stroke counts, and every student matters. With your support at home and ours at school, we can bring everyone safely to shore. Follow us on Facebook and Instagram to see the latest from our school. Facebook: facebook.com/KaiparaCollegeHelensville Instagram: [@KAIPARACOLLEGE](https://www.instagram.com/KAIPARACOLLEGE)



@KAIPARACOLLEGE



KC Trigonometry lesson - measuring the height of goal posts using a clinometer.



The cast of Kaipara College production of *Baskerville* with students from Parakai Primary School who attended a matinee performance.

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



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National
Authorised by Chris Penk, 134 Main Road, Huapai.

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

By Chris Penk, MP for Kaipara ki Mahurangi

It's been a rather foggy few mornings across the district recently. Driving through it has given me more than one prompt to think about the future, and a reminder of the confidence that knowing exactly where you're headed can bring, even when the immediate path looks a bit misty.



As your local representative, my goal isn't to pretend I have a crystal ball but rather to work directly alongside you so we can clear the mist together and ensure our community actively participates in steering and shaping our future.

Of course, a major topic locally continues to be the proposed Waimauku West Development. It is well known and accepted that Northwest Auckland has unfortunately been subject to ad hoc development over the years, and our local infrastructure must always be considered. While we absolutely need housing to accommodate a growing population and support our construction sector, we have to be pragmatic about it.

As your local MP, I don't have a role as a decision-maker in resource consent processes, but I certainly play a role in reflecting the views of our communities to those who do make the calls. As such, and as you may have heard, I have drafted a letter to the Fast Track consenting panel to firmly express my view that any new development in northwest Auckland must properly account for historic flooding risks, local issues like school and transport demands, and the heavy cost of supporting infrastructure. With things like the long-awaited SH16 upgrades and the need for an additional high school in the area, we are already playing "catch up." Which is also why I have supported measures like Plan Change 120 to redirect development pressure toward inner-city areas where transport densification simply makes sense.

Speaking of catching up on infrastructure, the recent Budget 2026 delivers some much-needed focus on core issues for our district. We are putting a heavy emphasis on practical resilience, including a dedicated \$400 million to strengthen and upgrade our state highways. And, as Minister for Building and Construction, I am also particularly pleased to see a \$400 million incentive fund to help councils support housing growth by getting the right infrastructure in place first, alongside specific funding to acquire land for new schools in high-growth areas just like ours. It is a responsible budget focused heavily on front-line services and giving our communities the reliable foundations they deserve.

Beyond infrastructure, it's been a busy and rewarding month connecting with locals. After putting out the call for more local JPs, I've had many interviews recently, and it is incredibly heartening to see so much interest from people wanting to serve the community. I also had a wonderfully 'sciency' time dropping into the Science Roadshow at Waimauku School (thanks for having me!) As the new Minister for Space, seeing STEM in action is a real highlight—we might just have some future Kiwi space tech innovators right here in the district!

Ultimately, it comes down to fixing the basics and building the future. Whether that means ensuring our stormwater pipes can handle the weather, backing our local businesses, or giving our kids the tools they need to succeed, I'm focused on getting it right for our community. Making sure that the path forward is clear means ensuring you continue to have a real say in how our region grows. When everyone has a voice and we're all on the same journey together, we can confidently shape the future we want to see so please do stay in touch and help us map out a bright road ahead.

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Climate policy should work for New Zealand

By Simon Court, ACT MP

Food prices are already high enough. That's why it's frustrating to watch politicians push climate policies that make producing food harder while achieving little for the environment.

Most New Zealanders want us to play our part on climate change. Fair enough. But people also expect a bit of common sense. If a policy drives up costs, hollows out rural communities, and doesn't reduce global emissions, what's the point?

In places like Helensville, people understand the connection between farming and the wider economy. Farmers buy goods and services from local businesses. They employ people. They export what they produce and bring money back into New Zealand. When farming does well, towns do well.

That's why so many people are uneasy about what they're seeing happen across rural New Zealand. Productive farmland is disappearing under pine trees planted for carbon credits. Land that once produced food is being converted into forests because the incentives say that's the easiest way to meet climate targets.

Meanwhile, New Zealand farmers face pressure from policies that treat methane from livestock as though it's the same as carbon dioxide from fossil fuels. It isn't.

They're different gases. They behave differently in the atmosphere and have different warming effects. Ignoring those differences doesn't make climate policy stronger. It just makes it less accurate. The real problem is what happens next.

New Zealand farmers are already among the most emissions-efficient food producers anywhere in the world. Our dairy sector produces significantly lower emissions than the global average.

If an efficient farm here cuts production, the world doesn't suddenly need less food. Somebody else fills the gap.

Usually that production ends up in countries that are less efficient than New Zealand.

The cows don't disappear. The emissions don't disappear. The food still gets produced. What disappears are New Zealand jobs, exports, investment, and productive farmland. That's a bad deal for New Zealand and a bad deal for the climate.

ACT has long argued for a split-gas approach because it reflects reality. Carbon dioxide from fossil fuels should continue coming down. Methane should be managed according to its actual warming impact.

That's not about lowering ambition. It's about making sure the policy matches the problem.

The same applies to agriculture and the Emissions Trading Scheme. Taxing some of the world's most efficient farmers won't change the weather. It will make food production more expensive and push investment elsewhere.

New Zealand also has more room to move than many people realise. The Paris Agreement allows countries to set targets that reflect their circumstances and economic structure.

We should use that flexibility.

A climate target should pass a simple test. Does it reduce warming, or does it simply move production somewhere else?

Too much of the current debate focuses on meeting targets on

paper instead of reducing emissions in the real world.

New Zealand can protect the environment without sacrificing productive farmland. We can reduce emissions without driving food production offshore.

But that requires a willingness to ask a basic question.

If a policy leaves global emissions largely unchanged while making New Zealand poorer, why are we doing it?

That's not climate action.

It's just moving the problem somewhere else.



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SHELLY BEACH TIDE CHART					
Date	High Water Shelly Beach	Sun Rise	Sun Set		
July '26					
1 Wed	1126 3.7	2345	0734	1714	
2 Thu	1203 3.7	-	0734	1715	
3 Fri	0019 3.9	1239	0734	1715	
4 Sat	0055 3.9	1317	0734	1716	
5 Sun	0132 3.8	1356	0734	1716	
6 Mon	0213 3.8	1439	0734	1717	
7 Tue	0258 3.8	1527	0733	1717	
8 Wed	0349 3.7	1621	0733	1718	
9 Thu	0445 3.7	1722	0733	1719	
10 Fri	0547 3.6	1830	0733	1719	
11 Sat	0655 3.7	1942	0732	1720	
12 Sun	0808 3.7	2052	0732	1720	
13 Mon	0917 3.8	2153	0732	1721	
14 Tue	1018 4.0	2247	0731	1722	
15 Wed	1112 4.0	2337	0731	1722	
16 Thu	1201 4.1	-	0730	1723	
17 Fri	0023 4.3	1248	0730	1724	
18 Sat	0107 4.2	1332	0729	1724	
19 Sun	0150 4.1	1414	0729	1725	
20 Mon	0232 3.9	1458	0728	1726	
21 Tue	0315 3.7	1543	0728	1727	
22 Wed	0402 3.6	1634	0727	1727	
23 Thu	0454 3.4	1732	0726	1728	
24 Fri	0553 3.3	1838	0726	1729	
25 Sat	0700 3.3	1945	0725	1729	
26 Sun	0806 3.4	2043	0724	1730	
27 Mon	0903 3.5	2131	0723	1731	
28 Tue	0950 3.6	2212	0723	1732	
29 Wed	1032 3.7	2249	0722	1733	
30 Thu	1109 3.8	2324	0721	1733	
31 Fri	1144 3.9	2358	0720	1734	
August '26					
1 Sat	1219 3.9	-	0719	1735	
2 Sun	0033 4.1	3.9	0718	1736	
3 Mon	0109 4.0	1332	0717	1736	
4 Tue	0148 4.0	1413	0716	1737	
5 Wed	0230 3.9	1458	0715	1738	
6 Thu	0919 3.7	1550	0714	1739	
7 Fri	0415 3.6	1654	0713	1740	
8 Sat	0522 3.5	1809	0712	1740	
9 Sun	0640 3.5	1931	0711	1741	



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. Chris K 021-157-1692

Aqua Aerobics - Low impact exercises to improve your health - and wellbeing. Classes: Mon, Wed, Fri, 9am - 10am, held in the outdoor pool at Kaipatiki Hot Pools all year except public holidays. Cost: \$2 per class, \$7 pool entry for non-cardholders. 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 Monday - Friday from 10am to 1pm 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.

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 Monday 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 027-646-3324.

Helensville Railway Museum. 2 Railway Street, Helensville. Open every Sunday 10.30am to 3pm. 09 420 8961, helensvillerailwaystationtrust@gmail.com, www.helensvillerail.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 8-30-9.30am. 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 Kaipatiki Hot Pools. For more information contact Chrissy on 027-258-2010

Kaipara Memorial RSA. - Dining available from 5.30pm Wed, Thurs, Fri and 11am on Sundays. 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: Caroline 0221-674-823, caroline.thompson@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 9.30am - 1.00pm 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.teawarora.nz www.museum.teawarora.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.

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Beauty Therapy	Premier Aesthetics	www.premieraesthetics.co.nz	Market Opportunity	Car Boot/ Garage Sale	021-488-427
Birthing Centre	Commercial Road, Helensville	420-8747	Markets	The Village Market	0274-831-542
Budget Service	Francis	420-7740	Markets	Waitoki Village Market	Gill 420-3301
Business Hub	Northwest Country, Danielle	0204-0027-008	Mechanical Repairs	Helensville Mechanical Services	420-8177
CAB	16 Commercial Road	420-7162	Mechanical Repairs	Parakai Automotive	09-420-7224.
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Diggers	Helensville Diggers	021-454-793/420-7023	Plumbers	ATL Plumbing Ltd	021-245-9677/420-7868
Drain Unblocking	ClearFlow Drain Unblocking	021-223-1513	Plumbers	KPL Ltd	420-9108
Early Learning Centre	Gumboots	09-411-9038	Pumps	KPL Ltd	420-9108
Electrician	Templeman Electrical - Jordan	021-127-1708	Pumps	Mid West Pumps	420-7694
Electrician	Sean Gray Electrical	0274-784-396	Real Estate	Barfoot & Thompson-Kelly Davison	0274-670-175
Filtration	KPL Ltd	420-9108	Real Estate	Burmester Realty	420-8360
Flooring	North West Flooring Xtra, 10 Shamrock Drive, Kumeu	09-412-8188	Real Estate	Prestige - Jana Mills	021-509-990/420-9953
Gift Baskets	Riverside Crafts - Sarah	0274-831-542	Roofing	KPL Ltd	420-9108
Gifts & Art	FIGG 44 Commercial Rd	021-488-427/420-6026	Shower Installation	GSI Ltd	0800-466-5327/420-8777
Gifts & Clothing	Eleventh Hour - 60 Commercial Road		Storage	J S Storage	021-462-930
Glass Services			Typesetting/Photocopying	Huapai Copy & Print	420-9307
	Nor-West & Kumeu Glass Services	09-420-8210/0800-825100	Venue Hire	Kaipara Memorial RSA	420-8888
Handyman	Dale Browne	0274-397-519	Your Local Business Book	yourlocalbusinessbook@gmail.com	

Welcome to Team Burmester

Meet Danielle Davies

An award-winning, results-driven real estate professional with strong marketing and communication expertise, Danielle is known for consistently exceeding expectations and delivering outstanding sales results throughout the Rodney area.

With a solid background in both rural and residential markets, she brings valuable insight and experience to every client relationship. Having lived the lifestyle property dream herself, Danielle understands the unique needs of rural property owners, lifestyle buyers and families looking for space to grow.

Family-oriented and the proud mother of three children. When she's not helping people achieve their property goals, you'll often find her riding horses and making the most of country living.

Danielle understands the unique goals of buyers and sellers alike and prides herself on delivering a seamless, rewarding experience marked by integrity, collaboration and unwavering commitment. Clients value her attention to detail, industry knowledge and approachable style. She believes that exceptional service doesn't have to be serious all the time - there's always room for a good laugh along the way.

As an award-winning salesperson in the Rodney area, Danielle has built a reputation for achieving exceptional results while providing genuine care and support throughout the sales process.

If you're looking for someone who genuinely loves what they do and is ready to deliver real results, Danielle is here to help.



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