

Heritage Festival will celebrate 150 years of rail

Helensville is gearing up to celebrate its inaugural Heritage Festival, to be held over the weekend of October 4 and 5.

The event will be an official part of the Auckland Heritage Festival which will feature events around the city from September 20 until October 5.

While the Auckland-wide festival has the theme of 'Auckland at Play' (with a special focus on the 75th anniversary of the 1950 Empire Games) - and our local festival will strongly feature play and sports - the Helensville Festival is timed to celebrate the 150th anniversary of the arrival of rail to Helensville.

As such, the project is being led by the Helensville Railway Station Trust and Te Awaroa Museum, with support and seed funding from the North West Country business association.

Planning for a town-wide range of events is still in its early stages. However, a number of events and attractions are already in place.

The Helensville Railway Museum will be open for the weekend with no entry charge, and will have static displays of gear and equipment from MOTAT on hand for visitors to handle, including a train control panel from Glen Eden Station.

It had been hoped to bring a steam train up from Glenbrook, and also a display of current locomotives and rolling stock at the Helensville station, but KiwiRail has ruled both out. There were also hopes to run a passenger train shuttle between Waitakere and Helensville, but KiwiRail isn't prepared to lift its ban on passenger rail north of Swanson.

Instead, Sammy the Steam Train will be at the railway station giving free rides around the car park between 10am and 2pm both days.

The Grand Hotel will open for the weekend for people to look through, and further up town there will

be an antiques market in the Helensville War Memorial Hall, and various street stalls along Commercial Road. It's also hoped to have a vintage car show outside the Original Kaipara Tavern.

Te Awaroa Museum is planning separate displays spread over six different buildings at its Mill Road site - mostly keeping to the 'play' theme. They will include:

- Tennis, croquet, bowls and swimming - based on the old Parakai Domain in its glory days.
- Rugby - a display of local rugby memorabilia.
- Scouts, Guides and Brownies history.
- Horses - Helensville Racing Club history and horses in general.
- Barbie - a selection of Barbies from the gigantic collection of Helensville's Patsy Carlyle will be on display, tying in with the 'Auckland at Play' theme.
- Theatre - encompassing things like the Helensville Players, but also the Starlight/Lyric/Regent theatre.

More attractions are planned but they will be revealed at a later date.

Organisers hope local sports groups such as the Helensville Rugby Club, South Kaipara Football Club, Helensville Tennis Club, and Helensville Bowling Club will participate in the festival.

Danielle Hancock, manager of NWC, is hoping to organise horse-drawn carriage rides, and there will be shuttles available to take people

between the main heritage sites.

She says she is currently seeking grants to help fund the festival, and will shortly be putting out a call for event sponsors - anyone interested in sponsoring part of the festival can contact Danielle by email at: manager@northwestcountry.co.nz, or get in touch with Te Awaroa Museum.

It's hoped the Heritage Festival will become an annual or biennial event.



• Sammy the Little Steam Train will be at the festival

'A peculiar accident at Helensville'

With the Helensville Heritage Festival celebrating the 150th anniversary of the arrival of rail in Helensville, Te Awaroa Museum found this almost tragic - but also rather blackly humorous - old article from the September 8, 1881 edition of the Auckland Star newspaper - just six years after rail arrived.

Headed 'A Peculiar Accident At Helensville' and subtitled: 'Narrow Escape from Drowning' the story reads:

"Last evening Mrs Naughton was walking behind her husband, Constable Naughton, across the railway bridge over the Awaroa Creek, when a squall caught and blew her off. Constable Naughton heard a splash, and at once jumped in after her, but, through the darkness, sprang into the mud, and became embedded. His wife was drifting up the creek with the tide. A child saw the mishap, and ran to the station and told Harry Hull, a railway porter, who immediately divested himself of his coat, sprang off the bridge, and swam after the drowning woman. He found her with her head under water, a hundred yards up the creek, and brought her to the bank, but the mud prevented his landing. He held her up until the Minnie Casey's boat was brought round, when both were rescued, and taken to the hotel, where much difficulty was experienced in restoring Mrs Naughton to consciousness. Constable Naughton all the time was in great agony of mind to save her through being imbedded in the mud. He was drawn out with a rope. But for Hull's promptitude and gallantry, Naughton's wife must have been drowned. It is quite time the road between the townships was constructed. There is a double danger - the train and the river."

**A PECULIAR ACCIDENT
AT HELENSVILLE.**
Narrow Escape from Drowning.
(BY TELEGRAPH.—OUR CORRESPONDENT.)
HELENSVILLE, this day.
LAST evening Mrs Naughton was walking behind her husband, Constable Naughton, across the railway bridge over the Awaroa Creek, when a squall caught and blew her off. Constable Naughton heard a splash, and at once jumped in after her, but, through the darkness, sprang into the mud, and became embedded. His wife was drifting up the creek with the tide. A child saw the mishap, and ran to the station and told Harry Hull, a railway porter, who immediately divested himself of his coat, sprang off the bridge, and swam after the drowning woman. He found her with her head under water, a hundred yards up the creek, and brought her to the bank, but the mud prevented his landing. He held her up until the Minnie Casey's boat was brought round, when both were rescued, and taken to the hotel, where much difficulty was experienced in restoring Mrs Naughton to consciousness. Constable Naughton all the time was in great agony of mind to save her through being imbedded in the mud. He was drawn out with a rope. But for Hull's promptitude and gallantry, Naughton's wife must have been drowned. It is quite time the road between the townships was constructed. There is a double danger - the train and the river.



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editorial

In her day my mother, Doris Addison, was a modestly successful author. She published six novels during the 1960s, all very New Zealand-centric stories. Her first novel 'Valley in the Clouds', for instance, was closely based on her experiences living way out in the sticks in a tiny East Coast community. The books were published by London-based publisher Robert Hale, and two were even translated into foreign languages. That first novel was published under 'D. M. Addison' as the publisher said a women author wouldn't sell!

Copies of her books still pop up from time to time on the likes of eBay and Amazon.

My eldest brother Jon followed in her writing footsteps, becoming a newspaper journalist and then later the founding editor of a very successful magazine. Then of course there's me - also a newspaper journalist (like Jon, a former Auckland Star writer), and now yours truly, editor of *Helensville News*.

Why this family history? Because I am proud to say my youngest daughter, Nikki, has just published her first novel (see page 5). I agonized over whether I should cover that in this newspaper, not wanting to look like I'm boasting about my own family's achievements (or trying to drum up sales for her!). But then I figured, if it was any other local who had done this I would have reported on it - and in fact have done so several times over the years - so the story was fair game.

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

Book fairs attracting out-of-towners

Helensville Lions Club's Autumn Book Fair drew buyers from around Auckland to the Helensville showgrounds event, says chief organiser Chris Clark.

Two days of fine weather brought out buyers in their droves, with the fair, along with raffles, raising \$13,000 - a figure Chris calls "a very satisfactory result". Funds raised through the club's barbeque trailer are yet to be added to that total.

The money raised will go to help locals and local organisations by way of the Lions Club of Helensville Charitable Trust.

Books left over from the fair are being re-sorted, with damaged or unsaleable ones going to the Helensville Recycle Centre and surplus children's books given to play centres and kindergartens.

The Lions Club's next book fair is its Christmas

Book Fair which will be held over the last weekend of November, Saturday 29 and Sunday 30.

Donations of small quantities of books can be left at Burmester Realty in Commercial Road. Larger amounts can be delivered to the club's storage shed on Tuesday afternoons between 1pm and 3pm - the shed is situated behind the Gull petrol station in Mill Road. Otherwise contact Chris on 027 646 3324 or any Helensville Lions Club member.

Chris thanks the Kaipara College students who helped set up the fair, the club members and their families who helped over the weekend, and the Friends of Lions, Kaipara College Hockey 1st XI, and Scouts who helped with packing up and cleaning.

He also thanks Chris Smith for the use of the shed where the books are sorted and stored.

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MP learns about challenges facing vets

Local MP Chris Penk visited Vets North in Commercial Road, Helensville recently to meet the veterinary team there and discuss some of the challenges facing the vet sector.

As a pet owner himself, Chris was interested in learning more about the role of vets in the region, and was surprised by the breadth of services and activities that take place within the clinic - including the specialist equipment required.

Vets James L'Aime and Angie Stringer, and general manager Toni Anns discussed the high number of veterinary professionals who are considering leaving the industry

A whitepaper by animal health company Boehringer Ingelheim showed only 40 per cent of veterinarians and just 26 per cent of veterinary nurses expected to remain in the profession until retirement.

In his role as Small Business and Manufacturing Minister, Chris was also interested in the clinic as a local business, and learned more about the difficulties younger animal health professionals face when trying to establish or buy into veterinary practices, succession planning, and the growing influence of private equity in the sector.

The visit aligned with new research from the New Zealand Veterinary Association and New Zealand Veterinary Nurses Association in collaboration with Boehringer Ingelheim that showed a high level of public trust in vet teams, but gaps in understanding of vets' roles, scopes, and responsibilities.

Of more than 600 pet owners surveyed, fewer than one in four were aware of the scope of what veterinary

professionals contribute beyond the clinic. While many recognised the significance of clinical care, fewer knew about vets' work in areas such as public health, biosecurity, on-farm consultancy, animal welfare policy, and education. More than a third had no awareness at all of veterinary contributions outside pet care.



• MP Chris Penk (right) discussing issues with Vets North staff (from left) Dr James L'Aime, Dr Toni Anns, and Dr Angie Stringer

"People trust their vets, but they don't always see the work happening behind the scenes," says Richard Duckworth, Head of Companion Animal at Boehringer Ingelheim New Zealand.

"Vets help prevent disease, plan for emergencies, and support farms and public safety. Their work goes far beyond the clinic and this survey reinforces the importance of bringing those contributions to light."

KMR up for Earthshot prize

Kaipara Moana Remediation, the organisation tasked with reducing sediment flowing into the Kaipara Harbour to improve its water quality, has been nominated for a prestigious global Earthshot prize.

Founded by Prince William in 2020, the Earthshot Prize aims to search for, and scale, the most innovative solutions to the world's greatest environmental challenges.

Developed in collaboration with environmental experts, the ten-year global initiative aims to identify and support programmes and initiatives that can accelerate and scale the environmental innovations needed to repair and regenerate our planet across five categories: Protect and Restore Nature; Clean our Air; Revive our Oceans; Build a Waste-Free World; and Fix our Climate.

Every year, the five winners with the best chance of helping achieve the identified 'Earthshots' are each awarded a £1 million prize to scale their solutions, while all finalists receive tailored support from a global alliance of partners.

Nominations for this year's prizes are currently being assessed. A shortlist of 150 will be drawn up later in the year, which will then be further whittled down to 15 finalists. The winners will be announced on November 5 in Rio de Janeiro, Brazil.

The five winners will be chosen by the Earthshot Prize Council, a global group of world-renowned people committed to championing positive environmental action which includes Sir David Attenborough. Dame Jacinda Ardern is on the Earthshot Board of Trustees.

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New life for Kaukapakapa pub

The old Kaukapakapa Tavern - vacant for five years since Covid - has been given a new lease of life and is already proving a hit with locals.

The old pub has been completely renovated inside and rebranded as Shed 16 by Kaukapakapa residents Sophia and Matt Pedersen.

Sophia says the reaction from the community has been fantastic - "I think locals have been hungry for it" she says, after five years with nowhere to eat or drink locally.

The interior has been fully redecorated and split into four separate zones: The Distillery - a nod to the history of a nearby illicit distillery before the pub became officially licenced, The Woodshed, The Workshop, and the Hawthorne Lounge, named for the pub's original owners.

The tasteful decorations include historic photos of the area complete with information explaining what they are, thanks to help from Megan Williams at Te Awaroa Museum.

"Attention to detail was very important to us," says Sophia. "There are little trinkets of history all around the place. We wanted to bring the history back."

Part of that history included a pile of old receipts from the 1950s and 60s found in the ceiling by the builders during the renovations - they have been preserved so patrons can see them.

The original Kaukapakapa Tavern was built in 1865, but like so many of the pubs in this area it burnt to the ground in 1912, with the current building opening the same year.

Taking on the tavern happened very fast says Sophia. The opportunity came up on December 27 last year, with the landlords wanting an American diner style of offering. The Pedersens explained that wasn't really their thing, and were given 24 hours to come up with a new idea.

"We wanted a very rural pub, but with an edge," says Sophia. The Shed 16 concept was born, and the landlords took to it immediately.

Local trades people were used for the renovations, and almost the entire roster of 25 staff come from either Kaukapakapa or Helensville.

Matt has an extensive background in hospitality, owning bars and restaurants in Wellington including The Realm at Hataitai, before the family moved to Kaukapakapa and built a house around five years ago, their four children going to the local school.

Sophia meanwhile is also co-founder and musical theatre director of the Northern School of Performing Arts, which has studios at Whangaparaoa and Takapuna.

Locals Trevor Reid and Ian Dryden are their business partners.

Heading the kitchen is chef Trinity Mothersole, formerly of the Matakana Village Pub. Food on offer is pub-style with a twist, using local ingredients wherever possible. Dinner is available Wednesday to Sunday, and lunches Friday to Sunday - though those days will probably be extended over summer.

Matt and Sophia have put a strong focus on service, and are making sure their staff are welcoming and getting to know locals.

Sophia says the only kickback they have had since opening has been about the choice of beer on offer. For years, the Kaukapakapa Tavern was Lion Red



• Sophia and Matt Pedersen - thrilled with the response to Shed 16

territory. But she says they couldn't get any response from Lion, and Matt already had experience with Dominion Breweries, so Shed 16 is a Monteiths bar - but with a whole range of other DB family beers like Heineken and Tiger, and a wide selection of wines, available.

A delay in getting the liquor licence meant Shed 16 opened a couple of weeks behind schedule, on Mothers Day weekend, which Matt says was crazily busy.

"Things just really took off," he says.

As well as attractions like live bands, and quiz and karaoke nights, the weekend lunches are becoming a popular stop for the likes of car and motorcycle clubs, and the pub has started getting patrons from a wider catchment, with guests coming from as far as Riverhead and Puhoi.

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First novel published ... next on the way

Former Parakai School and Kaipara College student Nikki Addison has just published her first novel.

Titled 'The Year I Turned Thirty' the book follows three Kiwi millennial women as they embark on a three-month road trip across the United States, each escaping their lives in Auckland for different reasons.

A lot of the story was drawn from experience, as Nikki (31) and her partner Dylan did a similar road trip in 2024.

"I knew I wanted to write a novel for millennials with strong female characters, but I hadn't fleshed out a story idea when we left New Zealand," she says. "As we were travelling across the USA a few eventful things happened (like breaking down in Death Valley) that made me think a road-trip story could be a fun and original way to anchor the characters' stories."

She wrote the bulk of the novel over a four month period while living in the Scottish Highlands after her American trip.

"I was a waitress on the dinner shift at a pub, so I was able to write for a solid four hours a day. I probably spent a month either side of that writing, followed by another month of editing and proofreading."

The Year I Turned Thirty has had a strong reception, being featured or reviewed in a number of publications and other media,



• Nikki Addison with copies of her novel

including the New Zealand Herald's Canvas magazine, Verve magazine, on Coast FM, in Coasties magazine, on NZ Booklovers, the MoreFM Book Club, Grownups magazine, the Ashburton Guardian, NZ Today RV Lifestyle magazine, and @whatchrissiereadnext on Instagram. It's also due to feature on Planet FM and in both Woman's Day and Landfall magazines.

The book is being distributed through Real NZ Books, a Nelson-based online bookstore which only deals with New Zealand books, and it is also available through Paper Plus in Commercial Road, Helensville. An ebook version is available through Amazon.

Nikki is already working on a followup to her debut novel - she is 5000 words into another millennial fiction novel, set in Tāmaki Makaurau Auckland and following a "flawed but fabulous protagonist" called Mandy.

Nikki is the daughter of Helensville News editor Dave Addison, and grew up on the family farm near Parakai, attending local schools. Currently living in West Auckland, she has mainly worked in the publishing industry since gaining her first class honours Masters degree in English from the University of Auckland in 2017. Since returning to New Zealand she has held the role of content producer at her alma mater, writing for Auckland University publications including the Ingenio and UniNews magazines.

'Kidztime' Sunday fun for kids

A programme for children aged three to 11 years called 'Kidztime' has started at Helensville Community Church in Mill Road during the church's Sunday service.

It runs from 1pm to 2pm, with a light lunch being served beforehand from 12.30pm.

The programme includes a relaxed time of learning through bible stories, age-appropriate activities, crafts, discussions, games, and music. The children can enjoy the programme - run by registered primary school teacher Andrea Frame - in their own designated children's space.

Andrea also runs the Alphabet Arts programme for pre-schoolers on Thursday mornings from 10am to midday during school terms, aimed at babies through to five-year-olds. The children learn and play while parents and caregivers enjoy a drink and a chat in a relaxed setting. Morning tea is provided for both children and adults and entry is by gold coin donation. The Alphabet Arts programme includes music and dance, story time, painting, crafts, play dough, and toys to play with. For more information phone Andrea on: 021 171 1413.

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Cherie McRobbie farewelled

Janette Cherie McRobbie
March 28, 1938 - June 4, 2025

Cherie, (Cookie to close friends) was born on March 28, 1938 in Palmerston North to Vera and Kelvin Dando.

Her early years were spent growing up at Foxton Beach where her parents ran a local shop and the bus service between Foxton Beach and Foxton township. Holidays were regularly spent at Lake Rotoma, near Rotorua.

From Foxton the family moved to the Toka Toka Hotel on the edge of the Northern Wairoa River near Dargaville, and Cherie completed her schooling at Ruawai High School at the end of the fifth form.

When Cherie was 16 the family moved to Helensville to manage the Grand Hotel, also owned by the Clarks from Toka Toka.

Her first work experience was dress making with Mrs Jackson, who rented the shop under the Grand Hotel. After a year Cherie took that over and continued for a further 18 months before spending a year working for the Cohen family at Cohen's Drapery in Commercial Road. Years later, in 1975 she returned to Cohen's and worked a further seven years in the Helensville department store.

In 1955 Cherie met her first husband, Stewart Lupton, at a local dance. They married the following year in the Helensville Methodist Church, with a reception in the Oddfellows Hall. Three children, John, Lynette, and Graham, arrived over the next five years.

Cherie's interests in her early years were netball and playing tennis at the Parakai Tennis Club. She also started marching in the area.

She was on the committee that formed the Helensville Playcentre, and was involved with setting up a monthly group called Plunket Mothers where new mothers could catch up and support each other.

Not long after their marriage Stewart and Cherie purchased the garage at Parakai, renaming it Parakai Motors and running it for around 15 years before buying the local school bus business from Tom Morgan. Cherie found herself driving school buses as well as carrying out office and home keeping duties.

Cherie became Brown Owl of the local Brownie pack in the late 1960s and was heavily involved for more than 20 years with Brownies and then Pippins in Helensville. Her close friend Clare Aitkenhead was

captain of the local Girl Guides, and the pair helped each other running Brownie and Guide events.

Along with weekends travelling to Marton for training, she also visited Our Chalet, the world Girl Guiding headquarters in Switzerland.

Cherie volunteered at the Helensville A&P Show for many years. She and Stewart were members of the Show from the 1960s, part of the committee organising the Show and maintaining the grounds. Stewart was president from 1980 to 1982, and as 'Mrs President' Cherie helmed the Lady's Committee. She also started helping Moira Frazer in the Show office - a role she continued for around three decades into the time of Gaylene Ashton as Show Manager. She stepped back from the office work in 2007, focusing

instead on helping in the hall.

Cherie was made a Life Member of the Show in 1999 and in 2017 became the Helensville Show Patron, a role she filled until 2020.

Cherie and Stewart enjoyed many overseas holidays, including a special trip to the USA where they bought a motorhome and travelled for three months. They continued that lifestyle in New Zealand, owning a number of campervans and even operating a fleet of rental motorhomes.

She was also a keen tramper, enjoying the Milford Track and hiking across the UK from one side to the other; a highlight was trekking in Nepal.

After Stewart passed away, Cherie remarried and settled into life in South Auckland with Keith McRobbie, with whom she

shared more than 20 years of marriage. She became involved with the local church in Papakura and worked in the Hospice shop there once a week.

Keith also enjoyed travel and the couple travelled to many destinations around the world, including spending six months in Rarotonga.

Cherie is survived by her children, nine grand children and 16 great grand children.



• Cherie McRobbie at the Helensville Show

Centenary books

Copies of the commemorative book from the recent Kaipara College and Helensville District High School centenary are still available.

A limited stock remains of the 200-page historical record book and can be bought from Kaipara College at \$35 per copy. Call at the school office, email: info@kaipara.school.nz, or phone 09 420 8640.

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New owner for spa

After being a client going back 20 years, when Lisa Viel-Sanders discovered her local spa was to close she solved the problem - by buying the business.

Lisa says she was “extremely distressed” when she learned lovesoul Beauty and Spa Studio in Waimauku Station Road was going to shut its doors for good.

“It is very hard to find a therapist that you can connect with and feel comfortable with,” she says.

She contacted the owner to ask if she would be interested in selling instead of closing down, and after a couple of months of negotiations Lisa took ownership two days before last Christmas.

Lisa’s background is in finance and she still runs her bookkeeping business from the office at lovesoul.

“Hannah [the previous owner] did such a great job with managing the business that it made it easy for me to take over and start trading.”

Since taking over Lisa has done renovations to increase the calming atmosphere of the spa and transform it into a haven of peace and tranquility.

“The spa’s philosophy is holistic, natural, relaxing, and a little bit decadent,” she explains. It’s designed as a haven from the outside world with botanical scents, calming music, earthy, nurturing colours and furniture.

“My vision is to continue with the ethos of natural beauty therapy, but that beauty is also from within. We focus on holistic skin health and wellness, supporting the skin from the inside and out.”

“I want the client to feel relaxed and special from the moment they come in the door until they leave. I want them to have an experience. not just a ‘treatment’”, she says.

Lisa started going to lovesoul 20 years ago. After 10 years she moved to another salon, but returned to lovesoul five years ago.

“I have always tried to take care of myself and I like



• Lisa Viel-Sanders

to look nice and feel good, I do this for me and me alone. My beauty and skin care has been a part of my life since my early 20s and now that I am in my mid 50s [it] is more important than ever.”

Services on offer at lovesoul include skin analysis, holistic facials, massage, waxing, manicures and pedicures. New treatments added more recently

include a hot stone massage and a new ‘hydration boost’ firming facial.

July specials are the Hydration Boost Firming Facial with a free 50ml sample of Bestow beauty oil with every facial booked during July, and The Winter Renewal - a choice of either a spa manicure or spa pedicure, a Janesce Ancient Earth Mask, and a relaxing scalp massage.

The business stocks products from Janesce, Bestow, Revitalash, Coola, and Skinnies, with Janesce products used in all facials.

Lisa lives at Waimauku. She has a 35 year old daughter and four grand children, and a 15 year old son; both her children grew up in the local area.

Business hub upgrades

North West Country business association’s business hub in Mill Road, Helensville being upgraded for its use as an emergency hub.

NWC has received two grants - one from the Harcourts Foundation and one from the Auckland Council Recovery Team - to install a generator so the hub can remain in operation during a power outage.

“Once the grants arrive we will get a generator and secure housing,” says NWC manager Danielle Hancock. “We have an electrician to install the plug needed to power the hub in a power outage [and] hope to have everything in place by the end of July.”

The organisation has also now completed its NWC Emergency Plan which covers how it will respond in an emergency.

“This covers how we will open the hub for our community. If an organisation experiences an emergency and they cannot access their office, they can access the emergency business hub at 103C Mill Road and use the space to run their company,” says Danielle.

Business association members will get discounted rates and be able to use the space for multiple staff. Other businesses can use the space as a venue for hire as needed.”

Furniture at the hub is also about to be upgraded and modernised, hot desks increased from four to eight, and an additional meeting space created.



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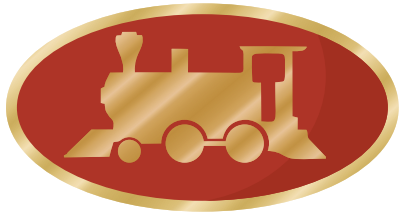
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Free financial mentoring

Helensville's Citizens Advice Bureau now provides a free financial mentoring service aimed at people struggling to pay their bills, managing debt, or needing support.

The new budget clinic, available at the Commercial Road CAB on Tuesdays from 10am to 1pm, offers independent, confidential budgeting and financial advice provided by an experienced team from Henderson Budget Service. Financial mentors can provide compassionate, non-judgemental support with personalised guidance and solutions.

They can help with:

- Household budgeting;
- Debt management and consolidation;
- WINZ and IRD entitlements;
- Hardship applications;
- KiwiSaver early withdrawals;

- Advocacy;
- Other financial issues.

Henderson Budget Service has worked in the West Auckland community for more than 30 years, helping individuals and families through a range of financial challenges. Now expanding into the North West and South Kaipara areas, the service aligns perfectly with the CAB's values.

CAB Helensville manager Rani Timoti says it's a win-win for CAB and its clients, and there are constant referrals from local organisations.

"Just getting help with some of those overwhelming and mounting financial problems gives our clients peace of mind," says Rani.

Appointments can be booked via the Henderson Budget Service website at www.budgeting.org.nz or through CAB Helensville by phoning 09 420 7162.

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Long-serving Lion passes

Clyde Alistair Haysmith
October 3, 1933 - May 12, 2025

Long-time Helensville resident and Lions Club member Clyde Haysmith passed away on May 12 aged 91 at the Beachfront Rest Home in Stanmore Bay. Clyde was a builder and in the early days built many of the cowsheds in the local area. He also built the house he and wife Wynne lived in on the farm on Highway 16.

Clyde joined the Lions Club of Helensville in 1966 and was an active member until he and Wynne moved to Orewa in 2002. Even then he maintained his Lions membership, still turning up to help at the book fairs and collect his Lions Christmas cakes, dressed in his 'uniform' of black wool singlet, khaki shorts, and Roman sandals.

He served as president of the Helensville Lions in 1970, during which time he initiated fundraising scrap metal drives, began the second playground in Rata Street, and continued supporting the careers evenings at Kaipara College.

He became club treasurer after completing his term as president and also served on the Lions District Cabinet as treasurer. Clyde was an innovator, being one of the first treasurers to put the accounts on computer in the early 1980s using MS-DOS, the predecessor to Windows.

Clyde took part in all the club's projects and was happiest with a hammer in his hand. In the club he was affectionally known as 'Gumboots'. The nickname was apparently earned when he dressed up as Cooch Windgrass in a Footrot Flats skit one change of officers evening - not that he needed to dress up, he was pretty much wearing his normal attire!

He is survived by Wynne, his wife of 65 years, and children Christine, Jean, Ian, and David, and grandchildren Ben, Henry, and Olivia.



• Clyde Haysmith



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Community Forum to meet in August

The initial quarterly meeting of the newly-formed North West Community Forum has been put back a month until August to give more local groups and organisations the chance to join.

The forum was established following a suggestion by Guy Wishart of Kumeū Community Action to provide a single platform for all community groups to hear information about things affecting our local area, such as large developments, plan changes, and political updates - as well as acting as a forum so groups can have a louder voice to advocate on behalf of the local community.

The forum was soft-launched in June but when *Helensville News* spoke with Danielle Hancock, manager of the North West Country business association which is sponsoring the new group, only a handful of organisations had joined. Danielle is now contacting community organisations and groups directly to encourage as many as possible to join.

"We expect more will join once we call the first meeting and have a guest speaker of interest," she adds.

The North West Community Forum will meet four times a year and have guest speakers to take members through the major local community-affecting changes. There will also be regular communication with members to share information.

The vision for the forum is to create a 'well informed, connected, and empowered Northwest community where residents and local groups collaborate with public officials and service providers to shape the future of our neighbourhoods'.



Objectives include information sharing, encouraging community dialogue, strengthening collaboration, and promoting transparency and accountability.

Meetings will be hosted at venues throughout the Northwest, rotating around suburbs to ensure easy participation. Next month's initial meeting is pencilled in for the Waimauku Bowling Club, though the venue was still to be confirmed at the time of going to print.

Danielle will act as administrator for the forum and will steer the group and organise meetings. It's possible a small steering group could be set up.

"At the initial meeting we will see how people want it to run," she says. "It could be that as administrator I plan the agendas and organise each quarterly meeting. I hope a few people step up to help."

The forum roughly covers the same area as the North West Country business improvement district - basically from Kaukapakapa in the north down to Huapai/Kumeū, and Riverhead - though Danielle says it could grow to include the likes of Muriwai, Taupaki, and Waitoki.

The forum is open to a wide range of community groups including: residents and ratepayer groups; emergency services and civil defence groups; Local Board representatives and council staff; mana whenua and community leaders; schools; faith groups; social services; North West Country business association members; and any resident with an interest in the well-being and future of the Northwest.

Membership of the forum is informal - groups can email Danielle at: manager@northwestcountry.co.nz to be added to the mailing list.

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.

July's recipient is the Helensville Unichem Pharmacy team. Voucher chosen: Red Door Cafe.

The anonymous nominator says:
"Making The Difference' is the correct descriptor for the pharmacists and staff at Unichem Pharmacy in Helensville. Consistent, courteous attention is assured to every customer, no matter how busy the staff may be. The Helensville district is fortunate indeed to have this health hub facility."



• Nicky Horsbrough (right) with the Helensville Unichem team



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med centre notes

Free Gout Clinic Starting

Some diseases seem to have been around forever. Gout was recognised as a disease as far back as ancient Egypt (2640 BC) and Hippocrates rather aptly referred to it as the "unwalkable disease", which I think many of my patients would agree with.

As New Zealand has some of the highest rates of gout in the world and many people have friends or family who have suffered with it, it might be useful to discuss some basics. About six percent of adult males live with gout, and the prevalence is even higher among Māori and Pacific men, reaching up to 15 percent in some communities. Women are also affected, particularly after menopause.

Gout occurs when uric acid builds up and forms crystals in the joints, most commonly in the big toe, ankle, or knee. Your immune system attacks these crystals causing inflammation. Attacks are sudden and extremely painful. Over time, repeated flare-ups can lead to permanent joint damage and disability.

Research has shown that Māori and Pacific people are genetically predisposed to reduced uric acid excretion, making them more vulnerable. This means that although we think of gout being caused by diet, two people could have the same diet and one will develop gout while the other won't. Diet does, however, remain important and there are many things you can do to reduce the flare-ups. If you are overweight, losing a few kilograms gradually is the most effective treatment for gout. Other lifestyle tips for gout include:

- Eat three meals a day - starving or feasting can bring on a gout attack.
- Eat less chicken, meat, and seafood - these contain high levels of uric acid.
- Eat low-fat dairy foods, fruit, and vegetables every day.
- Drink less alcohol - beer is most likely to cause gout attacks as it contains more uric acid than other forms of alcohol.
- Drink plenty of water (six to eight cups a day) and avoid sugary drinks.

Lifestyle is only one piece of the puzzle however. Many people with gout eat well and still suffer due to hereditary risk factors. The news is not all bad though. Gout is one of the few forms of arthritis that is both preventable and treatable. Medications such as Allopurinol can lower uric acid levels and prevent attacks. Anti-inflammatory medications can reduce the pain and swelling during flare-ups.

To try to improve outcomes for our patients with gout we are starting a new free to access gout clinic. This will be run by Trish, our Clinical Pharmacist, and will include a review of medications and management as well as a clinic finger prick test to check uric acid levels.

Although gout is extremely painful and frustrating, it is something that can be managed through a combination of diet and medications. If you have an acute episode of gout and are registered at Kaipara Medical Centre, a review via our daily walk-in emergency clinic (8:30am to 3:00pm, Monday to Friday) would be appropriate. Alternatively, to review your gout management please speak to reception to book in to the free gout clinic.

- Dr Tomos Longworth, GP

the business

The 2025 Business Awards are open this month and we expect the biggest year to date. Now run every two years, the North West Country business awards give every business a chance to be recognised for their achievements.

These awards are a favourite for businesses as our entry documentation is simplified and easier to complete than Auckland-wide competitions. From Tuesday, July 15 members of the North West Country business association can register their interest to enter the awards. Once nominations have been received, all businesses will be contacted with the application information.

Businesses will have a chance to get a mystery shopper through this experience, which is a great way for them to have an independent assessment of their levels of service.

Entering the awards isn't about celebrating those that have the best financials - it's about knowing your customers, knowing your business, and seeing how well you can overcome obstacles.

"It is a great opportunity, not only to showcase your business but to celebrate the other amazing businesses in our beautiful community," says 2023 Supreme Winner, Andy Cummings of Kumeū Meat Processors.

Head to the North West Country website after July 15 to register your interest. As part of the programme, North West Country will advertise entrants, finalists, and winners as part of a 12 week marketing programme, so even those that don't take home a trophy will be winners.

A few sponsorship opportunities are still available for local businesses. Email me to secure your spot now - hurry before opportunities close.



- Danielle Hancock

Manager, North West Country Business Assn
manager@northwestcountry.co.nz

'Rubbish' holiday programme

Helensville Library will host a fun show with games and activities titled 'Let's Talk Rubbish!' during the school holidays. Children can join Ruby the Rubbish Fairy and a cheeky seagull in a high-energy adventure full of laughs, learning and the Land of Fill!

Children should expect laughs, learning, and plenty of interactive fun in a lively show about saving our city. The Auckland Council Waste Team will present the show on Thursday, July 3 and Thursday, July 10 from 3.30pm to 5pm.

- Regular Helensville Library events:
- Kids Time, for under 6s and their grown-ups: Wednesdays, 10am to 10.30am;
 - Minecraft Club: Wednesdays, 3.30pm to 4.30pm;
 - Crafternoon for adults: Thursdays, 3pm to 4.30pm;
 - Crafternoon for kids: Thursdays, 3.30pm to 4.30pm.
 - Book Chat: Thursday, July 24 from 10am to 11am. Bring along a book you've recently read and loved - or disliked - to share with fellow readers.

Follow the library on Facebook for any updates to upcoming events: facebook.com/HelensvilleLibraryAndServiceCentre.

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Issue 289, July 2025

13



Helensville Birthing Centre

TE PUNA WHĀNAU KI TE AWAROA

Tāmaki Makaurau First: Human Milk Bank Opens in Helensville

We are absolutely thrilled to announce the successful opening of our Human Milk Bank - the very first of its kind in Tāmaki Makaurau! This is a massive asset to our community, ensuring that pēpi who need donor breast milk can now access it locally and safely.

The Milk Bank is now accepting donations of expressed breast milk. If you're a breastfeeding māmā and would like to donate, please get in touch with us directly or visit our website and social media pages for more information. Every drop counts, and your gift could make a real difference for another whānau.

Alongside this exciting development, our centre remains a hive of activity. We continue to be busy supporting births and postnatal

stays, and our Lactation Consultant (LC) Clinic is running regularly to support breastfeeding whānau. Recently, we also held a dedicated focus group for Māori and Pasifika, led by Maia Steele, as part of our ongoing commitment to ensuring culturally appropriate care and community-led development.

None of this would be possible without the incredible mahi of our dedicated team and the unwavering support of our outstanding Board. Thank you all for your commitment, passion, and aroha - it's a privilege to serve our community together.

Renee Blair, Manager, Helensville Birthing Centre



Helensville Birthing Centre

TE PUNA WHĀNAU KI TE AWAROA

At Helensville Birthing Centre, we offer a calm and nurturing space for your birth, guided by our experienced midwives. We're here to support you every step of the way with free pregnancy and parenting classes and access to our Lactation Consultant Clinic, all for local whānau.

Whether you birth with us or transfer from home or the hospital, our exceptional postnatal care will ensure you feel supported, empowered, and cared for. Plus, pop into our Milk Cafe every second Friday, enjoy our immunisation services, and connect with others in our community! Follow us on Facebook and Instagram for all the latest news, or head over to our website for more info.

Ready to see our amazing centre? Call us today to book your tour - we can't wait to meet you!

53 Commercial Road, Helensville

Ph: (09) 420 8747

email: bookings@helensvillebirthingcentre.co.nz



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Helensville Birthing Centre

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Equestrian market day

Helensville Pony Club will hold another winter Equestrian Market Day at the Helensville showgrounds on Saturday, August 9 from 11am to 2pm.

It's a chance for local 'horsey' people to clear out their tack sheds and earn some cash selling items they no longer need, or to promote their equestrian business directly to a local audience.

Bookings are open now. Indoor tables cost \$20, 3m by 3m stalls \$50, and outdoor stalls \$30. Book online at: <https://forms.gle/Kuxbs2xrHx1KaD8B6>.

councillor comment

With this being election year for the Auckland Mayoralty, Councillors and Local Board members, a fair question to ask is: is our area better off than it was three years ago?

I have been out knocking on doors as well as holding monthly 'chat with your Councillor' sessions, where people with Auckland Council related issues can sit down and discuss them with me. Around 80 percent of the time I have been able to help them achieve a positive outcome.

When I ask the question 'how is Council performing?' reactions are mixed. For example, some people realise they will be better off with a Council supplied rubbish bin service, actually paying less than they currently do for bags. Others, however, feel it is unfair without the ability to opt out of the service, and wish to pay for bags, or a bin, only as they require them.

Council clearing out the Kumeū River and keeping it well maintained to help prevent flooding is deeply desired by the Kumeū/Huapai, Taupaki, and Helensville communities. Keeping the roadside drains open and clear of blockages is equally important. Hopefully the planned introduction of local contractors to do this work will achieve a better outcome. If this concept works for Kumeū then the same contractor model can potentially be rolled out to other communities, like Helensville, who are also concerned about storm-water and river maintenance.

Auckland Council needs to stop granting consents for houses in flood plains, particularly when this puts lives at risk. It is highly counterintuitive that the Council is prevented from doing this due to private property rights if a consent application says a building can be 'engineered' so lives are unlikely to be put at risk. Auckland Council is seeking to urgently close this legal loophole within the Unitary Plan rules so they can legitimately reject applications to build habitable dwellings in floodplains without being prosecuted. However, this is dependent on the Government passing new Resource Management Act (RMA) laws which they say will be happening this year.

In the meantime an early flood alert system has been installed. There are four water level sensors installed from Waitākere to Oraha Road, Kumeū taking radar water level readings of the river. These are used, along with the MetService rain radar system, to send out early text warnings about the possibility of serious flooding. This gives home owners and business some precious additional warning time to prepare for the impact of any future flood event. The Council are installing three more sensors, with cameras, which allows the community to see the up-stream river levels in real time. To sign up to the early flood warning alert system simply text the words 'Flood alert' to 021 922 545.

Rodney Local Board electoral boundaries have been updated in an attempt to better balance representation between our rural and urban communities. The Local Board plays a vital role in ensuring community wants and needs get translated into action. This is particularly so regarding our much treasured parks, reserves, and environmental protections. Compared to three years ago the Rodney Local Board is now better funded to achieve these goals. I have a positive working relationship with them, along with our many local community groups.

Enforcement of bylaws by Council compliance officers is generally not considered to have improved - these Council staff are simply based too far away to respond within reasonable time frames.

I am working on having local people, and appropriate firms, empowered to be better able to police the bylaws, similar to the old-style wardens. Although this is being resisted by the Council bureaucracy I will continue pushing this, as the current system simply is not working as it should be for many of our communities.

Rural Rodney has seen the amount of money for road sealing reach its highest levels ever, increasing from \$1 million to now over \$13 million a year. As well, the number of grading crews has been increased from one to four crews now maintaining the unsealed roads.

Overall, the general impression seems to be that Council remains a bureaucratic beast, often impersonal, and it is sometimes difficult to see the value for the rates paid. That is a reason why people appreciate the opportunity to meet me in person, plus I can often find them access to the necessary decision-maker. There are also those who say they have had wonderful service from different departments of Council - in particular from our local library staff.

- Greg Sayers, Rodney Ward Councillor
greg.sayers@aucklandcouncil.govt.nz
Ph: 021 285 9900

local board matters

To stand or not to stand?
With Council elections in September and nominations opening in July, many people are asking if they should stand for local boards or council, and for those that are ending a term of public service, they are thinking hard about putting their hands up again.
Being an elected member of a local board is a big commitment and an even bigger responsibility. In a perfect world it would be a job where you focus on the issues at hand and support the community to be heard and have their wants and needs recognised. But of course these days half your energy is spent battling misinformation, dealing with aggressive comments on social media, and dealing with click-bait drama from other elected members.
Nonetheless the role is an essential part of a robust democracy, where anyone can run and anyone can vote and where real 'local' issues can be managed in a

College open evening

Kaipara College is holding an open evening for prospective 2026 Year 8 and other students and their families on Thursday, July 17 at 6.30pm.
The evening will include:

- A brief introduction to the college;
- An overview of opportunities for students at Kaipara College;
- Key staff introductions;
- A guided tour led by our current student leaders;
- Meet and chat with faculty staff and current college students;
- The option to complete your child's online enrolment for 2026 with our team.

Kaipara College offers a broad curriculum which supports student learning and well-being, and has continually improving NCEA results.

Craigweil renovations

Craigweil House rest home at Parakai is undergoing a top-to-toe makeover.
The whole building, including residents' rooms, is getting a refresh with renovations and redecorating designed to brighten up the spaces and enhance comfort for residents.
Work on new paint, wallpaper, flooring, and feature highlights are underway. Some areas are undergoing full renovations while others are receiving upgrades. Redesigned communal areas will feature contemporary touches to make them more welcoming for residents.
Alternative spaces have been set up so residents can continue their routines and activities without too much disruption while the work is underway.
There is no fixed date for the project - management is monitoring progress to ensure updates meets their standards before moving forward with the next steps.

transparent way.
What do local boards do?
Put simply, your local board look after libraries, parks, playgrounds, local reserves, rubbish bins, and community halls. It also advocates on behalf of residents, providing your feedback up the long ladder to the Council's governing body (the Mayor and councillors) and Council Controlled Organisations like Watercare, Healthy Waters, and Auckland Transport.



Local Boards do *not* look after or fix roads, they don't control vehicle access to beaches, they don't set rates, they don't control drainage, and they don't control by-laws. All of those are looked after at the level of councillors and the Mayor, whom the local board advocates to. So if you are focused on any of those, do not run as a local board member as you will end up wasting your time, our money, and a valuable seat at the table. Set your sights higher and run to be a Councillor or the Mayor.
So what makes a good local board elected member?

- Someone who is already connected, active, and focused on their community;
- A person who volunteers;
- Someone who is sensible, level headed, and has strong common sense;
- A person who can stand up against lobby groups and Facebook trolls and make tough calls which are best for the whole community with a long-term view (you won't make everyone happy, all the time);
- A team player who is kind and can work with the council system rather than against it will provide their community quick results at an affordable cost.

This board has lost hundreds of thousands of dollars of local ratepayers' money through members pushing for delays, cancellations, reviews and second guessing decisions which previous boards have made. Requesting meaningless reports, and forcing staff to stop productive work and provide official information requests, all with the goal of creating click-bait and Facebook posts.
I hope the next board will be more focused on results and less focused on social media and drama!
Things will never be perfect but we need to ensure we get as much done as quickly as possible for the people we serve. Being an elected member is a public service, so if you care and have a drive to support your community, then have a think about running. And if being an elected member isn't your cup of tea, then think carefully before you vote, as we will get the board members that you vote for.

- Mark Dennis
Rodney Local Board
mark.dennis@aucklandcouncil.govt.nz



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HELENSVILLE NEWS - PUBLICATION INFORMATION

■ **AUGUST 2025 deadline: Thursday, 24th July, 2025**
ISSUE DUE OUT TUESDAY, August 5th, 2025


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■ **Free Subscriptions to Online Edition:**
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2025 issue dates and deadlines:

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Due out: Sept 2nd	Copy by: Aug 21st
Due out: Oct 7th	Copy by: Sept 25th

■ **Editorial & Advertising:** Ph 021 178 5568.
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■ **Letters to the Editor:** Should be kept to around 250 words and may be edited as space dictates.

 facebook.com/helensvillenews

 helensville.news

 www.helensvillenews.co.nz

HELENSVILLE VILLAGE MARKET

July's Helensville Market will feature live music from singer and guitarist Alan Stacey. The market is on at the Helensville showgrounds on Sunday, July 20 from 8.30am to 1pm. Visitors can enjoy coffee and food from the market café while checking out locally produced goods and meeting the creators. Stalls will cover everything from hand knits to fresh seasonal fruit and vegetables plus plants, preserves, flowers and the Lions Club book stand; there will also be a car boot area.

No dogs please except for assistance dogs. A gold coin donation is asked for parking with proceeds going to the Helensville/Kaukapakapa scouts and St John Youth. For more email: sarah@riversidecrafts.co.nz.

Library farewells Sally

Sally Hardwick has retired from her role as manager at Helensville Library after almost 21 years there.

Sally has worked in libraries across Auckland for decades - and even did a brief stint in American Samoa. Over the course of her career she filled many roles and her depth of knowledge was stunning.

Her team at Helensville will miss her greatly, and have shared some memories of her time here on Facebook: facebook.com/share/v/1AVj8q9qah.

Board games have officially arrived at Auckland libraries and can be borrowed for free.

The range available means there should be something for everyone's tastes.

While there are only 10 participating libraries stocking the games, the collection can be browsed online and the games placed on hold to be picked up at Helensville Library.

Visit: aucklandlibraries.govt.nz/boardgames

Helensville Library's ninth annual Soft Toy Sleepover will be held on Friday, July 11. Children - in fact people any age - can drop off a toy (not one that needs to be home at night) to spend the night at the

RAIL TRUST AGM

The Helensville Railway Station Trust will hold its Annual General Meeting on Sunday, July 27 starting at 10am at the Railway Museum, 2 Railway Street. Anyone interested in transport and our railway collections is invited to attend. The Trust is also keen to find more volunteers to help with the duty team at the museum on Sundays. For more information email: helensvillerailwaystationtrust@gmail.com.

Playgroup is held from 9.30am to midday every Wednesday during school term at Magnify Church, 118 Commercial Road, Helensville, Phone Jodie for more information on: 021105 3417.

NOAH'S ARK PLAYGROUP

Playgroup is held from 9.30am to midday every Wednesday during school term at Magnify Church, 118 Commercial Road, Helensville, Phone Jodie for more information on: 021105 3417.



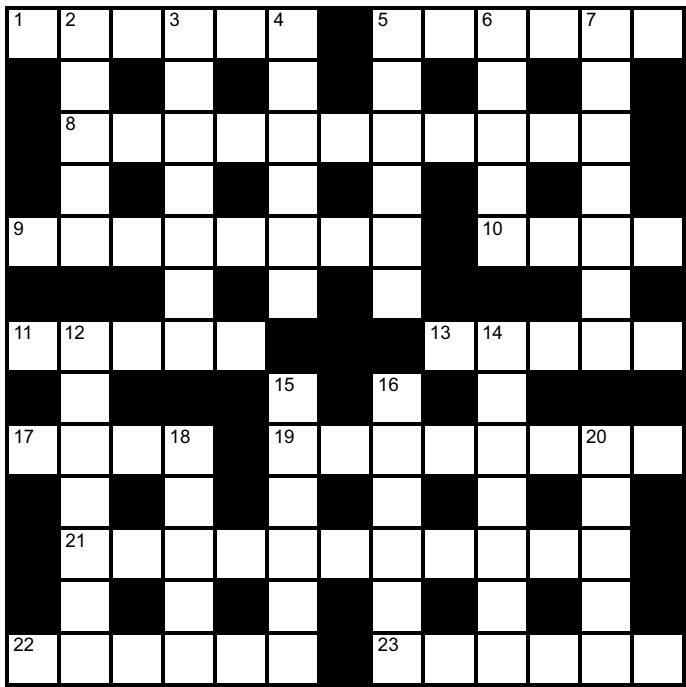
Sally Hardwick (top right) having fun with colleagues (from left): Gina Lamb, Alison Taylor, Rachel Wong, and Anne Coppel

Library.

Toy registration and drop off is on Friday, July 11 between 3pm and 5pm, with toy pick up from 9am the next morning.

There won't be a storytime this year, just toy registration and toys having fun overnight at the library. Photos of the toys' antics will be shared on the library's Facebook page after the event.

crossword



June's Answers

Across: 7. Etch 8. One-sided 9. Underestimate 10. Throaty 12. Stack 14. Ogles 16. Charred 19. Concentration 21. Mess hall 22. Nigh.

Down: 1. Stench 2. Thee 3. Rosette 4. Deity 5. Diameter 6. Septic 11. Overcast 13. Shortly 15. Grocer 17. Enough 18. Inlay 20. Tune.

- Across**
- 1. Brandy distilled from cherries (6)
 - 5. Reveal unintentionally (6)
 - 8. Large self-service store (11)
 - 9. Like many Sherpas (8)
 - 10. Pained expression (4)
 - 11. On a lower storey (5)
 - 13. Investigate closely (5)
 - 17. Harvest (4)
 - 19. Bed (8)
 - 21. Audio system output device (11)
 - 22. Concurs (6)
 - 23. An unspecified person (6)
- Down**
- 2. Point in question (5)
 - 3. Highest singing voice in women (7)
 - 4. Set (6)
 - 5. Defeated (6)
 - 6. Capital of Japan (5)
 - 7. Indigestion remedy (7)
 - 12. Stopper to keep out noise (7)
 - 14. Jailer (7)
 - 15. Entertains (6)
 - 16. Greek goddess of wisdom (6)
 - 18. Dried plum (5)
 - 20. Seductively beautiful woman (5)

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