

Delivered monthly to Helensville, Parakai, Kaukapakapa, Waitoki, Wainui, Woodhill, South Head and Shelly Beach + Online

Regenerative farming group

Kaukapakapa lifestyle farmer Stephen Newman has formed a Kaipara Regenerative Farming Group, which with only its second meeting coming up this month already has more than 130 members.

Stephen's background was in IT, but he made a huge life switch in his mid-30s, becoming a dairy farmer at Whangarei. Now retired, he farms cattle on his 9ha block.

He became enthused about regenerative farming after watching a Country Calendar programme on Peter Barrett of Linnburn Station in Otago, and then got started on the process himself with help from Jono Frew.

Regenerative farming is "all about the soil". It does away with chemicals and traditional fertilizers, and replaces them with a variety of other methods to improve soil and pasture - and livestock - condition.

Since starting on his regenerative farming journey four years ago, Stephen has been working through the paddocks on his property, using a variety of methods including planting multi-species cover crops, using worm castings, fish and EM organic fertilizers, dung beetles, and humates (carbon-dense organic material rich in humus, humic, and fulvic acids).

He says he has already seen huge improvements in the quality of his paddocks,

with increased worm counts, deeper root growth, and heavier cattle.

"It is about the soil and biology. Once this is right other things follow - animal and plant health, carbon sequestration, lower input costs."

He came up with the idea of the Facebook-based discussion group to help speed up the learning process by discussing what he and others are doing. While the group is online-based, the first physical meeting last December drew around 20 people. Members are predominantly lifestyle farmers at this stage, with just a couple of commercial farmers - something Stephen is very keen to see more of.

"My main aim is to get more commercial farmers," he says.

Being a non-commercial farmer himself, he says he can't make claims about any financial

benefits of regenerative farming, but does say the costs are lower than traditional pasture management techniques and production is better.

The next on-site meeting is later this month at a 300ha commercial Matakana farm, and Stephen hopes to eventually hold four or five physical meetings at different farms around the district each year.

To join the group, search Kaipara Regenerative Farming on Facebook.



• Stephen with pet dogs Willow and Bear

Big crowd for Anzac service

More than 500 people gathered at Kaipātiki Reserve cenotaph, Parakai, for the Anzac dawn service - the first held in several years.

The service was the only local public commemoration of Anzac Day, as the Helensville War Memorial Hall is closed for seismic strengthening. That meant the entire event was held at Parakai, with around 30 wreaths laid at the cenotaph by individuals and groups, including the Māori Battalion, Kaukapakapa RSA, and Te Poari o Kaipātiki ki Kaipara, which administers Kaipātiki Reserve.

After the Parakai service Kaipara Memorial RSA members held a wreath laying ceremony at the Helensville Service cemetery followed by a breakfast in their temporary 'home' at the Helensville Bowling Club.

Te Poari o Kaipātiki ki Kaipara chair, Tamaki Mercer says: "We were honoured to support the Anzac ceremony this year."



• Te Poari o Kaipātiki ki Kaipara chair, Tamaki Mercer and deputy chair Guy Wishart laying their wreath at the dawn ceremony

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editorial

And now for something completely different - an issue of *Helensville News* which doesn't have much in the way of news! But what we do have is a pretty comprehensive listing of clubs, sports groups and community organisations in the South Kaipara. Many of these are facing similar problems - static or falling memberships, and difficulty attracting new members or volunteers. Community organisations in particular do a huge amount for our area, but they rely on us locals to keep them running.

This should be a valuable resource for those new to the area and unaware of the wealth of things to take part in, and for longer-term residents keen to take part in a community activity but not sure where to start. Information is as supplied, and we cannot vouch for its accuracy.

- Dave Addison, Editor

Community & Service Groups

■ Art Centre, Helensville

Contact: Yvonne Abercrombie

Phone: 021 126 8041

Email:

manager@artcentrehelensville.org.nz

Web: www.artcentrehelensville.org.nz

Year Formed: Art Kaipara 2004

Membership: 66 (Art Kaipara)

Age or Sector: All

When Meet: Board meeting monthly.

Where Meet: The Art Centre, War Memorial Hall basement.

Purpose: A community art space committed to seeing creativity thrive in Helensville and supporting local artists from all backgrounds. Retail locally crafted jewellery, objects and art. The workshop room is available to rent for new classes, and there are two gallery spaces available for hire for artists wanting to hold solo exhibitions - forms on the website.

Formal or Informal: Elected committee.

Art Kaipara is an incorporated society.

Fees/Subs: \$20, age 16 or under \$10.

Events: Monthly exhibitions and opening evenings free to everyone; workshops and creative classes covering ceramics, painting, printmaking, stitch and crafts; artist talks; holiday programmes. Annual Arts in the Ville Labour weekend event. Helensville Art Trail third Sunday of each month November to May.

Comments: Our position in the heart of Helensville's main street makes the Art Centre ideal for anyone interested in the arts.

■ Coastguard Kaipara

Contact: Richard Downer

Phone: 027 277 7735

Email: richard@coastguardkaipara.org.nz

Year Formed: 1979

Age or Sector: 18 to 80 years.

When Meet: Tuesdays 7pm to 9pm.

Where Meet: Coastguard Shed, 82 Mill Road, Helensville. Moving to end of Springs Road, Parakai later in 2023.

Purpose: Marine search and rescue.

Training and upskilling to make a difference when needed.

Formal or Informal: Formal

Fees/Subs: Nil

Charity: Yes

Comments: Dry and wet volunteers required - anyone looking to get involved can join in on one of the Tuesday night training sessions. If you have skills maybe we can add to them; if you're just starting out then come along and find out what Coastguard is all about.

■ Citizens Advice Bureau (CAB) Helensville

Contact: Rani Timoti

Phone: 09 420 7162

Email: helensville@cab.org.nz

Web: www.cab.org.nz

Year Formed: 1991

Membership: 25 volunteers

Age or Sector: All ages.

Purpose: At the CAB we try to help people

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Jana Mills



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Community & Service Groups (cont)

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to know and understand their rights and obligations and how to use this information to get the best outcomes; provide people with the confidence and support they need to take action; and work for positive social change within communities and wider society. We provide a free and independent service to all.

Formal or Informal: Formal meetings with CAB North Shore board. Monthly meetings with Community Support Network.

Charity: Yes

Comments: Open 10am-1pm Monday to Friday at 16 Commercial Rd, Helensville.

■ Helensville Agricultural & Pastoral (A&P) Association

Contact: Show manager

Phone: 09 420 7572 or 021 529 689

Email: info@helensvilleshow.co.nz

Web: www.helensvilleshow.co.nz

Year Formed: 1900

Age or Sector: General public, any age.

Purpose: To promote the interests of agriculture and farming in the district; to administer the showgrounds venue; and running the annual A&P show.

Formal or Informal: Formal structure with elected Executive Committee.

Fees/Subs: Annual membership \$30.

Events: Annual A&P show held on the last Saturday each February.

Charity: Yes

Comments: The Association has hall hire available, plus key hire for horse riding on the showgrounds. Contact the office for further details.

■ Helensville & District Historical Society

Contact: Leigh Bosch

Phone: 09 420 7881

Email: info@helensvillemuseum.org.nz

Web: www.helensvillemuseum.org.nz

Year Formed: 1967

Membership: 65

Age or Sector: All ages.

When Meet: Monthly executive meetings, many member events.

Where Meet: Helensville Museum.

Purpose: To promote, understand and

preserve the history and heritage of the district and its intrinsic values. Our past is our present.

Formal or Informal: Elected committee, formal and informal meetings.

Fees/Subs: Single \$15; couple or family \$20.

Events: Approx monthly - displays and demonstrations; open days, etc.

Charity: Yes

Comments: Our website lists details of the districts' history, collections at the museum, and activities. Our archive centre has extensive information for research including a large photographic collection. Museum is open 9.30am to 12.30pm Monday, Tuesday, and Wednesday, and by arrangement for group visits and research. Member of Museums Aotearoa.

■ Helensville Freemasons (Duke of Albany Lodge)

Contact: Tony Petrie (Secretary)

Phone: 09 412 8865 or 027 837 9551

Email:

dukeofalbany.lodge@freemasons.org.nz

Year Formed: 1884

Membership: 30

Age or Sector: Men aged 21 and over.

When Meet: Fourth Wednesday of each month (except December & January).

Where Meet: Masonic Centre, Kowhai St Helensville.

Purpose: Worldwide fraternity of men interested in the betterment of themselves, their families and the community at large. The watchwords of the order are Brotherly Love, Relief and Truth.

Formal or Informal: Formal monthly meetings.

Fees/Subs: \$240 annual dues plus personal donations.

Comments: The Lodge was consecrated in Helensville in 1884. Named after Queen Victoria's youngest son, Prince Leopold, The Duke of Albany, who passed away that year. We are proud of the fact the Lodge has been meeting practically every month for the past 131 years - and still going strong! Not many organisations can say that about themselves.

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Community & Service Groups (cont)

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■ Helensville Railway Station Trust

Contact: Scott Osmond 021 0261 4495
Sheryl Walker 09 420 7126

Phone: 09 420 8961 (museum)

Email: sheryl_walker@xtra.co.nz

Web: www.helensvilleail.org.nz

Year Formed: 1982

Membership: Enquire with trustees.

When Meet: Usually third Saturday of the month at 9am.

Where Meet: Railway Museum

Purpose: To preserve Helensville's historic railway station and museum, and promote the history of the station and the North Auckland railway. Helensville Railway Trust mission statement: to promote, understand and preserve the history, heritage and intrinsic values of the Helensville railway serving the Kaipara district since 1875.

Formal or Informal: Elected trustees.

Charity: Yes

Comments: For museum opening dates and times refer to the website. Groups welcome during the week by appointment. Café at the railway station open Tuesday to Sunday; shops open Wednesday to Sunday.

■ Helensville Womens Institute

Contact: Verna Healy

Phone: 021 055 0209 or 09 420 7088

Email: v.healy9@gmail.com

Year Formed: 1931

Membership: 15

Age or Sector: All women.

When Meet: 1.30pm (usually) on the first Thursday each month at the Helensville Masonic Lodge, Kowhai St.

Purpose: To encourage and support all women within their communities.

Formal or Informal: Formal

Fees/Subs: \$49 incl a quarterly magazine.

Events: Outings

Charity: Yes

Comments: Community services include knitting for Waitakere Hospital, dialysis units, and rest homes; making calico dolls for Starship Hospital; and supporting various local and national charities.

■ Hippy South Kaipara Charitable Trust

Contact: Coordinator Nadia Herlihy

Phone: 09 420 7434 or 021 0220 6017

Email: southkaiparahippy19@gmail.com

Year Formed: 2005

Membership: 50 families annually

Age or Sector: 3 to 6 year old children & their parents.

Purpose: The HIPPY programme gives parents resources and support to help them prepare their preschool children for school. Tutors visit local families in their homes to roleplay the week's activities, enabling parents to deliver the programme to their children. Parents are invited to attend fortnightly group meetings at Parakai School to receive further support.

Formal or Informal: Charitable trust with elected trustees.

Fees/Subs: \$30 annual koha.

Events: Mid-year HIPPY Celebration and the end of year graduation ceremony.

Charity: Yes

Comments: Great Potentials licences the HIPPY South Kaipara Charitable Trust to operate the HIPPY programme in the South Kaipara between Reweti and Glorit.

■ I Drive You

Contact: Jan Scott

Phone: 09 420 7283 or 021 0256 3865

Email: dreamrider@xtra.co.nz

Year Formed: 2018.

Age or Sector: Senior citizens.

When Meet: Clients phone to make an appointment.

Where Meet: At client's home or place of their choosing.

Purpose: Free service to take Helensville seniors to appointments with local doctors, physio, shopping, hairdresser or to visit a friend. Helensville/Parakai area only.

Fees: Free.

■ Kaipara Memorial RSA (Inc)

Contact: Rex Keane, President

Phone: 027 293 2768

Email: kaipararsa@xtra.co.nz

Web: www.kaipararsa.co.nz

Year Formed: 1934

Membership: 250-300

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Community & Service Groups (cont)

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Age Sector: 18 and over.

When Meet: 4pm opening, Wednesday, Thursday & Friday.

Where Meet: RSA, 49 Commercial Rd.

Purpose: The RSA movement provides for the well-being of ex-service people and their families. The RSA opens its doors to welcome anyone who would like to join a family-friendly organisation providing a safe environment for members and families alike.

Formal or Informal: Formal, elected committee, monthly meetings.

Fees/Subs: Range to \$50.

Events: Anzac Day, Melbourne Cup Day, quiz nights, bands, dances, dinners.

Comments: Dining available from 6pm Wednesday, Thursday, and Friday.

Available for private functions on weekends, Ts & Cs apply.

You do not need to have served in the armed forces to join.

■ Kaukapakapa Area Residents & Ratepayers Assn Inc

Contact: Marilyn Dwyer (secretary)

Phone: 027 246 0438

Email: secretary@kaukapakapa.org.nz

Year Formed: 1992

Age or Sector: All ages.

When Meet: Quarterly - first Thursday in March, June, Aug & Dec.

Where Meet: Varies

Purpose: To serve as a communication link between our community and local board representatives. To help run community projects for the benefit of our village.

Formal or Informal: Formal committee.

Comments: KARRA involves itself in a range of projects within the community to improve the township for the residents and serves as one of the points of contact for the Local Board, seeking input on projects the community want in the area.

■ Kaukapakapa Playcentre

Contact: Melissa Quinlivan (coordinator)

Phone: 09 420 5308 during sessions

Email: kaukapakapa@playcentre.org.nz

Year Formed: 1976

Membership: 12 families

Age or Sector: 0-6 years.

When Meet: Tuesdays and Fridays 9am-midday.

Where Meet: Kaukapakapa Playcentre, Sinclair Park, Macky Road.

Purpose: Kaukapakapa Playcentre is a parent-led early childhood centre which offers high quality education for children in small mixed-age groups. Playcentre also offers free parenting and early childhood education for parent members. We have a well equipped centre with a strong community following.

Formal or Informal: Formal

Fees/Subs: \$40 per term per family.

Events: Open days each term, internal events for our families, support of local events such as Kaukapakapa Christmas in the Park.

Charity: Yes

Comments: We invite you to three free visits with your child to experience play the Playcentre way. Check our Facebook page to see what we have been up to.

■ Kaukapakapa Scout Group

Contact: Graeme Hounsell

Phone: 027 462 0675

Email: ghounsell@xtra.co.nz

Year Formed: 1980

Membership: 84

Age or Sector: 5 to 18 years.

When Meet: Cubs Mondays, Keas and Scouts Tuesdays.

Where Meet: Kaukapakapa Hall.

Purpose: Promotes youth development and life skills through adventure activities.

Formal or Informal: Formal.

Fees/Subs: \$100 per term.

Events: Regular camps and weekend activities.

Charity: Yes

■ Lions Club of Helensville

Contact: Chris Clark

Phone: 09 420 8527

Email: chrisclarkhelensville@gmail.com

Year Formed: 1962

Membership: 30

Age or Sector: 18 and over.

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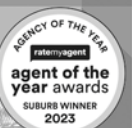
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Community & Service Groups (cont)

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When Meet: Second (business meeting) & fourth (social meeting) Mondays of the month.

Where Meet: Lions Lounge, Rautawhiri Park.

Purpose: For men and women of all ages, from all walks of life who want to make a difference to their community by donating their time and talents, while enjoying the fellowship of like minded people.

Events: Book fairs, Kaukapakapa market, Helensville A&P Show.

Charity: Yes

Comments: There are 400 Lions Clubs in New Zealand with 11,000 members, who are part of a worldwide network of 1.3 million Lions in over 200 countries. Clubs are autonomous so decisions made about community projects and needs are made by people in the local community. We are a hands-on club and actively work alongside organisations we support. All money raised by Helensville Lions goes back into the local community. Our motto is: 'We Serve'.

■ Rural Women NZ (Makarau Branch)

Contact: Dianne Gray

Phone: 027 211 0300

Email: talentedgal12@outlook.com

Age or Sector: Rural women.

When Meet: Monthly

When Meet: Makarau

Purpose: Anything affecting women in rural communities. Strengthening, supporting and connecting people and communities.

Formal or Informal: Both!

Fees/Subs: \$50.

Events: Cheese making course, Helensville A&P Show stall.

■ South Kaipara Landcare Inc

Contact: Ed Donald

Phone: 029 242 5262

Email: southkaiparalandcare@gmail.com

Web: www.southkaiparalandcare.org

Year Formed: 2001

Membership: 80

Age or Sector: All

When Meet: First Wednesday each month.

Where Meet: Waioneke School.

Purpose: Our mission is to protect and improve the quality of the environment on South Head peninsula. Projects include planting and weeding days, an active pest control program which includes loan traps, an annual roadside clean up, supporting the annual dabchick/birdcount, plus information sharing, training and field days.

Formal or Informal: Incorporated Society with committee elected at AGM.

Fees/Subs: \$15 per household for members of South Head community.

Events: Roadside Clean Up in September, Dabchick/bird count in April, planting days in winter, roadside weeding in spring.

Charity: Yes

■ South Kaipara Community Patrol

Contact: Community Constable Melissa Haven

Phone: 021 920 091

Email: Melissa.haven@police.govt.nz

Year Formed: 2008 approx

Age or Sector: Ages 18+ with current driver licence.

Purpose: To help police by being an extra set of eyes and ears when on patrol. The Community Patrol has a late model car equipped with orange flashing lights, safety equipment and hi-viz jackets.

Volunteers can patrol any time, night or day, that suits them, on a monthly roster.

Comments: New patrol members needed now. Training provided as required.

■ South Kaipara Men's Trust

Contact: Mike Bridgman

Phone: 027 800 8081

Email: sthkaiparamenstrust01@gmail.com

Web: skmt.org.nz

Year Formed: 2004

Age or Sector: All men & their families.

When Meet: Monday & Tuesday 9.30am to 4.30pm.

Where Meet: Men's Centre, 10 Awaroa Street, Helensville.

Purpose: The Men's Centre works to assist fathers to be leaders within their families. To achieve this we offer a 'listening ear' drop-in facility, we provide

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South Kaipara Men's Trust

Tama Tu Whanau Ora

Strengthening men and their families to help build better, safer communities.



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Community & Service Groups (cont)

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(and can assist with) professional referrals, and we provide various programmes.

Formal or Informal: Formal, elected Board of Trustees.

Fees/Subs: Free.

Charity: Yes

Comments: Our premises operate as a shared space, collaborating with fitness classes, and the SKYouth Trust.

■ St John Youth

• Helensville:

Contact: Carla Lang

Phone: 021 151 3667

Email: carla.lang@stjohn.org.nz

Year Formed: The Order of St John began in NZ in 1885, Helensville Youth Division formed 1988.

Membership: 42

When Meet: Mondays, 5.30pm to 7pm.

Where Meet: In the training room behind the St John ambulance station, Rata St, Helensville.

• Kaukapakapa:

Contact: Sheryl Pawley

Phone: 021 190 0591

Email: sheryl.pawley@stjohn.org.nz

Year Formed: Kaukapakapa Youth Division formed 2017.

Membership: 32

When Meet: Mondays, 5.30pm to 7pm.

Where Meet: Kaukapakapa Sports and Bowling Club, 1015 Kaipara Coast Highway.

• Both:

Age or Sector: 5 to 18 years.

Purpose: Development programmes for young people focus on first aid, health care, leadership and life skills, mixed with fun. They gain confidence and empathy, as well as knowledge and leadership skills. Some continue with St John when they become adults. Encouraging volunteering from a young age is an important ethos in St John Youth.

Formal or Informal: Overseen by Area Committee which holds formal meetings.

Fees/Subs: \$25 joining fee, \$25 per term. One-off uniform fee \$50.

Events: Competitions, festivals, leadership training, camping weekends, Anzac Parade, community events.

Charity: Yes

Comments: St John is run and staffed by people passionate about serving their communities and caring for fellow New Zealanders. Paid and volunteer members work side by side. They are driven by the desire to help their local communities by providing essential health-related services.

■ Te Poari o Kaipātiki ki Kaipara

Contact: Tamaki Mercer (chair)

Guy Wishart (deputy chair)

Email: tamaki.mercer@kaiparamoana.com
guy.wishart@aucklandcouncil.govt.nz

Purpose: A co-governance board with three members from Rodney Local Board and three members of the Kaipara Treaty Settlement entity Ngā Maunga Whakahii o Kaipara. Oversees the development, maintenance and management of Kaipātiki Reserve, Parakai.

Formal or informal: Formal.

When Meet: 10am to midday, first Monday monthly (if a public holiday the following Monday).

Where Meet: At Matthew's Church, Garfield Road.

Purpose: Learning & support for diabetes and arthritis.

Formal or informal: Informal

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Clubs & General Interest Groups

■ Diabetes & Arthritis Support Group

Contact: Shirley Elsdon, co-ordinator

Phone: 09 420 6501

Email: mindy2@xtra.co.nz

Year Formed: Diabetes 2008, arthritis 2018

Membership: 15-20 approx

Age or Sector: All ages

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Authorised by Marja Lubeck, Parliament Buildings, Wellington



Clubs & General Interest Groups

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Fees: \$4 attendance charge to cover hall hire.

Comments: We have speakers from various organisations, morning tea is supplied, and we have a trading table and raffle. We acknowledge birthdays, and have a fun socialising group.

■ Helensville Floral Art Club

Contact: Cushla Hawkes
Phone: 09 420 8905 or 021 258 8979
Email: cushanddez80@gmail.com
Year Formed: 1978

Membership: 16

When Meet: 10am, third Thursday of each month except January.

Where Meet: Masonic Hall, Kowhai Street, Helensville.

Purpose: To share in our fun, friendship and flowers.

Formal or informal: Monthly informal

Fees/Subs: \$40 per year.

Comments: New members welcome. We do a lot of community work, such as decorating churches for Helensville's 150th anniversary, and making wreaths for the RSA for Anzac Day each year. Can provide flowers for local weddings and funerals also. Members regularly enter in the A&P Show.

■ Helensville Knitting Group

Contact: Terry, 021 0838 7334; Glenys, 021 165 8188, or Pat, 09 420 7506

Email: glenysosborne@hotmail.com

Year Formed: 2015 approx

Membership: 15

When Meet: Wednesdays, 10am - midday

Where Meet: St John meeting room, Rata St.

Purpose: For all ages and skill levels. Associated with the 'Peggy Purl in your Community'. A friendly social group where members learn how to crochet and knit while supporting a good cause. Members make blankets, jumpers and beanies for children up to 10 years, and get advice and help on private projects. The knitted garments and blankets are given to local organisations to pass on to families and

children in the area who will benefit the most.

■ Kaipara Music Club

Contact: Pam Arden
Phone: 021 112 5280
Email: plarden375@gmail.com
Year Formed: 2000

Membership: Approx. 15

Age or Sector: Any age, mainly adult.

When Meet: Last Friday of the month, Feb to Nov, 12.30pm to 3.30pm.

Where Meet: St Matthews Church (room at rear of church).

Purpose: Aimed at people wishing to play any musical instrument in a fun environment. Music provided. Easy to play and easy listening. Friends and family welcome to join in and listen.

Hopefully people who don't have an outlet for playing can look forward to the group contact. Fun evening with supper after, from 7.30pm to 10.30pm approx.

Formal or Informal: Informal

Fees/Subs: \$2 per night.

Events: End of year pot luck dinner.

Occasionally members play together at other venues.

■ Mainly Music Parakai

Contact: Naomi Crawford

Phone: 027 457 8612

Email: naomi@ebenezer.co.nz

Year Formed: 2009

Membership: 35 families

Age or Sector: Families with children aged 0-5 years.

When Meet: Tuesdays during school term, 9.30am to 11.30am.

Where Meet: River Valley Baptist Church, 1 Fordyce Road, Parakai.

Purpose: A time to enjoy music, rhyme and movement with your child/ren for 30 minutes. These sessions are designed to help the children develop skills - co-ordination, fine motor movements, large motor movement and social interaction. The adults participate in the session, encouraging their children to enter into the actions and singing. After the session, morning tea is served to children, then

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Clubs & General Interest Groups (cont)

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children play while adults enjoy morning tea and relax time.

Formal or informal: Volunteers

Fees/Subs: Two free introductory sessions, then \$2 per family per visit.

Comments: The River Valley Toy Library opens at 11am on Tuesday mornings during school terms at the same premises. See River Valley Toy Library on Facebook

■ River Valley Country Music Club

Contact: Marion Scott

Phone: 09 420 8867

Year Formed: 1986

Membership: 80

Age or Sector: All ages.

When Meet: 1pm to 4pm, third Sunday of each month.

Where Meet: Helensville War Memorial Hall (Helensville Tennis Club rooms while Helensville Hall is undergoing work).

Formal or Informal: Formal committee.

Fees/Subs: Single senior citizen \$5, couple \$10. Single adult \$7, family \$12. Door entry \$5/\$6 non-member.

Events: Artists from clubs all over Auckland visit during the year, and we do bus trips to other clubs in the region. With four other clubs we take six-monthly turns hosting all the clubs for a very busy and enjoyable day.

■ River Valley Amateur Winemakers & Brewers Guild

Contact: Paul Byford

Email: rvawbg@gmail.com

Year Formed: 1985

Membership: 20-25

Age or Sector: Any age, mainly adult.

When Meet: 7.30pm, third Tuesday of the month except January.

Where Meet: Helensville Fire Station.

Purpose: Home-based brewing of wine, beer and spirits.

Formal or Informal: Formal committee.

Fees/Subs: \$20 per year.

Events: Monthly and annual competitions, brewery and winery tours, annual regional competition at Helensville A&P Show.

■ Rodney Beekeepers Club

Contact: Ian Harris

Phone: 09 427 8157 or 021 910 724

Email: ian_harris@sapienter.co.nz

Web: www.rodneybeekeepersclub.co.nz

Year Formed: 2014

Membership: 70

Age or Sector: All ages.

When Meet: 7.30pm, first Wednesday of each month.

Where Meet: St Matthew's Church lounge, Garfield Road, Helensville.

Purpose: To learn more about bees and become better bee keepers. To develop friendships, foster relationships between

hobbyist and commercial beekeepers, and to encourage horticulturists and those with relevant interests to join.

Formal or Informal: Formal committee.

Fees/Subs: \$40 per year family membership.

Events: The club has six hives and holds field days for training purposes.

Comments: More information online.

■ South Kaipara U3A

Contact: Gloria Middleditch

Phone: 09 420 3007 or 021 165 8428

Email: jandgmiddleditch@outlook.com

Year Formed: 2019

Membership: 50+

Age or Sector: Age 60+.

When Meet: First Tuesday each month from 10am to midday.

Where Meet: Catholic Church Hall, Kowhai Street, Helensville.

Purpose: Part of a wider international organisation of retired and semi-retired people who enjoy learning by sharing skills and knowledge. A general monthly meeting includes a speaker from outside U3A.

Current interest groups include: Book Club, Food and Wine, Mah Jong, Gardening, Critical Thinking, Shared Reading, NZ History, Out 'n' About, Needles and Stitches, and TED Talks. Occasional outings to a range of destinations.

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Clubs & General Interest Groups (cont)

Formal or Informal: Elected committee.
Fees/Subs: \$20 annually.

■ Waitoki Craft Group

Contact: Sharon Dooney or Lisa Clapperton
Phone: 09 420 3342 or 09 420 5455

Email: sharon@jumbuck.co.nz

Year Formed: 2005 approx

Membership: 20

Age or Sector: All ages.

When Meet: 7pm to 9pm every second Thursday.

Where Meet: Waitoki Hall.

Purpose: For people wanting to do any sort of craft, with an emphasis on spinning fibres such as wool, alpaca and silk.

Formal or Informal: Informal.

Fees/Subs: \$2 per evening.

Events: Classes during the year, semi-regular demos at the Waitoki market.

Sports & Fitness Clubs/Groups

■ Fitfam Keep Fit Classes

Contact: Tanya Corric or Heena King

Phone: 022 049 1981

Email: taniacorric6@gmail.com

Year formed: 2013

Membership: 40+.

Age or Sector: All ages.

When Meet: Monday to Saturday at various times.

Where Meet: 22 Commercial Road, Helensville.

Purpose: In the heart of Helensville, we are a local run health and fitness group. Our emphasis is on maintaining a healthy, active lifestyle that allows ourselves and our whanau to benefit into the future. We run a variety of classes throughout the week in the early morning, late morning, and afternoon/evenings. We cater to all fitness abilities and aim to make your time with the Fitfam as enjoyable as possible

under safe watch and guidance from our coaches.

Events: We do activities outside the gym as well like quiz nights, Tough Guy & Gal challenges, and group activities.

■ Fitness League NZ Inc

Contact: Christine Mowat

Phone: 021 260 2190

Email: r.cmowat@slingshot.co.nz

Web: www.thefitnessleague.org.nz

Year Formed: 1937 (NZ)

Membership: 25+

When Meet: Friday mornings, 10am.

Where Meet: Various

Purpose: Flexercise low impact exercise to music incorporating balance and flexibility - move, dance, enjoy.

Fees/Subs: First class free.

■ Green Prescription

Contact: Ruth

Phone: 021 022 7748

Membership: 20+

When Meet: Monday, Wednesday, and Friday, 9am to 10am, all year except public holidays.

Where Meet: Parakai Springs Hot Pools (outdoor pool).

Purpose: Low impact exercises to improve your health. Green Prescription, with or without Aqua Aerobics.

Fees/Subs: \$2 per class, \$7 pool entry for non-members.

Comments: Classes have run for 18 years.

■ Helensville Athletics Club

Contact: Nicola Collinge

Phone: 021 215 3093

Email: helensvilleathleticclub@gmail.com

Membership: 80

Age or Sector: Pre-school to 13 years.

When Meet: Wednesday evenings, October to March.

Where Meet: Rautawhiri Park.

Purpose: To provide a base athletic skill level in track and field to support school sports and competitive club sport. Also a fun introduction for pre-schoolers encompassing Athletics New Zealand's Run, Jump Throw and Get Set Go programmes.

Formal or Informal: Formal committee.

Fees/Subs: Varies according to age.

Events: Club ribbon days.

Comments: Affiliated to Athletics NZ so children can compete in inter-club events if they wish.

■ Helensville Bowling Club

Contact: Kelly Clark

Phone: Clubrooms: 09 420 8316

Email: helensvillebowls@gmail.com

Year Formed: 1912

Membership: 50+

Age or Sector: 14 years and over.

When Meet: Wednesdays & Saturdays.

Where Meet: Clubrooms, 38 Awaroa Road, Helensville.

Purpose: To encourage people to join and enjoy the game of bowls and the camaraderie of members.

Formal or Informal: Elected executive.

Fees/Subs: \$160 full; \$50 first year; \$80 second year; \$80 max collegiate; \$80 associate; \$30 social.

Events: Legends Open Triples, Womens Classic Fours, Terry Cullen Memorial, Ed



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Sports & Fitness Clubs/Groups (cont)

• From page 10

Reyland Open Triples, Easter Mixed Pairs, Ross McMurdo Mens Fours, Hamilton Wilson Open Triples.

■ Helensville Golf Club

Contact: Sandy March
Phone: 09 420 5454 or 0800 420 545
Email: manager@helensvillegolf.co.nz
Web: www.helensvillegolf.co.nz
Year Formed: 1948
Membership: 580
Age or Sector: 5 to 95 years.
When Meet: Daily.
Purpose: To provide golfing facilities of the best standard possible to all members of the community, by providing a range of course layouts for each individual's needs.
Formal or Informal: Formal, elected committee meets monthly. Registered as an incorporated society.
Fees/Subs: Depends on age and playing requirements, varies from \$180pa for under 13 year olds, through to \$1445pa for full playing adults. Adults can also have cheaper subs for midweek or pay-to-play.
Events: Monthly Open Tournament on the first Thursday of each month which members of any club may enter. During daylight saving we hold a twilight golf evening every Friday evening for all players, even if not a club member. Bar and café, both open to the public.

■ Helensville Pony Club

Contact: Rowena Bowman (secretary)
Email: helensvillepony@gmail.com
Web: www.sporty.co.nz/helensvillepc
Membership: 20
Age Sector: 5 to 25 years.
When Meet: Wednesday evening 5:30pm - 7pm during daylight saving months.
Where Meet: Helensville Showgrounds.
Purpose: Helensville Pony Club aims to provide quality coaching, certificates, friends, a supportive riding community, competitions, and training opportunities to suit all riders no matter where you fit in the spectrum of the equine riding environment. An adult ride caters to older riders of all abilities during summer months.
Formal or Informal: Formal committee

structure.

Fees/Subs: \$195 per riding member, incl accompanying adult.
Events: We hold a range of competitions throughout the season which starts with the first rally at the end of September and goes through to April. Regular ribbon and showjumping days throughout the season.

■ Helensville Rugby Club

Contact: Louise Nasmith
Phone: 021 303 077
Email: secretary.hdrfc@gmail.com
Web: www.helensvillerrugby.co.nz
Year Formed: 1970
Membership: 250
Age or Sector: All ages.
Where Meet: Helensville Rugby Club, Rautawhiri Park.
Purpose: Passionate about making rugby accessible for the local community to be involved in, our club provides a safe and friendly environment for all. We offer boys and girls rippa and tackle rugby for juniors from ages 5-13 years, as well as senior teams.
Formal or Informal: Formal committee.
Comments: See website and Facebook.

■ Helensville Tennis Club

Contact: Annette Hemeheema
Phone: 021 622 447
Email: helensvilletennis@gmail.com
Year Formed: 1914
Membership: 102
Age or Sector: All ages.
When meet: Juniors: Tuesday, Wednesday; Seniors: Thursday, Sunday.
Where meet: Helensville Tennis Club, Rautawhiri Park.
Purpose: To be a friendly community tennis club offering a quality range of opportunities and to provide a sports facility to enhance the health and well being of the Helensville and district's community.
Formal or informal: Formal.
Fees/Subs: Senior \$250; Junior 11-17 years \$80; Junior 4-10 years \$40.
Events: Business House Mixed Doubles, Club Champs, Interclub, Lou Keefe Tournament, Club nights senior & junior, coaching.

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HELENSVILLE NEWS - PUBLICATION INFORMATION

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ISSUE DUE OUT TUESDAY, JULY 4th 2022

■ Editorial Enquiries, Letters to the Editor, and Advertising:

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■ Free Subscriptions to Online Edition:

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- **Editorial:** Ph 021 178 5568.
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Sports & Fitness Clubs/Groups (cont)

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■ Kaipara Netball Centre

Contact: Narelle Parker (president)
Phone: 021 245 5965
Email: narelle.parker@crowntech.co.nz
Age or Sector: all ages, separate junior (under 12) and senior classes.
When Meet: Monthly committee meetings.
Where Meet: Kaipara Netball Centre, Rautawhiri Park, Helensville. Juniors play each Saturday, seniors on Wednesday evenings.
Purpose: To organise netball games at junior and senior levels.
Formal or informal: Formal, elected committee.
Fees/Subs: Please check.
Events: Annual prize giving.
Comments: Juniors play a 14-week season. We also have a play development programme.

■ Kaipara Touch

Contact: Louise Nasmith
Phone: 021 303 077
Email: kaipara.touch@gmail.com
Membership: 700
Age or Sector: All ages.
When Meet: Friday afternoon/evening games.
Where Meet: Helensville Rugby Club, Rautawhiri Park.
Purpose: Touch rugby is fun and great for fitness. School teams are organised directly by local schools and make up the junior module with games on Friday afternoons, followed by social senior touch.
Formal or Informal: Informal.
Comments: More information available online at: www.sporty.co.nz/kaiparajnrntouch

■ Kaukapakapa Pony Club

Contact: Kim Batley (president)
Phone: 021 475 154
Email: kaukapakapaponyclub@gmail.com
Web: kaukapakapaponyclub.weebly.com
Year Formed: 1970
Membership: 20 under 25 riders, plus 23 adult riders, both sectors growing fast.
Age or Sector: All ages.
When Meet: Junior rallies meet on Tuesdays 5.30pm to 7.30pm from early

September to end of March. The adult ride meets on Mondays from 6pm to 7.30pm.
Where Meet: Kaukapakapa Pony Club, Henley Road, Kaukapakapa.
Purpose: For young and old who have a passion for learning, riding & horsemanship skills, competing on their horses, socialising, and having fun with like-minded people. There is a 10-week course at the start of the season for children that don't have a pony or horse but want to learn horsemanship.
Formal or Informal: Formal structure with an elected committee and monthly meetings. Incorporated society.
Fees/Subs: \$250 per rider, includes NZ Pony Club Association levy and a key to the grounds for the season.
Adult Riders - \$120 includes key to the grounds and use of club equipment.
Events: Three ribbon days at Labour Day, Waitangi Day and Anzac Day. Practise Cross Country and Show Jumping days, inter-club Show Jumping events and many other events.
Comments: Members get a key to the grounds which can be used anytime during the season an event is not being held. The grounds are available for outside groups.

■ Matsubayashi Ryu Karate

Contact: Tim Herlihy
Phone: 021 254 4272
Email: timgodan@gmail.com
Year Formed: Teaching karate in Helensville since 1995.
Membership: 10-20 members
Age or Sector: 8 to 80 years.
When Meet: Monday & Thursday evenings.
Where Meet: Helensville War Memorial Hall, Commercial Rd, and Wainui Hall.
Purpose: Development of karate techniques to promote balance, coordination, self defence, and self esteem.
Fees/Subs: Junior membership \$60 per school term. College age \$30 per month. Adult members \$45 per month.
Events: Regular interclub training, seminars and overseas tuition.
Comments: I am a 6th Dan black belt registered with the WMKA (World Matsubayashi Ryu Karate Assn) Okinawa, Japan. Dojo (club) licensed instructor, endorsed to officially represent this specific karate style in the Helensville area.

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