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Repair Shed goes from strength to strength

Helensville's Repair Shed is going from strength to strength.

Since opening at the Helensville Resource Recovery Centre in December last year an "impressive number" of items have been repaired that otherwise would have ended up in landfill says the centre's Treena Gowthorpe.

The Repair Shed's ethos is to encourage a culture of 'repair don't replace' within the Helensville community, and keep repairable items from ending up in landfill.

A trio of local volunteers, Peter Martel, David Harvey and John Esling, between them have qualifications in electrical work, engineering and a wealth of knowledge about repairing even the most unlikely of items.

For a gold coin donation they will help customers identify the problem and repair the item.

When they have spare time the three delve into the large appliances waiting in the Resource Recovery Centre yard to be picked

up by the scrap metal truck, repairing those that can be or stripping them for parts for future repairs.

Furniture that needs minor repairs is also rescued and repaired for sale in the on-site shop.

Some repairs are unbelievably easy says Treena. A dryer, valued at \$250 and put into the waste stream because it had stopped working, was fixed with one wipe of a sensor. A film of lint over the sensor was the only thing stopping it from working.

Peter, the Repair Shed electrician, estimates around 70 percent of small



• David Harvey (left) and John Esling, two of the Repair Shed volunteers

appliances and tools stop working due to a problem with the power cord - a problem easily and inexpensively fixed.

The three men didn't know each other before they started working at the repair shed, but they all had one thing in common: they were retired but still felt they had skills to offer. They are now great mates and get a real sense of satisfaction when they make a successful repair.

They are keen to encourage any other retirees who have trade skills or qualifications to help out and allow the Repair Shed to open more hours - and help divert more waste away from landfill.

The Repair Shed project has been given start-up funding by the Rodney Local Board, but Treena says it is working towards a sustainable business model that doesn't depend on external funding.

The Repair Shed is open Saturdays from 10am to 1pm at the Helensville Resource Recovery Centre, down the driveway next to Mitre 10 on Mill Road. Locals interested in becoming a Repair Shed volunteer should phone Treena on 022 652 1181.

College girls win rugby champs

The Kaipara College girls rugby team has won the North Harbour Secondary Schools Girls 10-a-side championship for the second year running, winning every single match along the way.

The final, against Hato Petera College, was their only close game, winning 36-32. Kaipara scored mostly runaway tries by their backs, on the rare occasions they got any ball, and had to defend against a constant onslaught from the Hato Petera girls.

The Kaipara College team had earlier thrashed Long Bay College 71-0 in the semi-finals. That followed an unbeaten run during pool play which saw them finish top of the table, scoring more than 50 points a game and beating their closest pool competitor -

again Hato Petera - by more than 30 points.

New coach, College physical education teacher Callum Finlay, says his team is passionate and dedicated, training twice a week at 7am before school. He has been impressed with the girls' commitment and the hard work they put in each week.

The Kaipara team will now play in the North Harbour 7s competition - which they also won last year - on October 16 and 17 at North Harbour Stadium. A win would see them qualify for the National Condor 7s in December. The team finished sixth at the 2014 nationals. Nine of the Kaipara girls have also been chosen for the North Harbour side to play teams from east and west Auckland and northland.

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editorial

Even a quick glance will tell you this is no ordinary issue of Helensville News. It had to be produced in advance, which means it's a little smaller, and - oddly for a newspaper - doesn't have much in the way of news!

What we do have is a pretty comprehensive listing of clubs, sports groups and community organisations in our area. Many of those are suffering from the same problem - static or falling memberships, and how to attract new people. Community organisations in particular do a huge amount for our area, but they rely on us locals to keep them running.

With that in mind, this listing of clubs and organisations will show you some of what is available in the local area. Maybe you are new to the area and just aren't aware of the wealth of things to take part in, or perhaps you're a longer-term resident who just needs a nudge to get you to join up.

Not everyone responded to our call for information, but as you will read, plenty did. Community and service groups are listed first, followed by general interest clubs and then sports and fitness groups. Those that are registered charitable organisations are listed as such. Information is as supplied, and we cannot vouch for its accuracy.

- Dave Addison, Editor

Community & Service Groups

■ Coastguard Kaipara

Contact: Iain Gulliford

Phone: 021 126 9736

Email: iain@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.

Purpose: Community events and conservation work. We also spend time doing regular patrols, training, education and public displays to get the Coastguard safety message across to boats.

Formal or Informal: Formal

Fees/Subs: Nil

Charity: Yes

Comments: Dry and wet volunteers required - if you're a keen boatie or wish to volunteer for an organisation which has national structures in place to get crews to qualified levels then come see us. If you would like to volunteer but don't like or are unable to go out on the water then we still have a place for you.

■ Helensville Citizens Advice Bureau (CAB)

Contact: Karen Rutherford

Phone: 420 7162

Email: cab.helnv@xtra.co.nz

Year Formed: 1991

Age or Sector: All ages.

Purpose: To promote knowledge and understanding, and provide people with the confidence and support to enable them to influence the things that affect them. Our aim is not to take over a client's situation, but to work alongside them, helping them to help themselves and providing pathways for resolving their issues.

Charity: Yes

■ Helensville Agricultural & Pastoral (A&P) Association

Contact: David van Dam

Phone: 420 7572

Email: info@helensvilleshowgrounds.co.nz

Web: www.helensvilleshowgrounds.co.nz

Year Formed: 1900

Age or Sector: General public

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

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0275 233 259

Community & Service Groups (cont)

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the showgrounds. Contact office on 420 7572 for further details.

■ Helensville & District Historical Society

Contact: Lynn Millar, Helensville Museum
Phone: 420 7881

Email: helensvillemuseum@xtra.co.nz

Web: www.helensvillemuseum.org.nz

Year Formed: 1967

Membership: 300

Age or Sector: All ages.

When Meet: Monthly executive meetings, many member events.

Where Meet: Helensville Museum, or one of Helensville's halls.

Purpose: To promote, understand and preserve the history and heritage of the district and its intrinsic values. Our past is our future.

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

Fees/Subs: Single \$10; couple or family \$20; corporate or organisation \$30.

Events: Approx monthly - displays and demonstrations; open days; lectures; bus or boat trips.

Charity: Yes.

Comments: Our website lists details about the district history, collections at the museum, activities etc. Our archive centre has extensive information for research, including a large photographic collection. Museum opens three days a week, and by arrangement for group visits or research. Member of Rodney Combined Museums and NZ History Federation.

■ Helensville Freemasons (Duke of Albany Lodge)

Contact: M. Keightley (current Master)

Phone: 420 2788

Email: mkeightley@orcon.net.nz

Year Formed: 1884

Membership: 40

Age or Sector: Men age 21 and over.

When Meet: Fourth Monday 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: \$190 annual dues plus personal donations.

Events: Ongoing community assistance e.g. Kaipara College scholarship.

Charity: Yes

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.

■ Helensville/Parakai Community Christmas Lunch

Contact: Raewyn Mercer

Phone: 021 182 0470

Email: tarmskaicity@gmail.com

Year Formed: 2012

Membership: Core group of 10, around 35-40 local volunteers.

Age or Sector: All ages, family groups, elderly etc.

When Meet: When most are available. No set day.

Where Meet: Usually over a coffee somewhere local.

Purpose: Christmas Day community lunch for anyone under extra stress at Christmas time - those on their own, the bereaved, families finding it tough, and those with extra family as well. To take some of the edge out of Christmas which is not necessarily a happy time for some.

Formal or Informal: Informal, local volunteers.

Fees/Subs: Nil

Events: Not at moment but may do in future for fundraising purposes.

■ Helensville Railway Station Trust

Contact: Alan Hargreaves (chairman)

Phone: 420 2063

Year Formed: 1982

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Community & Service Groups (cont)

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Membership: 15
Age or Sector: 3 years and older.
When Meet: Museum open Wednesday to Sunday, 10am to 3pm.
Where Meet: 2 Railway St, Helensville.
Purpose: To preserve Helensville's historic railway station and promote the history of the station and its surrounds by a working model of as it was in the middle of last century, along with a display of railway memorabilia.
Formal or Informal: Elected trustees, formal monthly meetings.
Fees/Subs: \$10
Charity: Yes
Comments: Shops and cafe are located at the railway station and are open Wednesday to Sunday 10am to 3pm.

■ **Helensville St John Youth**
Contact: Anita Hall
Phone: 021 294 0544
Email: Youth.Northern@stjohn.org.nz
Year Formed: The Order of St John began in New Zealand in 1885.
Membership: 20

Age or Sector: 6 to 18 years.
When Meet: Mondays, 6pm to 7:30pm.
Where Meet: St John Ambulance Station training room, Rata Street.
Purpose: Development programmes for young people focus on first aid, health care, leadership and life skills, mixed with fun. Young people who experience our programmes gain confidence and empathy, as well as knowledge and leadership skills. Some continue their relationship 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. Formal meetings as social time
Fees/Subs: \$10 per term, uniform bond \$50.
Events: Competitions, festivals, leadership training, 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. We have a volunteer ethos,

with paid and volunteer members working side by side. Those who work for St John are driven by the desire to help their local communities by providing essential health-related services. Our five Values - we do the Right Thing; we stand Side by Side; we Make It Better; we have Open Minds; we are Straight Up - help us to achieve our vision of 'enhanced health and well-being for all New Zealanders'.

■ **Helensville Womens Institute**
Contact: Hilda Reaves (president)
Phone: 420 7106
Email: gillianouwejan@slingshot.co.nz
Year Formed: 1931
Membership: 18
Age or Sector: All women.
When Meet: First Tuesday each month.
Purpose: Sharing to sustain the community. Our theme is spreading happiness. We support many organisations such as Kidney Kids.
Formal or Informal: Formal.
Fees/Subs: \$22
Events: Outings
Comments: During our meetings we have speakers, entertainment or demonstrations and competitions.

■ **HIPPY South Kaipara Charitable Trust**
Contact: Coordinator Bernie Malizia
Phone: 420 7434
Email: bernie.hippy@clear.net.nz
Year Formed: 2005
Membership: 60 families annually
Age or Sector: 3.5 to 6 year old children & their parents.
When Meet: Group meetings every second Thursday from 9am to 11.30am.
Where Meet: Parakai School Hall.
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 the Parakai School hall to receive further support.

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Community & Service Groups (cont)

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Formal or Informal: Charitable trust with elected trustees.

Fees/Subs: \$30 annually.

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.

■ Kaipara Memorial RSA (Inc)

Contact: Graham Matthews

Phone: 420 8888

Email: kaipararsa@xtra.co.nz

Web: www.kaipararsa.co.nz

Year Formed: 1934

Membership: 300+

Age Sector: 18 and over.

When Meet: Wednesdays & Saturdays, 3.30pm opening.

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 from \$10 to \$50.

Events: Anzac Day, Melbourne Cup Day, dances, dinners.

Comments: Dining is from 6pm to 8pm Wednesday and Friday; open from 3.30pm. You do not need to have served in the armed forces in order to join.

■ Kaukapakapa Area Residents & Ratepayers Assn Inc

Contact: Ralph Martin

Phone: 022 600 5730

Email: ralph.martin@xtra.co.nz

Year Formed: 1992

Membership: 10

Age or Sector: All.

When Meet: 2nd Monday of the month.

Where Meet: Kaukapakapa Memorial Hall

Purpose: To provide a voice for the community to Local Boards, Auckland Council, national Government, and other supporting agencies. To help run community projects so we can have a village to be proud of.

Formal or Informal: Formal

Fees/Subs: \$10

Events: We have an annual AGM and are planning some community events this year to reconnect with the community.

Comments: We are currently looking to develop a village green, install a playground, get a footpath built, and are removing privet on private property free of charge.

■ Kaukapakapa Playcentre

Contact: Ask for session leader

Phone: 420 5308

Email: ellana_scharvi@yahoo.co.nz

Year Formed: 1976

Membership: 9 families

Age or Sector: 0-6 years.

When Meet: Monday, Wednesday, Fridays 9.15am-11.45am. Thursdays Big Kids session.

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: Playcentre Awareness Week, Open Days, and internal events for Playcentre families.

Charity: Yes

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

■ The Lions Club of Helensville

Contact: Yvonne Hilton

Phone: 420 8122

Email: yvonnehilton@xtra.co.nz

Year Formed: 1962

Membership: 35

Age or Sector: 18 and over.

When Meet: Second & fourth Mondays of the month.

Where Meet: Club rooms, Rautawhiri Park

Purpose: For men and women who want to make a difference by donating their time and talents to help other people and organisations in their community, and having fun while doing so.

Formal or Informal: Formal

Fees/Subs: \$40, struck half yearly.

Events: Book fairs, Roses Festival.

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'.

■ Shelly Beach Residents & Ratepayers Assn

Contact: Andrew Leader

Phone: 420 2150

Email: aleader@qedassociates.co.nz

Year Formed: 1950 approx

Membership: 30

Age Sector: Shelly Beach residents.

When Meet: Alternate months.

Purpose: To represent the community in any dealings with government, local and regional. To provide annual activities for

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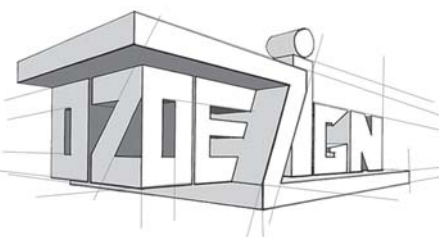
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Community & Service Groups (cont)

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children, and to promote the care and maintenance of the reserve and waterfront.
Events: Sports day on 1st January each year, Easter Egg hunt on Easter Weekend.

■ South Kaipara Landcare Inc

Contact: Anne Griffiths

Phone: 09 420 2947

Email: sthkaiparalandcare@gmail.com

Year Formed: 2001

Membership: 80 plus

Age or Sector: All

When Meet: Committee meets monthly.

Where Meet: Waioneke School.

Purpose: To provide manpower for projects, planting, weeding, and street cleanups, and to provide information at our wetland and field days. We try not to have anything too strenuous and most events last two hours at most, then we provide a free barbeque afterwards. Landcare also has a nursery with native plants available to locals at very good prices.

Formal or Informal: Informal with a committee.

Fees/Subs: \$5 per year.

Events: Our street cleanup is held each September during which various groups clean a portion of South Head Road.

■ Te Awaroa Residents & Ratepayers Association Inc

Contact: Holly Ryan

Phone: 021 488 427

Email: tarrassoc@gmail.com

Year Formed: 2013

Membership: 25 families

Age or Sector: Any members of Helensville and Parakai townships.

When Meet: Fourth Wednesday of month.

Purpose: To liaise with Auckland Council and Rodney Local Board on matters concerning our communities.

Formal or informal: Elected committee; everyone welcome to attend and contribute at meetings.

Fees/Subs: \$10 per family.

■ The Art Centre, Helensville

Contact: Pauline Denton

Phone: 021 158 6859

Email:

coordinator@artcentrehelensville.org.nz

Year Formed: Art Kaipara 2004; in 2008 premises on Karaka Street were obtained for the Art Centre (now in War Memorial Hall basement).

Membership: 22

Age or Sector: All

When Meet: Management team monthly.

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

Purpose: To provide the community with a place to explore their creative and artistic talents. We encourage people of all ages and cultures not to be afraid of 'giving it a go', and we provide affordable workshops and classes to encourage learning. To promote local artists, increase community involvement in art, provide art education opportunities for the community. Art Gallery and education space open 5 days a week.

Formal or Informal: Elected Committee. Art Kaipara is an Incorporated Society.

Fees/Subs: \$20

Events: Monthly exhibitions; workshops; classes; artists' talks.

Comments: The Art Centre is available to rent for \$10 an hour and is used by Mount Tabor four times a week to run part of its arts and activities programme.

■ Circle of Friends

Clubs & General Interest Groups

Contact: Joan Knight

Phone: 021 129 51753 or 420 9202

Year Formed: 2011

Membership: 10

Age or Sector: 60 to 80 years.

When Meet: Wednesdays 9.30am.

Where Meet: River Valley Baptist Church.

Purpose: To meet new friends, go on

trips, play bingo.

Formal or Informal: Informal

Fees/Subs: \$10

Events: Trips approx. every 6 weeks.

Comments: Enjoy trips and going new places, meeting new people.

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Clubs & General Interest Groups (cont)

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■ Helensville Floral Art Club

Contact: Cushla Hawkes

Phone: 420 8905 or 021 258 8979

Email: cushanddez80@gmail.com

Year Formed: 1978

Membership: 15

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: 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; making wreaths for the RSA each year; making poppies this year for the RSA and selling them and donating the profits to the RSA. Members regularly enter in the A&P Show.

■ Helensville Genealogy Group

Contact: Alison Brooks

Phone: 420 8624

Email: royal.brooks@xtra.co.nz

Year Formed: 1995

Membership: Approx. 10

Age or Sector: All ages

When Meet: Second Monday each month.

Where Meet: Helensville War Memorial Hall supper room.

Purpose: To bring together people interested in genealogy to discuss and help each other with their research.

Formal or Informal: Informal

Fees/Subs: \$30 per year.

Events: If members are interested, a visit to Auckland Library to use the research facilities there or to a family history fair if one on.

■ Helensville Outdoor Pursuit Club

Contact: Jana Mills

Phone: 021 509 990 or 420 9953

Email: jana@prestigerealtyhbc.co.nz

Year formed: 2014

Membership: 25

Age or Sector: 14 and over.

When Meet: Monthly

Where Meet: At event venue.

Purpose: To socialise, facilitate growth and confidence, mental well-being.

Formal or informal: Informal

Fees/Subs: Pay as you go for activities.

Comments: Scholarships may be available to at-risk youth for some of our activities, please contact Jana Mills for further information.

■ Kaipara Music Club

Contact: Pam Arden

Phone: 420 2037 or 021 0329 218

Email: plarden@hotmail.com

Year Formed: 2000

Membership: Approx. 15

Age or Sector: Any age, mainly adult.

When Meet: Last Friday of the month, February to November.

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

Purpose: Aimed at people wishing to play instruments 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.

Working towards a dance in April 2016.

Comments: Check our Facebook page to see what we have been up to.

■ Tastebuds

Contact: Jan Norman or Ann Wilson

Phone: Jan 420 2108 or Ann 420 2727

Email: normanhq2379@gmail.com or

anden16@ihug.co.nz

Year Formed: 2012

Membership: 20

Age or Sector: Gardening/community.

When Meet: First Thursday of each month.

Where Meet: Each member hosts.

Purpose: Gardening, cooking, community, knowledge.

Formal or Informal: Informal

Fees/Subs: Nil

Events: Trips, demonstrations.

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Sports & Fitness Clubs/Groups

• From page 7

■ Fitness League NZ Inc

Contact: Christine Mowat

Phone: 420 7108

Email: r.cmowat@slingshot.co.nz

Year Formed: 1937 (NZ)

Membership: 16

When Meet: Friday mornings, 10am.

Where Meet: Helensville

Purpose: To aid fitness, balance, and posture safely to music; friendship and laughter.

Fees/Subs: \$20 annually.

Events: Royal Albert Hall London every five years.

Comments: More information available at www.thefitnessleague.org.nz.

■ Helensville Aikido Club

Contact: Mark Allen (adults) or Garry Bourne (children)

Phone: Mark 022 074 0483; Garry 027 620 6225.

Email: markallentraining@gmail.com

Year Formed: 2002

Membership: 12

When Meet: Tuesday & Wednesday 6pm to 7pm; Sunday 10am to noon.

Where Meet: 105b Mill Road, opposite museum.

Purpose: Aikido is a Japanese martial art. It aims to harmonise with the opponent's energy using joint locks and throws to neutralise attacks. There is a strong relationship to traditional Japanese weapons when applying the techniques and a lot of emphasis placed on relaxation and communication on a physical level.

Fees/Subs: \$20 per week.

Events: Seminars from visiting instructors each year.

Comments: People are welcome to come and watch a session, and the first two classes are free.

■ Helensville Bowling Club

Contact: Rod Treadaway

Phone: 420 9373, Clubrooms: 420 8316

Email: helensvillebowls@gmail.com

Year Formed: 1912

Membership: 52 players, 14 social

Age or Sector: 16 years and over.

When Meet: Wednesdays & Saturdays.

Where Meet: Clubrooms, Awaroa Road.

Purpose: To effectively perform our role as a responsible club to grow the sport of lawn bowls in the local community and North Harbour Bowls region.

Formal or Informal: Elected executive.

Fees/Subs: \$130 full, \$55 associate, \$35 first year, \$65 second year, \$25 social.

Events: Ross McMurdo Open Fours, Ivan Kostanich Open Triples, Women's Classic Fours, Easter Mixed Pairs, Hamilton Wilson Open Triples.

■ Helensville Golf Club

Contact: Sandy March

Phone: 420 5454 or 0800 420 545

Email: helensville@golf.co.nz

Web: www.helensvillegolf.co.nz

Year Formed: 1948

Membership: 560

Age or Sector: 5 to 90 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 \$100pa for under 13 year olds, through to \$980pa 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.

■ Helensville Pony Club

Contact: Jane Callaghan (president)

Phone: 021 331 682

Email: helensvillepcnz@gmail.com

Web: www.sportsground.co.nz/helensvillepc

Membership: 55

Age Sector: 3 to 25 years

When Meet: Wednesday evening 5:30pm - 7pm.

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Sports & Fitness (cont)

• From page 8

Where Meet: Helensville A&P Showgrounds.

Purpose: Our motto: For Rally, Club Culture & Learning Environment. 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.

Formal or Informal: Formal committee structure.

Fees/Subs: \$150 per riding member. \$15 for adults of a child under the age of 18years. \$60 for adult riding group held on Monday evenings.

Events: We hold a range of competitions throughout the season which starts with the first rally on September 30 and goes through to April.

■ Helensville Tennis Club

Contact: Phillip Ashton

Phone: 027 492 6917

Email: helensvilletennis@gmail.com

Year Formed: 1914

Membership: 60

Age or Sector: 5 years and over.

When meet: Tuesday, Thursday and Sunday.

Purpose: To develop local youth in the area and to provide a safe family environment. To provide a tennis club that people of all ages and abilities want to be involved in.

Formal or informal: Formal

Fees/Subs: \$145 senior member. Other options for junior, family and business house.

Events: Business House Interclub, Club Champs and Club challenges.

Charity: Yes

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Helensville Birthing Centre

TE PUNA WHANAU K I 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.

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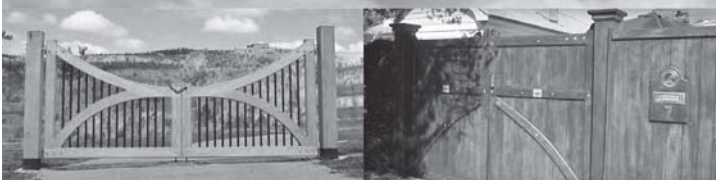
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Sports & Fitness Clubs/Groups (cont)

• From page 9

■ Kaipara Lancers Rugby League & Sports Club

Contact: Michaela Salmon

Phone: 021 253 8934

Email: michaela.salmon@live.com

Year Formed: 1988

Age or Sector: All ages.

Purpose: Re-formed 2011. We promote, foster and control the game of rugby league under the jurisdiction of the ARL (Inc) to which the club is affiliated. 2015 Season we have a U11 side, and a senior side.

Formal or Informal: Formal

■ Kaipara Netball Centre

Contact: Mili Sipa

Phone: 420 7971

Email: dmsipa@vodafone.co.nz

Age or Sector: 5 to 12 years

When Meet: Once a month for meetings.

Where Meet: Kaipara Netball Centre

Purpose: To organise netball games for schools and clubs in the area.

Formal or informal: Formal, elected committee.

Fees/Subs: Each school has a club that joins the centre.

Events: Netball each Saturday; prize giving; fundraising disco.

Comments: We play netball every Saturday during the 12-week season. We also have a rep team of Year 7s and Year 8s that plays in tournaments.

■ Kaukapakapa Pony Club

Contact: Debbie Logan

Phone: 0274 586 186

Email: twinkauris@xtra.co.nz

Web: kaukapakapaponyclub.org.nz

Year Formed: 1970 approx

Membership: 40 plus

Age or Sector: 3 to 25 years.

When Meet: Wednesday 5.30pm to 7.30pm from 9th September to end of March and some weekends.

Where Meet: Kaukapakapa Pony Club, Henley Road, Kaukapakapa.

Purpose: Pony Club is for young and old in the community that have a passion for learning, riding and horsemanship skills,

competing on their horses, socialising and having fun with like-minded people on a weekly basis between September and March. We also have available a 10-week course for kids that don't have a pony/horse but want to learn horsemanship.

Formal or Informal: Formal structure with an elected committee and monthly meetings.

Fees/Subs: \$170 per member and \$100 for additional members in the same family. Adult Riders meet twice a week for lessons - cost is \$15 for members and \$25 for non-members.

Events: We have three ribbon days a season on Labour weekend, Waitangi weekend and Anzac weekend. We also have practise cross country days, inter-club one day events and many other events can be scheduled throughout the season. For these please check out our website.

Comments: Members of Kaukapakapa Pony Club get a key to the grounds which can be used anytime (providing an event is not being held). A community key is available for a fee from the Debbie Logan 0274 586 186 for those that may want to hold their own event on the grounds.

■ Okinawa Shorin Ryu NZ (Matsubayashi Ryu) Helensville branch

Contact: Tim Herlihy

Phone: 420 8120 or 021 254 4272

Email: timothyherlihy@clear.net.nz

Year Formed: Teaching karate in Helensville since 1995.

Membership: 10-12 members

Age or Sector: 7 to 70yrs

When Meet: Monday evenings 6.30pm.

Where Meet: Helensville War Memorial Hall, Commercial Rd.

Purpose: Karate tuition to promote and support physical well-being and self-esteem. Improving balance, coordination and developing self-defence.

Formal or Informal: Informal structure within the Helensville branch.

Fees/Subs: No joining fee. Junior (primary school) individual members \$50 school term. Colts (college age) individual members \$20 a month. Adults, individual

members \$40 a month. Family concessions available.

Events: Sport karate (tournament training) available, as are regular karate tournaments. Inter-club (combined) training held monthly. Opportunities for members to attend seminars by visiting international karate masters. Overseas travel to Okinawa, Japan for advanced training available.

Comments: I am a registered 5th dan black belt holder issued and certified from Okinawa. I hold a World Matsubayashi Ryu Karate Association Dojo License which certifies me to teach this karate style. I am a member of Karate New Zealand, recognised as the official governing body for karate in NZ. I travel regularly to Okinawa for training and seminars.

■ Women's & Mums' Box/KickFit

Contact: Heena King

Phone: 021 203 9664

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Sports & Fitness (cont)

• From page 11

Email: heenaking@windowslive.com

Year formed: 2013

Membership: Approx 20 members but 10 to 15 on a regular weekly basis.

Age or Sector: All ages, teens, women, mums.

When Meet: Monday, Wednesday & Friday 9am-10am.

Where Meet: 36 Railway Road Helensville (Thai Kickboxing gym).

Purpose: A place where women/mums can

work out and bring their kids, so there is no need for a babysitter. We do body weight, cardio, boxing, kickboxing, abs, butt and more. A chance for mums to ease back into exercise after having children. Its not just about getting fit but about friendship, family, and an all-round healthier lifestyle at affordable prices.

Events: We do activities outside of our classes like Tough Guy and Gal Challenge; mid-winter Christmas dinners; clothes swaps; coffee and chats.

town talk

community titbits from town and around

■ KAUKAPAKAPA MARKET

Foster Watkinson on the tenor sax will entertain the crowds from 10am to 12pm at the next Kaukapakapa Village Market on Sunday, October 18. The market will run from 9am to 1pm and feature stalls, food, barista coffee and more.

The historic Kaukapakapa Library will be getting ready for Halloween, so bring the kids along for a story time with a difference with Crispin, who will be reading ghost and other scary stories from 10am to 1pm.

For more information or to book a market stall phone Sarah on 0274 831 542 or email sarah1@maxnet.co.nz.

■ PARAKAI HARVEST MARKET

The October Parakai Harvest Market will be held on Sunday, October 25 from 10am to 1pm at Te Whare Oranga o Parakai. Featuring a wide range of locally produced food goods. For stall holder enquiries phone Jake Morgan on 021 447 534 or email: southkaiparafoodrev@gmail.com.

■ A&P QUIZ NIGHT

The Helensville A&P Association is holding a Trivial Pursuits evening on Friday, November 14 in the Helensville War Memorial Hall. Doors open at 7pm for a 7.30pm start. Cost is \$10 per person, with

teams of six to 10 people. There will be prizes, raffles and supper available. For more information or to book tickets contact show manager David, phone 09 420 7572 or email: info@helensvilleshowgrounds.co.nz. All proceeds will go to helping run the Helensville showgrounds and annual Helensville A&P Show.

■ PLAYCENTRE OPEN MORNING

Kaukapakapa Playcentre is holding an open morning on Wednesday, October 21 from 9.15am to 11:45am, so parents and their children can find out what playcentres are all about. It's billed as a 'morning of fun', and those attending should bring a change of clothes and morning tea for their child.

Kaukapakapa Playcentre is in Macky Road, Sinclair Park, Kaukapakapa, beside the tennis courts. Phone 420 5308 for more information.

■ FREE QUAD BIKE LESSON

A free lesson for women on the safe use of quad bikes and side-by-sides is being held on Friday, October 16 at Kaukapakapa. The day will include lunch, practical riding experience, and a lesson on maintenance, followed by wine and cheese. Phone Andrew at Adventure Powersports on 09 444 0636 to book.

Helensville News - Publication Information

■ NOVEMBER 2015 deadline: Friday, 16th October 2015

ISSUE DUE OUT TUESDAY, NOVEMBER 3rd 2015

Editorial Enquiries, Letters to the Editor and Advertising:

Dave Addison - Ph: 420 7215 • Mobile: 021 178 5568 • Email: dave@helensvillenews.co.nz

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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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