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Issue 275, April 2024

Adesanya plays with local tag kids



• Israel Adesayna playing Tag Rugby with the Rangers team

A unexpected visit by international UFC superstar Israel Adesanya turned the Waitakere Rangers Tag Team under-10s prize-giving ceremony at Rautawhiri Park into an extra special event for the young players and their families.

The team is made up of players from Helensville, Parakai, Woodhill, and Waioneke and has been coached by Helensville's Shannan Foreman for the last three years.

Adesanya, normally known for his achievements in the UFC's octagonal mixed martial arts fight arena, easily adapted to the grassroots charm of the Helensville park to connect with the young tag rugby team. A former two-time UFC middleweight champion, Adesanya's visit went beyond expectations. He didn't just hand out the lolly leis and pose for a quick photo, but stayed for a question and answer session, answering every query the children threw his way with many of them excited to learn how he had achieved his success.

The team members were then thrilled when Adesanya, who calls himself The Last Stylebender, suggested a sprint race.

They lined up and prepped to run with everything they had but Adesanya, sprinting with all his might alongside the group of local children, kept his UFC legacy intact and won. - Photo: Aisling O'Brien Photography

He then challenged the children to a game of tag, which had everyone in fits of laughter.

Once the game was over the children queued for autographs, with Adesanya signing everything from boxing gloves and rugby shirts to caps and well-worn pairs of crocs.

The Waitakere Rangers Tag Team is no stranger to hard work and remains undefeated in its New Zealand tag tournaments.

Tag rugby is a relatively recent sport in the New Zealand, a fast-paced contact-free game based around the rules of rugby league and designed to

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editorial

I've had an overwhelmingly positive reception to the new format *Helensville News*, with everyone - readers and advertisers alike - loving it being in full colour. Only one person said they preferred the former smaller A4 size, but they also agreed being printed in colour is a big improvement.

Taking advantage of that, we're bringing you another bunch of photographs from the recent Helensville Show (see pages 8 and 9). It's so great to be able to print photos in both colour, and at a decent size now.

As the Show's 'official' photographer (meaning I got roped into the role 22 years ago and will no doubt be 'it' until I drop dead!) I get to see more of the Show than most people - certainly far more than most of the roughly 100 other volunteers who keep the event running smoothly on the day. Yet every year I'm surprised when someone asks me "did you see such and such" and I realise, no, I missed that. I guess it just shows how much there is to see and do at the Helensville Show when the person tasked with recording the whole event can't cover everything.

For the first time, we are running some of the results from the Helensville Show. With hundreds of classes we obviously can't print every first, second or third prize winner, but we are listing all the champions in the Indoor sections - see page 12. If there's room, we'll print the Livestock and Equestrian results next issue.

And you can't say we don't bring you variety - this issue our articles range from fishing, theatre, and rugby to tag, war history, and Anzac Day... and lots more as well.

Enjoy!

- Dave Addison, Editor dave@helensvillenews.co.nz

Good haul at fishing contest

The Kaipara Cruising & Sportfishing Club's annual fishing competition drew about 120 participants, who hauled in some good catches of snapper, kahawai, gurnard, kingfish and trevally despite gusty conditions making the fishing hard work.

With a prize pool of around \$15,000, the Kaipara Harbour event was a welcome return after being cancelled last year due to Cyclone Gabrielle.

Kaipara Cruising & Sportfishing Club is planning some alterations on its Mill Road premises, such as new windows, decking, and slipway.

Class winners were:

local

Snapper: 1st Nga, 7.720kg; 2nd John, 7.675kg; 3rd Michelle, 6.845kg (winner of heaviest club member snapper). Mystery Weight Snapper: Tia.

Kingfish: 1st Puna, 6.625kg; 2nd Austin, 5.255kg.

Gurnard: 1st Kim, 0.925kg; 2nd David, 0.785kg; 3rd Tyrone, 0.385kg).

Kahawai: 1st Benson, 2.430kg; 2nd Keiran, 2.375kg; 3rd Gregg, 2.110kg.

Trevally: 1st Mark, 1.795kg; 2nd Mason, 1.475kg; 3rd Beau, 1.400kg.

The Kaipara Charters package was won by Witai Povey, and the Maxxon Inflatable and Outboard package by Joseph.

Major event sponsors were Burnsco Westgate, Water FX, Bob Hicks Earthmoving, Kaipara Charters, Megan & Chris, Next Level Earthworks, Kaipara Cruises, Kerry King, and Snapper Fishing Charters.



• This is Puna, who won the Kingfish class with a 6.6kg catch

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Adesanya plays tag cont



Israel Adesayna poses with the Waitakere Rangers at Rautawhiri Park

Photo: Aisling O'Brien Photography

From Page 1

introduce players into a team sport environment.

Suitable for all ages, genders, sizes, and skill levels, it aims to develops core skills in a safe environment. Without the contact, players can gain confidence in ball carrying, passing, catching, running, stepping and kicking.

In the second weekend in March the Waitakere Rangers took part in the three-day Junior Oceania Cup tournament at Bruce Pulman Park in Takanini.

The Oceania Cup was created in 2017 to give players an opportunity to represent their heritage and culture at a major international tag event. True to form, the Rangers won all six of their

invitational games.

Rural mental health issues discussed

Around 65 locals turned out to listen to Rural Support Trust ambassador Matt Chisholm talk about his struggles with mental health and quiz a panel of local farmers about their own situations.

The evening on March 15 was part of the Trust's Time Out Tour nationwide series of events.

Matt, a South Island farmer, former journalist, presenter of television's Survivor NZ, and a current television director and producer, was joined by Nicky Berger, who farms with her husband at Makarau, and Helensville farmer Scott McKenzie.

Matt questioned them about how stress, anxiety, and depression have affected their lives, and what processes they have put in place to overcome those problems.

The trio also talked about how local rural people can help support others in their community who may be facing similar issues.

While the subject was an undeniably serious one, and one that has affected many people in the rural sector in recent years especially in light of recent weather events, Matt lightened the evening with plenty of humorous asides and remarks.

The event, in the Helensville Showgrounds

building, started with a dinner created by Helensville business Millie's Kitchen. The panel then talked for a bit over an hour before Matt rounded out the evening with a potted history of his own life and issues, followed by a question and answer session.



 Matt Chisholm (left) with rural panelists Nicky Berger and Scott McKenzie



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'Bitches Box' show coming to South Head

The hugely popular 'Bitches Box' comedy show will play in Helensville at a venue to be confirmed on Tuesday, April 9.

It's the fourth version of the show by comic actresses Emma Newborn and Amelia Dunbar which was first performed in 2012.

Bitches Box Episode Four presents life on a New Zealand farm through the eyes of hilarious dogs, and the current version of the show, being presented by Farmstrong in association with the Ministry for Primary Industries and the Rural Support Trust, goes back to the original show's roots.

It's set on a high country station on a day when the sheep are being mustered off the back blocks, and chaos ensues.

"All of our shows are presented from the dogs' perspective and are a deep dive into the different characters we find in our canine friends," says Amelia.

"This latest show is a return to the farm where we revisit some of our earlier characters and meet some new ones, including a couple of sheep with their own unique take of life on the farm.

"It's an entirely new show but with a familiar format for those who have seen us before - multicharacter, fast paced, slap-yourthigh comedy."

Tickets cost \$15pp which includes a barbeque hamburger before the show, and are available online at: trybooking.com/nz/REZ. People will be able to buy a nonalcoholic drink on the night.

The show has been described as "world famous in rural New Zealand" - but it certainly hasn't been restricted to those locations, having been performed at festivals around the country as well as overseas, including the prestigious Edinburgh Fringe Festival (where it featured on the front page of London's The Times newspaper) and Melbourne Fringe.

Self-described country bumpkin Amelia and 'city slicker' Emma were thrown together in 2012 as strangers at an artist collective. They were given two weeks to create a 10 minute performance, so they decided to jump around on stage as 'dogs on heat'.

Over the following 10 years

they developed two follow-ons from The Bitches' Box - 'Sons Of A Bitch' and 'Life's A Bitch' and all three have received glowing reviews across New Zealand, Australia, and the UK.

The pair have held shows in wool sheds, helicopter hangars, and Scottish castles, as well as festival stages.

"Born out of a desire to provide rural audiences a chance to have a truly unique night out with their neighbours. Put simply, it is a superb night of theatre," was the Theatre Scenes review following performances at the Auckland Fringe Festival.

"The energy between Amelia and Emma is extraordinary. The piece is full of the choreographed movement and quick-fire line delivery that one loves to see in a double-act," said an Edinburgh Fringe review.

The current Farmstrongsupported series of shows is aimed at supporting farmers, growers and rural people to connect with each other and build back from severe weather and other challenges.



Amelia Dunbar (left) and Emma Newborn



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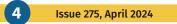


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College rugby off to Japan

Senior boys' and girls' rugby teams from Kaipara College will tour Japan for nine days in September.

They will visit Tokyo and Kyoto, with both the boys' and girls' teams each playing three games against asyet unknown opponents.

In total 35 students - 23 boys and 12 girls - will make the trip, accompanied by eight adults including teachers Israil Foreman and Mako Wilson. A senior boys' team will be made up of years 11 to 13 (ages 15 to 18) students while the senior girls' team will be years 10 to 13 (ages 14 to 18).

Students and parents were surveyed with the options of touring either Europe, Japan, or Australia. Europe was eliminated due to high cost.

"It was a close call between Japan and Australia with Japan winning out due to the more unique cultural experience, along with the popularity and interest of rugby increasing in Japan," says college First XV coach Craig Mowat.

The children will be doing a lot more than just training and playing rugby while in Japan.

The day they arrive they will have a city tour en route to their accommodation, including driving past the Imperial Palace and the National Diet (parliament) building.

Also while in Tokyo the plans are for a sumo wrestling demonstration and experience, visiting the Ginza shopping precinct, touring Ajinomoto Stadium, and a one-day visit to Disneyland.

The teams will then take the 285km/h bullet train to Kyoto where they will spend two nights, with plans to include a Taiko drum experence and sightseeing to take in the Arashiyama Bamboo Grove, Kinkaku-Ji Temple of the Golden Pavilion, Nijo Castle, and the Gion geisha district.

After another bullet train ride back to Tokyo, there will be visits to Sensō-ji Asakusa Kannon Temple, Nakamise Street, and the 350m high Tokyo Skytree observation deck, which is the tallest tower in the world and the third tallest structure.

As with all such school trips, fundraising is a major focus.

Fundraising activities already organised include chopping and selling firewood, picking up hay, golf days, quiz nights and movie nights, and handling the gate entries and parking for the Helensville Show.

The students are now in the process of selling the firewood, which costs \$350 for a trailer load of hot mix (pine and gum) delivered and stacked by the college rugby players. Anyone interested in buyng the wood should phone Swanny on 021 410 062.

Another golf day and a quiz night are being planned, and the school would be keen to hear from readers about any other fundraising opportunities.

Naming sponsorship of team apparel and tour gear is also now being sought to help raise money for the

trip. Any local business interested in having their name on the player's gear should contact Israil Foreman, phone 021 360 877 or email: iforeman@kaipara.school.nz.



Kaipara senior boys' rugby in action

- Photo: Jay.P

Library reopens soon

Helensville Library and Service Centre has been given a date - Friday, April 26 - for its reopening.

That date is subject to the completion of the building work, which has gone on for months longer than initially expected.

Remedial work on the War Memorial Hall building to deal with water-tightness, earthquake protection, and fire safety improvements started in September 2022, and was originally slated to take just six months, rather than the 20 months it has actually taken.

"We want to thank the community for their support and care during the building work, especially during this final phase while we were unable to open to the public," says Anne Coppell, Senior Librarian - Children & Youth.

"We are looking forward to having you in the space again."

The public spaces won't look any different from how they were when the library and service centre closed in October. Rather, the remedial work has involved staff space, the entrance to and from the carpark, and the fire exit from the back courtyard.

Any changes to opening hours or availability will be notified on Facebook.

In the meantime, regular events and programmes continue.

Kids Time, for under-6s and their grown-ups, is on Wednesdays from 10am to 10.30am, with content varying depending on the day's audience.

Crafternoons are on Thursday from 3.30pm to 4.30pm, with adult and children's sessions run concurrently. Children's crafts are aimed at under-10s, who must have someone over 14 with them. April's theme is all about treasures under the sea.



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Kai Learn - South Kaipara Good Food's educational programme

South Kaipara Good Food (SKGF) is sowing the seeds of knowledge through its Kai Learn educational programme.

It's a broad programme that's more than just cooking classes. It aims to enrich our community's understanding of food through making wise choices, sustainably cultivating what we eat, reducing our waste, making the most of what we have - plus any other topics that may come up.

Kai Learn recently ran a successful four-week evening course at Kaipara College titled 'Learn to be a Food Budgeting Pro'. It was open to everyone in the community with Kaipara College providing one of their learning spaces and access to the teaching kitchen.

Ten local women learned how to set a realistic food budget, along with meal planning; smarter shopping tips; the value of reading food labels; how to use leftovers; cheap versus healthy food choices; hiding vegetables in a meal; how to make meals go further; and waste reduction.

There were practical exercises to stimulate discussion and reinforce concepts. Participants tracked their food spending for a week - "there were a few reality bites!" says Kai Learn co-ordinator Libby May. Everyone was encouraged to share their own experiences, recipes, tips and tricks.

The course feedback was overwhelmingly positive says Libby. Attendees found the information easy to understand and appreciated that it was adapted each week to suit their needs. They all liked that there was a lot of sharing going on, and everyone's input was valued in the informal class environment.

Comments included:

"Taking part in the 'Learn to be a Food Budgeting Pro' course has been a game-changer. Learning about food planning and reading labels has changed the way I approach grocery shopping."

"One of the highlights for me was discovering the

value of a plant-based diet, not just for my health but on my wallet too."

"It felt like learning with friends, and I left each session feeling inspired."

"I particularly enjoyed learning about basic products and creating wholesome, healthy meals. The practical tips on how to bulk out meals, using leftovers and easy, tasty recipes.'

"I feel more confident in my cooking abilities and more aware of my budget and shopping habits."

"Learning hands-on with awesome people and their experiences has given me great confidence, and the new knowledge is fantastic."

Learn to be a Food Budgeting Pro will be run again at the end of May so more locals can take advantage of the course.

SKGF's goal is to build a nourished, safer community in the South Kaipara area. It supports anyone in our community experiencing hardship by providing well-being programmes and working alongside other agencies in the region to ensure support is available to those that need it.

When combined with SKGF's other well-being programmes - Kai Grow, Kai Assist, and Kai Rescue -Kai Learn helps tackle issues associated with food insecurity.

Since 2021 SKGF has:

- Packed and provided 21,548 Kai Packs which fed 6,603 locals;
- Planted community and school gardens from Muriwai to Kaukapakapa:
- Recovered almost 250 tonnes of food rescue via the New Zealand Food Network and other organisations and producers;
- · Hosted education classes at the Kai Hub and local schools.

Visit https://skgf.org.nz/events for information on more upcoming events.



• Libby May (centre), Kai Learn Coordinator at South Kaipara Good Food, with some of the women who attended the Learn to be a Food Budgeting Pro class



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RSA looking to reopen soon

Auckland Council contractors have told the Kaipara Memorial RSA that work on the its clubrooms should be finished by Friday, April 12 at the latest - which KMRSA President Rex Keane says is "perilously close" to ANZAC Day,

bearing in mind the amount of work needed to be done to make the clubrooms operational again.

A ground lease for a deck to be built in front of the clubrooms has been approved by Rodney Local Board, so that can now be built.

"It will be a great asset for the RSA and the Helensville streetscape next summer," adds Rex.

Rex says the RSA members are looking

forward to getting their clubrooms back after a 16 month closure. New members can join at a special price of \$30, which includes Associate and Ex-Service m e m b e r s h i p s; e m a i l:

itest - which KMRSA Rex Keane says is A lose" to ANZAC Day, mind the ork needed o make the operational



ASSOCIATION

kaipararsa@xtra.co.nz to request a membership form.

Poppy Appeal

This year's KMRSA Poppy Appeal will be held on Friday, April

> 19, with volunteers out in force. Poppy boxes will also be available at retail stores in Helensville, Parakai and Kaukapakapa from

early April. As well as cash donations there will be a QR code to enable people to make an early donation using a smart phone; a tax receipt can also be requested for your tax return donations using the QR code.

All donations go to the KMRSA Welfare Fund.

Anyone able to help as a volunteer with the Poppy Appeal on April 19 should contact Steve Wilson on 021 494 945, or email: kaipararsa@xtra.co.nz

Anzac Day Services

The Kaipara Memorial RSA will hold the following services on Anzac Day, Thursday, April 25:

- Dawn Parade at Kaipātiki Reserve, Parakai, with fall-in at 5.50am and parade start at 6am. Wreaths will be laid;
- Helensville Services Cemetery, 6.45am start;
- Anzac Day breakfast 8am in the KMRSA rooms (venue tbc);
- Kaukapakapa Cenotaph Service, 10am.

Due to uncertainty about the completion of work on the War Memorial Hall, there will no Anzac service at the Helensville War Memorial Cenotaph this year.

Any organisation or club that wants to lay a wreath at either Parakai or Kaukapakapa should email: kaipararsa@xtra.co.nz or text Rex Keane on 027 293 2768 with the organisation, the name of the person laying the wreath, and at which service. Wreaths made by the Helensville Floral Art Club are available for \$50 each and can be ordered through the KMRSA.

Anzac Day - remembering Helensville and WWII

With Anzac Day almost upon us, Helensville Museum looks at how the local community helped with the war effort:

On September 2, 1939 while Helensville was still reeling from the news that war had been declared on Germany, Mr A. H. Brackebush (chairman of the Helensville Town Board) and local Kaipara women met to form the Helensville District Women's Auxiliary.

Founding members included Mrs Brackebush, Mrs Lil Lambert, Mrs Lambert Jr (wife of the Town Clerk), Violet Vercoe, Alice Atford, and Flora Simcock.

Along with them, local female school children enrolled as a voluntary worker's band - giving up time each week for activities that helped support the war effort. Those included knitting, doing odd jobs, running raffles, and holding cake stalls to raise funds.

Knitting wearable items was most in demand by troops. An extract from the Kaipara & Waitemata Echo in August 1940 reads: 'At a meeting of the Women's Auxiliary on 5 August 1940 Mrs Violet Vercoe as the convenor of the knitting circle reported that a total of 940 articles had been knitted, the majority of which had been distributed to members of the forces.'

As a wool convenor, Violet received parcels of wool in skeins of khaki and airforce blue. Women of Helensville and the surrounding districts knitted scarves, gloves, mittens, and socks ready to dispatch to Auckland before being parceled up to send overseas.

By the end of the war they had posted off 3292 parcels of food and knitted more than 5000 garments as part of the war effort.

Men leaving the Helensville area for deployment overseas were also provided with a small parcel from the Women's Auxiliary. This may have contained a hussif (or hussy) - everything a soldier would need to repair his clothing without his wife or mother around.

Some fundraising efforts in the way of dances, socials, or concerts took place. The Lyric Theatre (now called the Regent), the Star Theatre, and the A&P Show hall (then on Mill Road) provided their share of laughter and fun for the locals left behind.

While May 8, 1945 brought relief to the citizens of Helensville with the end of the war in Europe, hostilities still raged on in the Pacific.

To most, rejoicing was far more in order on August 15, 1945 when locals listened to the British Prime Minister's broadcast at 11am announcing the surrender of the Japanese.

Schools and shops were closed, people gathered on Commercial and Garfield Roads, with tears, cheers, handshakes, dancing, and laughter shared between the locals, friends, and strangers alike.





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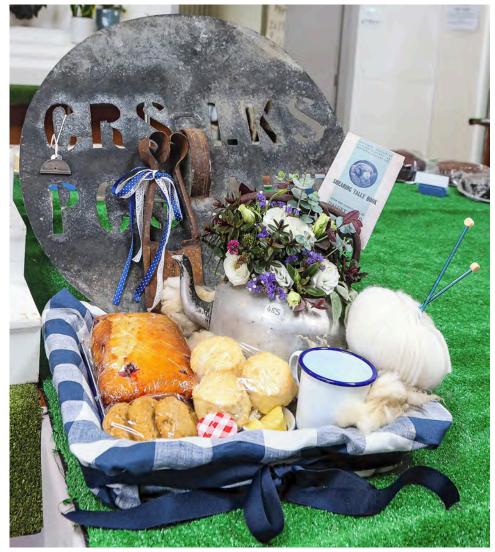


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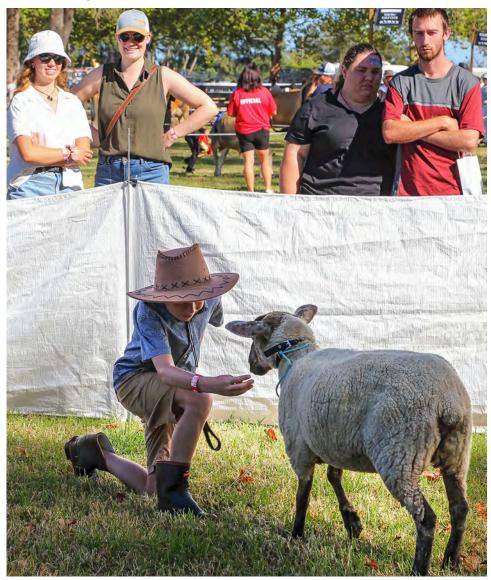
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Helensville Show

Here are some more photos from the 2024 Helensville Show, showing the range of attractions and activities on offer. The next Show is on February 22, 2025.



- Above: The winning entry in the Shearers' Smoko competition, by Chantel Coy
- Below: Some pet lambs came when called, some didn't...





• Above: Spinning Teacups, just one of the popular rides in the Carnival area

• Below: Kaipara College Tū Rangatira Whānau students perform a whakatau at the Show





• Above: Mrs Pig and piglets were a crowd-pleaser

• Below: It wouldn't be an agricultural show without tractors and farm machinery on show







Above: Children of all ages (and adults too) enjoy the tugs of war



• Above: With 'Wool' as the Show's theme, the rare sheep breeds drew admirers



• Above: The Indoor section is full of treasures like this Humpty Dumpty decorated egg



• Above: Dairy cattle, beef cattle, calf club - there were bovines of all shapes and sizes



• Below: Miriam Kubitza and her race winning foxie, Betty



• Below: Highland Dancing is a popular Show regular...



• Below: As is the Butch Family Pet Dog competition





APAK sees whole community involved in arts

The Kaipara College based Academy of Performing Arts Kaipara (APAK) is up and running, taking baby steps as it seeks to grow into an all-encompassing performance hub for the whole community.

The vision is that everyone from primary students



through to adults receives an equal opportunity to explore a wide range of performing arts.

Led by co-directors Nick Roberts and Steve Lunt, APAK has already begun its first eight-week Performing Arts School, open to any years 6 to 10 students in the South Kaipara area to learn drama, dance, music, and film making.

Band Factory, which has run for a number of years but is now also under the APAK umbrella, is currently preparing students for the upcoming SmokeFree RockQuest and PlayItStrange competitions.

There will be an acoustic 'open mic' night open to all ages held at The Everything Shop at the Mill Road Helensvile Zero Waste centre on Thursday, April 4.

The next Kaipara College production, My Koru the Star, is also under the APAK banner and will be performed at the school from Tuesday, June 11 to Thursday 13. It will be an original play with music, based on the award winning children's book How my Koro Became a Star by Helensville author and current deputy principal at the college, Brianne Te Paa.

Nick says that with APAK, Kaipara College is making a commitment to creating a performing arts hub for all ages and all disciplines.

He says the responses they have received show it's something local adults want to be involved with, and eventually Nick wants it to lead to things such as the formation of a repertory theatre, choir, or even something like Band Factory for older locals. Circus training, hip hop, an orchestra, ballet, even visual arts - the potential is vast.

There has also been strong interest from people wanting to learn about the production side of the performing arts as well, things like filming, lighting, and sound.

"There is a need for more local performing arts," says Steve, who is the college's head of department for performing arts.

He says the range of offerings locally died down

with Covid and has yet to bounce back, and parents are having to travel out of the area to find activities their children want to do.

Nick says they are looking to arrange group trips to performances such as the Auckland Philharmonia, with APAK helping out with booking and transport.

"We're lucky our principal is very supportive of the arts and the benefits to our school," he says, adding that the college is an "amazing resource" with its hall, rooms, and contacts, which make it an ideal hub for people to find information on the arts.

Anyone interested in finding out more about APAK can email Nick or Steve at: apak@kaipara.school.nz.

Pony Club ribbon day

Helensville Pony Club will hold a Novice Ribbon Day at the Helensville Showgrounds on Saturday, April 6, starting at 10am. There will be 22 classes in the Lead Rein/First Ridden age group (10ys and under), 31 for Novice 12 years and under and 13-17 year olds (competing in the same ring), plus 17 classes for those aged 18 and over.

Village market

The next Village Market will be held at the Helensville Showgrounds on Sunday, April 21 from 8.30am to 1pm.

Live music will be provided by Mike Lea and there will be free face painting for children. Stalls will include local art, crafts and gifts, natural health products, preserves, fruit and vegetables, used bargains and books. There will be food from the market café plus coffee, tea, and the Lions sausage sizzle.

No dogs please except for assistance dogs. A gold coin donation is asked for parking, with proceeds to the Helensville/Kaukapakapa scouts and St John youth.

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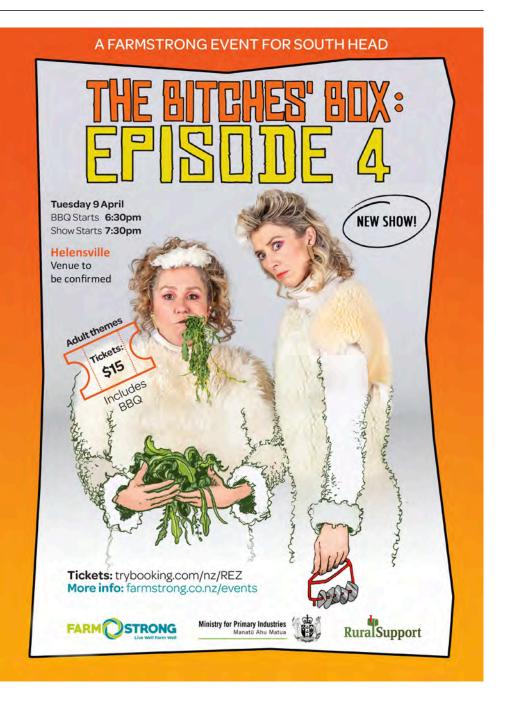
4 Rautawhiri Road, Helensville Two upstairs and two downstairs bedrooms make this spacious four bedroom, single bathroom character home ideal for family living. There is plenty of privacy here too since the house is set down off the road. \$899,000

www.harcourts.co.nz/HE7724 Nicky Horsbrough | 027 288 0113 **230 Taupaki Road, Taupaki** Beautiful gardens, privacy and a fresh air living style are all on offer at this low maintenance property which comes with a single-level three bedroom brick and tile home built in 2003. It's a sure bet!

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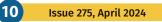




www.helensville.harcourts.co.nz

These are four attractive fully selfcontained north-facing one-bedroom units. It's a prime opportunity for a smart investor and offers options to purchase all four units, or any combination of units in the entire block. \$1,550,000 www.harcourts.co.nz/HE7527 Nicky Horsbrough | 027 288 0113

f facebook.com/HarcourtsHelensville



med centre notes

This month I would like to introduce Robert Vallom, a Health Improvement Practitioner at Kaipara Medical Centre who has been with us for just over a year. Appointments with Robert are free of charge for enrolled patients.

Rob is here to provide free help with:

- Stress
- Sleep
- Anxiety, depression, or feeling down
- · Coping with physical health conditions
- Relationship challenges
- · Concerns about family
- Drug or alcohol concerns.

Robert is available for face-to-face, phone, or video consults of up to 30 minutes, depending on what works best for you. He will focus on practical strategies to support your wellbeing and can link

not needed.

In other news:

you with external services if needed.

8am to make an appointment.

Robert is at Kaipara Medical Centre on

Mondays, Wednesdays and Thursdays. Phone

09 420 8400 to make an appointment; a referral is

 Our duty clinic for when you need an appointment on the day is available 9am to

3pm Monday to Friday; please phone from

April is flu season with flu jabs available from

Monday, April 1. We will be running a walk-in

clinic from 9am to 2pm on Tuesdays and

Wednesdays throughout April, starting on April 2. No appointment needed. We will also have a walk in flu clinic on Saturday, April 6

from 8.30am to midday.Casual patients are

welcome, and the cost if you are not eligible

Robert Vallom

for a free flu jab is \$35.

- The mammogram bus will be outside Mitre 10 in Mill Road, Helensville from Monday, April 15 to Saturday, April 27. If you think your mammogram is due, phone BreastScreen Aotearoa on 0800 270 200 to book an appointment.
- Join our weekly walking group with our Health Coach, Roz every Monday leaving from Kaipara Medical Centre at 9.30am. Phone 09 420 8400 to register.

For more information or to enrol at Kaipara Medical Centre, visit: www.kaiparamedicalcentre.co.nz or email: admin@kaiparamed.co.nz.

- Dr Kathryn Elcock Clinical Lead, Kaipara Medical Centre

the business

North West Country Business Association is looking to launch a new initiative to support our members called Business Solutions.

This will be a comprehensive service covering tools and templates for business success, as well as regular one-onone sessions with business mentors based out of our Business Hub in Helensville.

Hoping to launch in July 2024, North West Country is seeking expressions of interest from all local business advisors who would like to join our business mentors team.

Mentors will be asked to join a roster of other business advisors to take appointments for half a day with subscribed association members and provide one-hour one-on-one sessions. It's anticipated that mentor sessions will occur once a fortnight, with one mentor in attendance each time.

The service will be free to business members and utilise the business success

BUSINESS

pack available on the North West Country website, personal knowledge and advice from the mentor, and other resources as can be made available. CYPRESS SAWMILL

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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.







All mentors will be compensated for their time.

They must be business association members, either full or associate.

If you would like to join the programme please email a copy of your CV outlining your business management experience to the General Manager, Danielle Hancock at: manager@northwestcountry.co.nz.

- Danielle Hancock Manager, North West Country Business Assn manager@northwestcountry.co.nz 53 – 65 Commercial Road, Helensville Ph: (09) 420 8747 Email: bookings@helensvillebirthingcentre.co.nz



Issue 275, April 2024



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Nadeen wins big at Show

South Head's Nadeen Hamilton (right) was the Helensville Show's biggest winner, cleaning up with eight special prizes and trophies - including the cup for the most first placings out of all sections in the Show.

Nadeen, who has been entering the produce section of the Show for around eight years and more recently the cut flower section as well, had 51 entries in the Indoor competition at the February event, and was "pleasantly surprised" with her trophy haul.

She has won plenty of awards at previous shows, but this year topped the lot. She won the following: the G. Field Memorial Cup for the most points in the Produce, Fruit and Horticulture sections; the Points Prize for Garden Produce; the Rhonda Grace Memorial Cup for Champion Dahlia; the Chris Kane Cup for a Container Potager; the Mrs E M Williscroft Memorial Trophy for Three Different and Named Roses; the Russell Cup for the most firsts in the Show - all sections; and the Russell Trophy for the most indoor entries.

Nadeen and her husband Peter live on 6ha at South Head, of which roughly a quarter is in market garden produce, which they sell at local markets.

She began entering her produce as a way to show people what can be grown locally, and believes the Indoor Section is an important part of the Show - one she hopes more people will start entering "even if they enter just one or two things," she says.

2024 SHOW INDOOR RESULTS PHOTOGRAPHY

Youth Photography: Champion Youth Photo: Caitlin Millar; K. J. West Rosebowl for Most Points: Caitlin Millar.

Adult Photography: Stewart Lupton Memorial Trophy for Champion Photo: Ange Taft: Champion Enlarged Photo: Robert Jackson; K Russell Shield for Champion Local Photo: Robert Jackson; R. A. Coles Cup: Deborah Owen; Points Prize: Deborah Owen. PAINTING & DRAWING

Original Painting Acrylics: 1st Rhiannon McKinstry; Original Painting - Differently Abled Adult: 1st Ian Sangster; Original Painting, 10 years & under: 1st Juliet Bateman; Original Painting, 11-16 years: 1st Sofia Brandolino; Original Drawing, Adult, any Media: 1st Robert Jackson; Original Drawing,10 years & under, any Media: 1st Juliet Bateman.

MĀORIARTS & CRAFTS

Flax Woven Basket (small): 1st Theresa; Other Woven Article: 1st Ranini Kura Kapa.

GARDEN PRODUCE

Fruit & Vegetables: Chris Kane Cup: Nadeen Hamilton; Snow Russell Trophy: Linda Kay; Ernie Smith Giant Pumpkin Trophy: Dean Pivac; G. Field Memorial Cup: Nadeen Hamilton; Russell Cup: Nadeen Hamilton; Russell Trophy: Nadeen Hamilton; Points Prize Garden Produce: Nadeen Hamilton.

HORTICULTURE Points Prize Horticultural Section: Ange Taft; Judge's Choice Horticultural Section: Ange Taft.

Floral Arrangements: Helensville Floral Art



Group Tray: Stephanie Scott; Helensville Floral Art Trophy: Christine Pikett; Kingdom Vase: Ange Taft; Vicky Thornton Trophy: Linda Kay.

Cut Flowers: Annie Naughton Donohue Memorial Rose Bowl: Marilyn Taft; Mrs E M Williscroft Memorial Trophy: Nadeen Hamilton; Rhonda Grace Memorial Trophy for Champion Dahlia: Nadeen Hamilton.

CRAFT & NEEDLEWORK

Ashton Ross Trophy: Debbie Bassett-Clarke; Clare Aitkenhead Vase: Diane Stevens; Wools & Handcrafts Shield: Jenny Forrester; Points Prize Craft & Needlework Section: Jenny Forrester.

PRESERVES & CONDIMENTS

J Honore Cup: Danielle Smith; Judge's Choice Preserves & Condiments Section: Dene Calvert.

BAKING

A G Robinson Cup: Christine Pikett; Ellet Trophy: Samantha Duncan; Grace Knox Memorial Trophy: Christine Pikett; Glasson Cup: Samantha Duncan; Rural Women of NZ competition (Shearers' Smoko): Chantel Coy; Points Prize Baking Section: Samantha Duncan; Judge's Choice Baking Section: Rachel Keefe.

YOUTH

R A Walton Cup for Champion Model Farm: George Loveday; A J Skelton Cup for Most Points Youth: (tied) Ethan Kelly & Piper Duncan; Cherie Lupton Trophy: Piper Duncan; C H McMurdo Vase: Estelle Keyworth; Jackie Milina Trophy: Piper Duncan; Jim & Lynsie Forrest Rosebowl: Teddy Roux; Liza Milina Cup: Luke Brolly; Ray Robinson Cup: Ethan Kelly.

Points Prize 5 & Under: (tied) Jacob Brolly & Teddy Roux; Judge's Choice 5 & Under: Lily Loveday; Points Prize 6-9 Years: Piper Duncan; Judge's Choice 6-9 Years: Ayla Minton; Points Prize 10-13 Years: Ethan Kelly: Judge's Choice 10-13 Years: Ethan Kelly.



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KAIPARA MOANA REMEDIATION

The Kaipara Moana has unique — and nationally important — values

The Kaipara is the largest natural harbour in the Southern Hemisphere, and a place of global significance.

As the 'nursery' for several fish species, the Kaipara also has unique, national economic value. For example, snapper is New Zealand's top commercial inshore fishery, creating export revenue of around \$35m a year and contributing \$69m to the economy & 579 jobs each year. However, sediments from the land are putting both the Kaipara Moana and the fishery at risk.

KMR aims to protect and restore the mauri of the Kaipara Moana. Our long-term aspiration is to halve sediment flows into the harbour.





KMR invests in programmes to restore wetlands, fence off rivers and streams, plant trees and regenerate forest on erosion-prone land, bringing wider benefits - including thriving rural communities and enhanced connection to local waterways, greater protection for valued species, and resilience to extreme weather.

An eighth of the catchment is highly erodible land.



Matakohe beef farmer David Byles is one of almost 600 farmers working with KMR

KMR is now working across the landscape

We have recently expanded our focus on waterway protection to include projects on erosion-prone hill country. KMR can now co-fund a range of projects including:

- Fencing to protect waterways
- Native planting near waterways
- Managing erodible hill country including:
- Continuous canopy and permanent forest cover using native species or non-weedy, non-pine exotic species (e.g. eucalypts or redwoods).
- Fencing and management to support regeneration of native forest.
- Space planting of poplars while maintaining some grazing (subject to poplar supply).

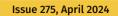
What KMR provides:

- Free advice we walk the land with you to discuss your aspirations and project options
- Funding—typically, KMR pays up to 50% of the cost of eligible sediment reduction projects
- For groups such as catchment groups or marae, we can also help with the cost of engagement, coordination and project management
- Planning and support— our Field Advisors prepare a plan to access KMR funding and provide support through the project

KMR is already working with close to half of the estimated pastoral landowners in the catchment. **Come and join us!**

For more information, or to ask about KMR's new funding available to retire and plant on erosion-prone hillsides:

w:kmr.org.nz e:hono@kmr.org.nz



(13)



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making the difference

Is there someone special who has done something that's made a difference for you, your family or our town?

To nominate someone, write to: Nicky Horsbrough, Harcourts Helensville, 92 Commercial Road, Helensville 0800 or fill out the form online at: nickyhorsbrough.harcourts.co.nz. The lucky recipient will receive a \$100 voucher for a local business of their choice.

AJ was nominated by both Jessica Charnley and Angela McLeod. Says Jessica: "AJ Nash is a Helensville local who goes out of her way for many in our community.

"AJ volunteers much of her time at the community garden at Parakai Kindy. She brings the kids out and gets them excited about the magic of nature, plants, and veges. Sometimes she brings her horses along for a visit so the kids can enjoy them. She has often spent her own money on

> things for the garden and goes multiple times a week to harvest and put produce in the community fruit and vege stand in Parakai.

"Additionally, she has helped me out personally many times. Coming round to care for my sick house plants when my partner was away for work and I was juggling a lot. Looking after my pets for me so I can get away with my son with family for a weekend, when my partner was away.

She basically goes above and beyond for everyone and has the most caring heart."



AJ with Nicky Horsbrough

Angela McLeod says: "I would like to nominate our wonderful AJ from community gardens. [She's] always there lending a hand, picking fruit and vegetables for the local community, replanting, collecting horse poo from her place and bagging it up. Collecting wood, sheep wool etc. AJ is just simply an amazing person, always willing to help.'

Art Centre workshops & exhibitions

Helensville Art Centre's exhibition of new works by member artists is on now until April 27.

Local artist Jeff Thomson is holding two workshops this month. Up first is a plein-air (outdoors) drawing day in his garden on Sunday, April 7 from 10am to 4pm. In Jeff's words, participants will be able to "explore a rich visual playground full of textures, shapes and colours through drawing, painting or photographing." Participants should bring their own paper and media; drawing boards and chairs will be available, along with coffee, tea and soup throughout the day. Location: 12 Awaroa Road, Helensville; gold coin donation.

On Saturday, April 20 there will be a French knitting workshop using diverse media. Jeff will take participants through the process of creating their own French knitting tool to create unique shapes with this method of knitting. The workshop costs \$30 per person which covers materials, and is limited to 10 people so booking is essential. Email: manager@artcentrehelensville.org.nz.

Details of the centre's adult classes and after school children's classes for Term 2 are available on the centre's website: artcentrehelensville.org.nz.

To be kept up to date with classes email Yvonne at manager@artcentrehelensville.org.nz to go on the centre's mail out list.

councillor comment

Over the last month a petition has been circulating to gather community feedback about the level of public support for the Mayor's proposal to directly fund the sealing of gravel roads, to have them better maintained, to be made more storm and flood resistant, as well as to be made safer.

The Mayor is proposing \$124.5 million be made available for Auckland Transport to carry out this work throughout the next 10 years. This roading budget is called the 'Unsealed Road Improvement Program'.

There was also the opportunity for people to comment on other transport and community-related projects they felt were important to have funded from their rates.

There was strong support to have a resilient drinking water supply, support for the local library, the need to protect properties from flooding, and a number of general comments about the very bad state congestion on SH16.

responses rated the current maintenance levels of the roadside drains, water tables and culverts being kept clear as 'Below Average' (41 percent) or 'Poor' (47 percent). 12 percent rated these service levels as 'Good' or 'Excellent'.

There was a lot of individual feedback with people requesting their particular road to be sealed.

The full petition will be presented to Mayor Wayne Brown and to Auckland Transport by myself as Rodney Ward Councillor on behalf of the community and the elected members of the Rodney Local Board. This will give a very strong steer about how our community feels about the council projects and



Collision Repair **Car Restoration** Insurance Work

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The petition closed on March 28 with an excellent result of more than 1300 signatures collected. The results showed 99 percent of respondents supported the \$124.5 million being allocated for sealing and improving unsealed gravel roads throughout rural Rodney. Most (87 percent) wanted most of the money invested as quickly as possible during the next few years rather than in the later years of Auckland Transport's 10 year budget.

90 percent of responses rated the current quality of the grading on unsealed roads as 'Below Average' (38 percent) or 'Poor' (52 percent). 88 percent of

services people want their rates spent on.

I would like to thank those who were able to fill out the petition. At the same time Auckland Council was also running its own wider public consultation process for feedback on all aspects of the Mayor's 10-Year Budget, including about rate increases. This feedback will also be presented to the Mayor and councillors to inform the final decision making on the 10-year spending budget, which will be voted on in June.

- Grea Savers Rodney Ward Councillor greg.sayers@aucklandcouncil.govt.nz Ph: 021 285 9900

Issue 275, April 2024

63 MILL ROAD

local board matters

Rodney Local Board has for some years had concerns about the lack of available funding to address the very considerable infrastructure deficits that exist in the Northwest.

In only a single decade our population has doubled, yet there has been no increase in the transport network capacity, mass transit for commuters, or additional provision of community facilities.

Electoral terms flash by, governments change, and yet nothing seems to be done to improve our lot.

While the Local Board had advocated for a moratorium on further development until the infrastructure provision catches up, this has not happened either. In fact, the growth Kumeū has had is also happening in Dairy Flat and Warkworth. This inexorable urban sprawl is the most expensive, unsustainable, and climate impacting strategy for meeting demand for residential growth imaginable.

We are fortunate to have a mayor with the political will to make changes, and Rodney Local Board urges our MP, Chris Penk, to support and collaborate with Mayor Wayne Brown to address some of the issues we face. We need to:

- Manage immigration as this adds to the problems Auckland faces with growth.
- Focus on the transport function of the roading network, rather than continue to build separated networks for different modes, as priority must be given to value for money and improved productivity. Auckland (and in fact all of New Zealand) needs to dramatically improve productivity.
- Change legislation to provide greater flexibility for local government to recover infrastructure investment costs necessitated by population

growth. Existing ratepayers in these high growth regions deserve a better deal.

• Dial back the excessive traffic management and safety management that seems to have overtaken all infrastructure construction and maintenance. Safety is important, but the present situation has got out of hand.



- Remove the endless consultation and community micro design of infrastructure provision. Standardised solutions and treatments should be used for the most part, and highly customised designs used only for the few that are unique or special. This may sound a bit Soviet-era, but the country is broke and something needs to change.
- Recognise that public/mass transport is the most sustainable response to the network congestion and the climate effects of our transport networks. We must invest accordingly.
- When evaluating all investment, we must consider the effect of this on our productivity, our global competitiveness, and if this investment makes New Zealand a more attractive place to live. Nice to have is simply not an option at this point.

The community will be given a great many opportunities to have its say in the future. I suggest everyone take these opportunities to call for prudent financial management, practical solutions, and greater preparedness for tough economic conditions. After all this is how we roll here in the West...

> - Brent Bailey Chair, Rodney Local Board brent.bailey@aucklandcouncil.govt.nz

Book launch, spoken word night, and artist talk

Local author Lynette Bernard (right) will launch her romance/suspense novel 'Insurmountable Faith' at the Helensville Community Church's Open Mic night this month.

An evening of spoken word, the Open Mic night is on Saturday, April 27, starting at 7pm. There is a \$3 cover charge, and people are asked to bring a plate and something to read or share, whether an original writing or a favourite text.

At the evening Lynette will speak about why she published her novel. She has spent years working with brain-injured people both in a voluntary and paid capacity, and says while the story is fictional, she feels strongly about the issues covered in her book.

Lynette has worked nationally in secure dementia units and with victims of violence and crime, as well as tutoring young people with head injuries. She will read excerpts from Insurmountable Faith at the Open Mic night, and copies of her book will be available for \$28.

Artist Talks will continue as part of the church's cafe-style services, the next being on Michelangelo's The Fall, at 10.30am on Sunday, April

28. The speakers are local blacksmith Chris Ellwood and his wife Karyn, who is a painter and potter. For more information email Pauline: paulinekiwidenton@gmail.com.



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HELENSVILLE NEWS - PUBLICATION INFORMATION

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- Editor & Publisher: Dave Addison, Helensville News (2011) Ltd, 502 Fordyce Rd, RD1, Helensville 0874.
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2024 issue dates and deadlines:

Due out: May 7th Due out: June 4th Due out: July9th Due out: Aug6th Copy by: April 25th Copy by: May 23rd Copy by: **May 27th** Copy by: July 27th

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- Letters to the Editor: Should be kept to around 250 words and may be edited as space dictates.

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College puts call for alumni stories for centenary

Kaipara College wants to hear from past students as it amasses school history, photos, and alumni recollections as part of September's two-day centenary celebration.

A commemorative centenary book will feature student memories and an extensive history of the school over the last century, as well as photos taken during the Centenary weekend celebrations. The book will be available to order when people register for the centenary.

Planning for the event is well underway, although some activities are still to be confirmed.

On Friday, September 20 the main focus will be on current and former students gathering at the school to enjoy Ag Day. A golf tournament and a happy hour are other potential activities on that day.

Saturday, September 21 will be the formal College

Centenary celebration.

After the official opening there will be campus tours led by 2024 student leaders, performances by

Kaipara College students, a ticketed morning tea, a special Centenary Exhibit

of history and treasures, an official Centenary Groups photo call, a celebration of the school's sporting history (tbc), an official Centenary Afternoon Ceremony, and closing of a time capsule, which is a student-led project.

The day will round out with a ticketed evening celebration event including a dinner celebrating local food producers, a cash bar, and live entertainment.

More information about the centenary, including the first centenary newsletter, are available on the school's website at: kaipara.school.nz.

Special community edition

For our July issue this year, Helensville News will again be producing a special issue listing all the voluntary organisations, community groups, and local clubs in our area. It's an update of the very popular publication we've put out several times over the past decade, and will follow the same format with organisations and clubs grouped into three main categories:

1924 - 2024

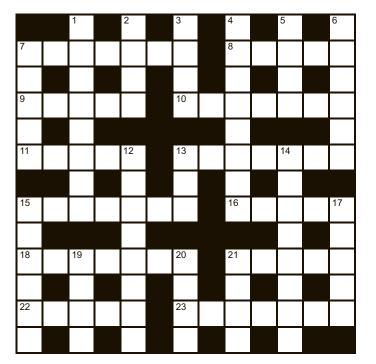
Community & Service Groups Clubs & General Interest Groups Sports & Fitness Clubs/Groups. Now we need you to tell us about your group. It's a great chance to boost the profile of your club or group, and maybe increase your membership.

Most organisations were listed in our 2023 issue, so the first thing you should do is visit: www.helensville.co.nz/helensvillenews/groups. There's a link to a PDF of that issue at the top of the page for you to check if you already have a listing. We will also try to contact directly all previously listed groups. If you do have a listing but it needs updating, either complete the online form, or email: dave@helensvillenews.co.nz with your changes. We will also print logos for each organisation if available.

Please try to provide as much information as possible - things like what the organisation/club does, membership numbers, how long it's been running, and when meetings or events are held. If your organisation has a logo, email that to us, too. The more information you provide, the better your listing will be. If email isn't an option, feel free to phone us on 021 178 5568.

The deadline for accepting listings is Monday, May 27.

crossword



Across

- 7. Ape (7)
- Decree (5) 8.
- Harass (5) 9.
- 10. Intoxicating liquor (7)
- 11. As before (5)
- 13. Appears (7)
- 15. Common sight in Saudi Arabia (3,4)
- 16. Run away (5)
- 18. Hearing distance (7)
- 21. Strode (5)
- 22. Farewell (5)
- 23. Rooms (7)

Down

- 1. Previous to birth (8)
- 2. Bump off (4)
- 3. The Pope (4)





Last Month's Answers

Across: 1. Hosea 4. Quinine 8. Cabin 9. Eyesore 10. Leaflet 11. Inset 12. Thermometer 17. Ascot 19. Nostril 21. Samurai 22. Cloud 23. Relapse 24. Sheer. Down: 1. Heckle 2. Sabbath 3. Annul 4. Questionnaire 5. Itemize 6. Irons 7. Erects 13. Rat trap 14. Earlobe 15. Caesar 16. Glider 18. Camel 20. Sucks.

- 4. Instructors (8)
- Desire (4) 5.
- 6. Fashions (6)
- Stately (5) 7.
- 12. Repair (8)
- 13. Snake-like fish (3)
- 14. Enormous (8)
- 15. Musical dramas (6)
- 17. Oceanic ins and outs (5)
- 19. Sudden assault (4)
- 20. Underground (4)
- 21. Seed containers (4)

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