

EUREKA EXPRESS

VOL XXXII No. 9 Circ 287

OCTOBER 2011



**Well Done
All Blacks!**

On the Lighter Side

As Seen On Trade Me...

Trade Me Motors > Boats & marine > Motorboats

Cheap Boat

Asking price: \$1 Listed: Wed 12 Oct, 12:56 pm

Listing #: 414771045

Type:	Steel
Length:	236 Metres (774 Feet)
Year:	1990
Engine:	8000 HP, Inboard
Engine year:	1990
Engine hours:	74856hrs

We've had heaps of fun with this boat, but now find we dont really need it anymore. Moored at Tauranga. Its a good solid boat that can handle up to a 5 metre swell without breaking up. Tends to ride with one side a bit low, but we found that if you put something really heavy on the other side its fine. HEAPS of storage room for fishing gear etc. 25 toilets. There's a whole range of electronic gadgetry up at the helm, but we never really use those so I cant really say how good they are. One had a noisy buzzer and flashing red light last time, so we unplugged it. Also, there might be something a bit funny with the propeller, because when we put it in gear and rev the motor up she doesnt seem to go forward. I'm sure its nothing too serious, maybe just needs the bolt tightening. Leaks a little bit of oil so you have to keep an eye on the level. Apart from that, she's a sweet boat. There's a few bottles of wine on board which we'll leave for you if you're real quick.

Container ship rena



[View full size photos](#)

MARKET PLACE

Wanted to buy – inexpensive laptop for 9 yr old to load educational games and use microsoft word etc.

Ph: Jacqueline 8240950



Hi, I'm Mark from Vodafone. Recently we have had some real success with helping people communicate in your area. Thanks to recent upgrades in our network and my access to Market Leading technology such as iPhone, this has become a very simple process. Don't miss out on our limited time offer running in your area for the next 30 Days. Please call me to find out more.

07 213 0976

Mark Laurence | Sales Consultant B2B - Waikato
Vodafone New Zealand Limited | 021 571 732



GUEST EDITORIAL

RANDOM NOTES FROM A SMALL SECTION

"Made changes galore – Became 10 acre peasants – In R.D.Four"

thus part of a "poem" from a colleague when we moved here.



We came to Hamilton from the UK in 1970 as part of the founding staff for the new School of Science at Waikato University. After five years in town we needed more space for a growing family. At that time a 10-acre section cost much the same as 1/5 acre in town so we looked around, wanting to stay in the Hillcrest High catchment area where the children were settled. Eventually an agent showed us this property – quite apologetic because of all the trees. To us, the oaks were a major attraction, so we bought, built a Lockwood and settled in. We are at the intersection of Tauwhare and Hunter Roads, and the oaks are still flourishing. Indeed they are a great benefit, keeping the house cooler in summer but allowing the winter sun in when the leaves come off (and we *like* clearing barrowloads of leaves from the door every autumn).

We both worked at the University and were very tied up in the early years our focus was on the University rather than on Eureka.

The early years were a steep learning curve, as farming experience in our families was several generations back. After a conversation with the local taxman – "we aren't interested unless you make a profit" – we developed a minimum input approach. For a long time, our only machines were a chainsaw and a hand mower. With some over mature silver poplars on the section and on the ground, we provided all our own firewood, experimented with charcoal, and used untreated logs for internal fences [poplar lasts about 10 years, cypresses from an old shelterbelt was also good, oak and pine were hopeless]. We rapidly developed some rules of operation. Some examples -

1. There are no stockproof fences, especially for young bulls [for a time I held the Eureka record for the crosscountry sprint in gumboots].
2. Sheep are not easier than cattle. The best example is when we came to shearing. With no yard, we had our half dozen sheep neatly held between three gates all ready for the itinerant shearer. When he started up with a great clatter, the sheep promptly set off for distant corners. We retrieved the first few quickly enough to keep him going but when we eventually cornered the last (and heaviest) it decided to lie inert. Too far away to carry, it was brought to the shearer in a wheelbarrow. He kindly refrained from comment, but we could see that the story was too good not to go round.
3. Bantams peck holes in gumboots. Once was an unusual enough accidental injury but when we took the second boy in a month to our doctor he wondered out loud whether the ACC would believe it.

Our long-suffering neighbours have always been extremely helpful. Russell Bargh demonstrated how to hold a calf's head under the armpit while dosing and often gave valuable advice – "you'll have to bury that sheep that got hit by the truck". We were just levering a watertrough on edge to roll into the paddock when Graeme Brewer appeared with his tractor not only transported the troughs but ploughed the furrow for the hose. Over the years many have warned us of wandering stock.

We early made friends with a vet who was happy to help with advice – If it's mastitis it'll have to be milked out [Duh – but fortunately Ann remembered from her distant youth]. If you bring the organs from that dead calf,

I'll have a look. [The boys were delighted to help but our daughter promptly turned vegetarian.] The dissection of the intestine showed all the inner lining sloughed off due to acorn poisoning. So rule 4 – keep them away from the oaks in autumn.

On a more general note, friends in town ask if country living is not much more expensive. We say that, for us, there is little difference. There is more driving, but that is offset by us buying generally secondhand vehicles and running them for a decade or so – kept going thanks to Colin! Water probably costs more with pumping and storage but it doesn't taste of chlorine. Since the Internet we are sensitive to data speeds, but these have become more tolerable recently. One great saving is been on exercise. Who needs gyms, golfclubs or the like when a healthy weekend can be spent trimming barberry hedges with a slasher, chopping firewood, or boring fencepost holes by hand?

The phrase "10-acre peasant" has become "lifestyle block" and concern is still expressed about the loss of good farm land. Our block was the only subdivision in the district for a decade or so, and Devon Ward and I once worked out some numbers. We concluded that with up to an acre out for house sites, gardens and extra buildings, production was probably down only 10-15% from the former farm. Offsetting this was the wider range of activities on 10-acre sections around the Waikato. We could think of exotic cattle breeds; mohair and other goats; horses; blackberries, blueberries etc; nuts such as macadamia, walnuts, chestnuts; olives and indeed grapes and kiwifruit in the early days. Not all of these succeeded and the main development needed was done in larger operations, but the ability to experiment without excessive risk remains valuable. In general, household income is not strongly dependent on the block. Six households, six incomes, not only allows for experiment but also means that in a small way, we even out the peaks and troughs in demand on rural materials and services – and multiply that over the country as a whole. We also provide more customers for rural services – garages, tradesmen, contractors and the like.

For us and our family, the move to Eureka was one of the best things we have done. We have enjoyed the life and appreciated the friendly support of neighbours. We and others now have insights into farming that must help to sustain the relation between town and country which is at risk as the population becomes more urbanised.

Ken & Ann Mackay

RAINFALL

	September 2011	Year to 30 th September
Total (mm)	66.5	1008
Average (1994-2011)	103	910
Difference	-36.5	+118

Rainfall recorded on 14 days



SNIPPETS



WELCOME TO EUREKA: to Sally Ratcliff, her daughter, Jane, son-in-law Tony, and children Sine and Jake Eccles. Ex Hamilton, the family have bought the house on Morrinsville road next to Basi's farm. A warm welcome to you all. Phone 8241181

FAREWELL TO EUREKA: to Coralie and Stephen Stoner and family who have moved into Hamilton, and a warm welcome to the new family who have moved into the district.

10 PIN BOWLING: The Annual Waikato Contractors 10 Pin Bowling Challenge was held at the end of August, with thanks going to sponsors Pioneer Seed, Orion, Ravensdown Fertilizer, and also to the organiser, Melissa McFarlane. A fun evening was had by all and the winning team for 2011 was Gavin Grain. Defending champions, McFarlane Contracting were runners-up.

Sincere condolences are extended to Darren and Megan Harris and family of Manor Park on the death of Darren's Grandmother, Mrs Daphne Fletcher, on October 16th. A dearly loved Nanny of Darren and Great Grandchildren, Aimee and Jessica.

Daphne and Noel Fletcher lived in Eureka (next door to McFarlanes) for some 16 years from 1964 to 1980 and raised their four daughters, Carol, Delwyn, Noeline and Raewyn here. Noel presently lives in Taupiri and our thoughts and sympathy go out to him.

Update - Telecom Mobile Coverage

Recent interference from an electric fence has compromised the mobile coverage for several of our Telecom customers living in Eureka. Chorus, Telecom's network delivery business, has worked with the owner of the fence and at the end of October alterations were made to the fence to address the interference issue. Local residents should no longer be experiencing disruptions to their mobile service.

As part of our ongoing mobile upgrade programme Telecom is planning to deploy fibre to the mobile site serving Eureka in December this year which will improve the overall quality of our mobile services.

Telecom and Chorus would like to thank the local community, the landowner and Waikato District Council staff for their assistance in resolving this matter

For more information on electric fence interference please see www.med.govt.nz

EUREKA EXPRESS

ADVERTISING RATES		CONTACTS - Call or Gayle	
<i>Classified Advertisements</i>	<i>Free</i>	<i>Call Mayall (Editor)</i>	<i>Gayle Orr (Treasurer)</i>
<i>Small Business Advertisements</i>	<i>\$10 /month</i>	<i>70 Eureka Road</i>	<i>1139 SH26</i>
• x 10 insertions	<i>\$80 / year</i>	<i>Ph 8241 758</i>	<i>RD 6, HAMILTON 3208</i>
<i>One Third Page Advertisement</i>	<i>\$15 / month</i>	<i>Fax 8241 028</i>	<i>Ph 8241 713</i>
• x 10 insertions	<i>\$120 / year</i>	<i>e-mail:</i>	<i>Fax -</i>
<i>One Half Page Advertisement</i>	<i>\$20 / month</i>	<i>editor@eurekaexpress.co.nz</i>	<i>cor@eureka.co.nz</i>
• x 10 insertions	<i>\$180 / year</i>	<i>hollandbarry@allnewsnet.co.nz</i>	



HELPING TO PLAN OUR COMMUNITY FOR THE NEXT 10 YEARS

Recently the Community Boards and Community Planning Committees were asked by the Waikato District Council to attend an evening meeting at the Council offices.

The meeting was to discuss with the representative of the different areas within the Council region their individual issues which they felt should be considered for the next Long Term Plan (2012-2022).

We didn't make the meeting but sent in an email about two issues which we thought those in Eureka would like to see considered, given the firm views included in our Community Plan.

The first related to subdivision rules (now called Variation 16) on which the final Council decisions are due to be made by January 2012. We didn't contest what are fiendishly complex issues contained in the document, but did stress that we needed to be sure how Eureka is viewed within the plan framework. Are we a 'village', or just 'rural', and we asked how this definition would affect what might happen to us in the future. We also mentioned that we had already been part of an earlier plan change, with no consultation, which resulted in the Manor Park area being rezoned as Country Living.

Given the strong emphasis in the Community Plan decisions on us remaining 'rural', we didn't think we wanted to have another large subdivision dumped in the middle of the district, or not without some considerable consultation beforehand.

Our second point was to ask what was happening with the Recreation Survey done a while ago, when we had put forward a proposal for something like a circular walkway, using existing paper roads.

We have not heard back on either of these, and are awaiting the minutes of the Ngaruawahia meeting to see if any of those are relevant.

In the meantime, the Council has sprung into action, and wants a list of 'prioritised suggestions' from the Committee, to be delivered by 28 November.

With such a short timeframe, the Chairman, Kerry Clarkin, has suggested that we ask our residents to give us any ideas of what they think Eureka might need in the next decade.

Can you therefore email any suggestions either to Kerry or Sue within the next week or two, so we can match them up with the Council's 'community outcomes' and present our case in time.

Kerry's email is: kps.clarkin@vodafone.co.nz.

Sue's email is: sue.edmonds@clear.net.nz

Sue Edmonds



Tauwhare School

1627 HURWITZ DR / New Zealand
PH: 07 432 0900
F: 07 432 0901



Roll: 133

ADELAIDE TRIP

A huge congratulations to the 4 children, their hardworking and supportive parents and inexhaustible Mrs Cook who have worked and worked and worked to get ready for this exciting adventure.

The children have written and produced a brochure, created power point presentations, written skits and made games. They have fundraised for travel, accommodation and team outfits. They deserve to feel very proud of themselves.

Now that they are in Adelaide we wish them well with their presentation. We look forward to hearing all about it when they return. A huge

Thank you to Konica Minolta for sponsoring their very professional looking tracksuits. Konica Minolta always look after us very well and we certainly appreciate their support.

CALF CLUB & GROUP DAY

The weather was not very kind to us on Calf Club but shone for Group Day. The children had prepared their animals very well and they all seemed to enjoy the day. Thank you so much to Rachel Gordon for organizing both events so well!

Thank you also to Mr Neville Woodcock. Mr Woodcock has had a long association with Tauwhare School and we love to see him at school. Thank you for all the advice you gave our children on rearing lambs.

We have a short but busy term ahead of us. Coming up first is the Music Festival on Thursday 3rd November at 7pm. We are singing

songs which celebrate the Rugby World Cup "The World in Union". Thank goodness the All Blacks won - or no one would feel like singing!!

STEP IN



Our next Step In is on Wednesday 9th November from 8.45am - 10.30am in Room 4. All parents of children aged between 4 and 5 years of age are very welcome to come along with

their child and see what happens in a Year1 classroom, and ask questions of the classroom teacher.



T-BALL TOURNAMENT

The Cluster Schools' T-Ball tournament will be held here on Thursday 10th November. This is for children in Years 4, 5 & 6. The following week, on Friday 18th November we will be hosting the City & Country Schools' T-Ball tournament.

SPEECHES

The annual Tauwhare School Speech Competition will be held on Friday 17th November at 9am. All children in Years 5 & 6 are expected to give a 3 - 5minute speech of their choosing. The teachers judge the top 8 - 10 speeches to go through to the finals.

SCHOOL PRODUCTION

Our end of year production rehearsals are in full swing for ANN E.

The actual show dates will be Tuesday December 6th, Wednesday 7th and Thursday 8th 11am and 7pm. Entry is by gold coin.

TAUWHARE INDOOR BOWLING CLUB

The final event for the 2011 Bowling season was a very successful Christmas Tournament. Thank you to all our members for their input. The old adage of "many hands make light work" is a reality at the Tauwhare Club.

Congratulations to B McNally who was awarded the cup for Most Improved Player, and to H Bargh who won the Points Cup.

RESULTS

20.9.11 Patron's Night

Winner: L Verner, Glenda Goodare
Runner-up: E Morris, D Harris

6.10.11 Christmas Tournament

Winner: P Odlum, M Campbell, V Windsor, K Davies (Taupiri)
Runner-up B Arnold, J Arnold, J Sly, L Arnold (Taupiri)
Best performing Tauwhare Team – Andrew McNally, K Williams, R. Arnold, M Bargh.

UP AND COMING EVENTS

1st March 2012 - The 2012 Bowling Season begins.

OUT AND ABOUT

4.10.11 - Tatuani Pairs Tournament Winners- J Hooper and K Williams

I would like to thank the Eureka Express and Tauwhare Transmitter ladies for receiving and printing the Bowls reports. May I wish everyone a happy and safe festive season, and, to those who are able, have a wonderful holiday.



Robin Bargh Phone 824 1819



***** NOW IN EUREKA *****

Plus MORRINSVILLE & HAMILTON

2011 CLASS TIMETABLE	
MON	7.30 - 8.30pm EUREKA - Eureka Hall, SH26,
TUES	7.30-8.30pm HAMILTON - St Peters Hall, 51 Victoria St, CBD
WED	6.00-7.00pm MORRINSVILLE - Senior Citizen Hall, Canada St
WED	7.30 - 8.30pm
FRI	6.00 - 7.00pm MORRINSVILLE - Methodist Church, Thames St

FIRST TIME TO CLASS ONLY \$4

Join Zumba Instructors - Megan Hyland, Sarah Rasmussen, Marcla Davie

Ph: 021 905335 (Megan) 027 3871333 (Sarah) Email: megan.zumba@xtra.co.nz

PRICES

Casual Class	\$10
Student / Pension	\$6
Concession Cards:-	
(For 10 Classes)	\$70 (3 months)
(For 20 Classes)	\$120 (6 months)
Family Pass	\$20
2 x Adults & 2 x Children (under 14 yrs)	



Pukeko Preschool, Tauwhare

"Quality early childhood education for 2-5 year olds in a caring rural environment"

Pukeko Preschool offered an activity filled programme for 6 days over the two-week October School holiday break. The children had a lot of fun with our rugby-themed activities; including making Vanilla Rugby Cup cakes, gingerbread All Blacks, face painting and playing rugby-related games.

The spring vegetable garden box is taking shape. We have planted strawberries and tomatoes and the children have planted their own bean seed, we will eagerly watch them grow.

This term we look forward to introducing the children to the stage at Tauwhare School as we practice for our end-of-year Christmas concert.

Feel free to pop in and visit us at the preschool, or call us on 824 0860.



TAUWHARE PLAY-GROUP

This is a casual play-group funded by the MoE for babies to 4 year olds inclusive, with their Caregivers. Anyone is welcome on a casual basis. We go on 2 - 3 trips per year, otherwise we meet at the Multi-Purpose room at Tauwhare School. Come and check us out anytime, bring a plate for shared morning tea.

When: Each Thursday morning of the school term between 9am and 12.00 noon.

Where: the Multi -Purpose room at Tauwhare School

Contact: Becky Sharman ph 8240150





EUREKA BADMINTON CLUB



JUNIOR CLUB NEWS

We have had a busy month with our end of season championships and prize giving. We had a fun family night on 5 October with 40 people playing and it was great to see the parents standing up to the challenge! Congratulations to all our young players as you have had a great season, showing stronger skills on the court and great sportsmanship. It has been a pleasure for you all to be part of the club well done! Special thanks to Bryce Silvester who has been at Matangi Hall every week organising the draw and generally running the evening. Thank you Bryce. Thank you to everyone who has contributed to a very successful season.

Prize winners this year were; boys singles: Jared Silvester and runner up Whiti Kairau, plate winner Brandon Vink. Girls singles was won by Karina Vink, runner up Judy Bull and plate winner Nikita Chand. Boys doubles was won by Whiti Kairau and Jordon Knight- Hilder with plate winners Matthew Vink and Cameron Mason. Girls double winners; Epernay Carta and Nikita Chand with plate winners; Emma Sinclair and Amber McNally. Most Improved; Josh Bell.

This is our final news for the year; we will be back next year with our season starting in Term 2. Prior to that we will have our AGM so look out for that as we would like more parent helpers to assist with running the evenings, this is not a hard task but is much appreciated. Best wishes to everyone for the remainder of 2011 and may 2012 be a great year!!

For any information contact Trisha Bengt 8295531



PAINTINGS

Jane Whyte and Friends
in her well-known Waikato Garden

When: 10am-4pm, Saturday & Sunday, 26/27
November

Where: 112 Hoeka Road
Take Morrinsville Road (SH26) from Hillcrest.
Stay on SH26 to right turn (marked SH1B
to Cambridge/Matangi) at Hoeka Rd.
Pass Woodside Rd on right and 112 is two
curves later on your right (Milford on gate).

The Friends include members of ArtVenture, of which
Eureka is one.
Sue Edmonds is one.



LADIES A PLATE

With the warmer weather approaching recipes that go with BBQs are the order of the day.

Balsamic Roasted Vegetables with Rosemary

Serves 8

450 g red skinned potatoes	450 g golden kumara
450 g peeled pumpkin	2 big parsnips
2 large carrots	2 red skinned onions
¼ cup olive oil	2 tbsp Balsamic vinegar
3 fat cloves garlic chopped	2 large sprigs rosemary
Salt	



Pre heat the oven to 200°.

Clean the potatoes but leave the skins on and cut into 2- 2 ½ cm cubes. Cut the kumara and pumpkin to approximately the same size chunks as the potatoes. Peel the parsnips and carrots, cut in half long wise then into quarters long wise then cut each strip in half forming long chunky wedges. Peel the onions leaving the stalk end in tact and cut into 8 wedges. Place the prepared vegetables in a large roasting pan, sprinkle on the garlic then drizzle over the oil and balsamic vinegar, toss well before adding the rosemary and a sprinkle of salt. Roast the vegetables, turning them frequently until golden and tender. Serve piping hot with roast meats or use in salads.

Salmon and Prawn Orzo Salad

2 cups orzo pasta	1-2 cups cherry tomatoes
½ cup spring onions, sliced	¼ cup flat leaf parsley, chopped
¼ cup mint, chopped	1 red and 1 green capsicum, diced
2tsp lemon zest	200g hot smoked salmon
1 cup cooked prawns	

Dressing

¼ cup lemon juice	2tsp lemon zest
1tsp crushed garlic	½ cup olive oil

Salt and pepper to taste

Cook the pasta in plenty of boiling salted water. Cool and toss with a little of the olive oil to stop the grains from sticking together.

Once the pasta has cooled, add the chopped vegetables and herbs, lemon zest and the flaked salmon and prawns.

In a bowl or jug, combine the lemon juice, zest, garlic and whisk in the olive oil to create an emulsion.

Stir this through the salad and taste for seasoning. Add salt and freshly ground black pepper to taste.

Keep covered and refrigerated until ready to serve.

IN YOUR GARDEN

Effort now -- reward later At this time of the year, the garden jobs are never-ending. You need to sort some priorities.

Keep on top of bug problems. White cabbage butterflies are possibly already flitting around brassicas, while snails will be stealthily marching into your garden. Lay slug bait when planting. Watch out for aphids and squash them by hand or spray with a DIY concoction of soapy water, garlic and pyrethrum.

Get rid of rust. Rust affects a wide range of veges, including silverbeet, rhubarb, mint, spinach, asparagus, beans and beetroot. It's easily identified by the orange, brown or red pustules on leaves or stems, which break open and release spores. It's worse in wet weather and it's spread by splashing water or rain, so avoid overhead watering. Remove infected leaves to prevent its spread and trim plants. Encourage air circulation and you can spray plants with a suitable fungicide. You will also need to spray regularly, especially in humid or wet conditions. Some organic gardeners use a seaweed spray to keep rust at bay.

Start watering potted plants. You'll be amazed how quickly the soil starts to dry out in pots after even just a couple of sunny days in a row. If you are sowing veggies in pots, you will need to water them every second day if it doesn't rain, and daily if the sun's cranking. If you are just starting out planting in pots, steer clear of plain terracotta as it dries out too quickly unless you seal it, or paint it inside and out.

Look at your potato patch. Mound up your spuds or add another old tyre to your stack. Growing potatoes in tyres is a nifty way to save ground space and get a big crop. You simply put the tyre on top of the ground, put in a couple of seed potatoes and cover with soil, old compost, straw and shredded newspaper, whatever you have at hand. When green tops sprout taller than the tyre, add another one and fill it up with soil and compost until the leaves are just visible. Stop the pile at three and let the plants get on with the business of forming tubers. If you're growing your spuds in the ground, mound the plants up with soil when the green tops get to about 15cm to increase tuber production.

Caring for fruit trees. Mulch young fruit trees to conserve soil moisture. If your trees had their roots pruned before planting in winter, cut off a third of their tops now. Fruit trees with damaged roots can't supply the moisture and nutrition needed to keep the tips growing and they will die back. If your soil isn't as good as it should be, foliar feed your trees weekly or at least twice a month over summer. Don't forget to protect apple trees from codling moth.



Jennifer



WHAT IS REALLY IN OUR FOOD? ARTIFICIAL FOOD ADDITIVES.



DO YOU EVER READ WHAT IS IN THE FOOD YOU ARE BUYING AND FEEDING TO YOUR FAMILY?

Colouring in our medicines and food is there for a reason, to add interest, appeal, enhance natural colours or offset colour loss due to light, air and temperature extremes. They are added to preserve and manipulate our food to look fresh and more natural.

There was a time when we grew most of our own fruit and vegetables or sourced from local growers and knew what was in our food. (It is very enjoyable growing your own vegetables and fruit and making it a family project—nothing better than sitting down to food you have grown yourself). In the past food was preserved by salting, pickling, smoking and bottling or freezing fruit and vegetables.

Hyperactivity, eczema, asthma, allergic conditions and many more health issues, especially in children, have been associated with ARTIFICIAL FOOD COLOURINGS in our food and medicines. An American paediatric allergist presented extensive research to the American Medical Association linking food additives to LEARNING AND BEHAVIOUR DISORDERS. Children are the most vulnerable.

FOLLOWING IS SOME KEY ADDITIVES YOU MAY WISH TO START PHASING OUT OF YOUR FAMILIES DIET.

1) ACESULFAME-K

Artificial sweetener: found in baked goods, chewing gum, gelatine desserts, diet soda, dry mixes for beverages, instant coffee and tea, puddings and non dairy creamers.

This sugar substitute is almost 200 times sweeter than sugar. It is often used together with sucralose. Two studies show that the additive can cause cancer in rats which means it may cause cancer in humans.



2) ASPARTAME-E951

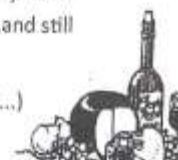
Artificial sweetener: found in diet foods, no-sugar added products, soft drinks, drink mixes, sweetener packets, gelatine desserts, low calorie frozen desserts.

Various studies suggest aspartame may cause brain tumours in rats, leukaemia and breast cancer. It can also occasionally trigger urticarial (nettle rash), itchy hives and swelling of the body. Some people complain it triggers headaches, dizziness and nausea. It is also linked to hyperactivity, behavioural problems and allergies. Avoid this artificial sweetener and make sure that young children and pregnant women do not consume foods and beverages sweetened with aspartame, saccharin (350 times sweeter than sugar, and associated with a higher incidence of bladder cancer; E954) and sucralose (E955). These sweeteners are not restricted to confectionary only; it is being used in a wide range of food products and in medicines.

NZ Safe Food Campaign co-convenor agrees that no parent who is aware of adverse effects from this controversial sweetener would want to willingly give medicine, dietary supplement or any food containing it to their children. The unfortunate part is that parents have often very little choice since NZ aspartame is found in at least 81 medicines designed for children and Britain has issued a warning for at least three of these medicines. You are looking at a billion dollar global artificial sweetener industry—this sweetener market is worth US\$1.3bn with sucralose the number one artificial sweetener.....and still expanding.

CHERYL MCFARLANE

Part One (to be continued next month...)





How is mating going?

As a general rule this mating has gone slightly better than last year. I think we are seeing the results of being proactive and purposeful with key decisions that affect reproductive performance. In the middle of mating I frequently hear of farmers altering the feeding of supplements to maximise the chances of cows getting in calf. This is simply tweaking with the minor issues and often the big issue is not dealt with properly. What do I mean by these comments?

Nutrition of cows during mating is nothing magical. There is not a lot you can do that feeding them well on pasture won't achieve. Refer Dr John Roche's "Myth Buster" article in the October Inside Dairy magazine. We want a consistent and rising plain of nutrition leading up to and during mating. I say discussions around supplement feeding is simply tweaking because by far the biggest impact on good reproductive performance is simply BODY CONDITION SCORE at mating (target no more than 15% of the herd below 5.0) which is very closely related to Body Condition Score at calving (target no more than 15% of the herd below 4.0).

If you get these two right and give them a rising plain of good pasture based feeding leading up to mating you should do just fine. This puts the emphasis onto management decisions up to 9 months before mating rather than things to do during mating that probably won't have much effect anyway.

There were too many lighter cows milked on well into May this last season and there simply wasn't time to get body condition back on before mating and so the sub optimum body condition cycle starts over again.

Sorry if I have trod on some toes or cut across a few pet beliefs on this but sometimes we try and complicate things too much by dwelling on the minor issues and missing the point on the big one!

MilkSmart Workshops

The excellent MilkSmart workshops are about to begin around the country. The one I am hosting is on November 16th at Whitikahu. It is a full-on but very practical look at cow flow and milker/cow interaction during the milking process from paddock though the yard and dairy shed back to the paddock. This is designed for those in management decision making rather than junior farm workers.

It starts with breakfast at 9:30 with 3 workshop sessions between 10:00 and 2:00. This time includes a sponsored lunch. MilkSmart workshops are facilitated by experts in this field such as Mel Eden.



You must register by going to the MilkSmart web site or phoning 0800 DAIRYNZ. Places are limited. No rolling up on the day.

Thinking about Effluent Storage?

Mark on your calendar November 22nd for a must attend DairyNZ organised field day on effluent storage. This particularly covers things like "How big a pond do I need", "What storage pond design is appropriate", "Storage Pond maintenance", "Where do I go for advice and design". My event starts at the Gordonton Hall at 10:30am and then will go to a farm on Telephone Rd for a discussion on a new system the farmer is putting in and concluding with a BBQ lunch sponsored by Hi-Tech.

Eureka Discussion Group

The next meeting of the Eureka DG is on November 8th at 11am at Richard Morrow's, 581 Puketaha Rd, S/N 72882.

By Phil Irvine
Senior Consulting Officer DairyNZ
Hamilton North
027 4839820



Residential Interior Design

- Colour schemes and advice
- Home organization ideas
- Maximise interior space and use
- Personalise your home



Phone Leanne Hilder
07 824 1023 or 021 911 621
Email: leanne.hilder1@gmail.com

WOODLANDS
CHRISTMAS
CAROLS EVENT

15 DECEMBER 5-9pm

FUN
SONGS
MUSIC
LIGHTS
DECORATIONS
ACTIVITIES

WINE & CHEESE AVAILABLE - FREE RECEPTION
FREE ENTRY - ALL TIMES ARE APPROXIMATE

Newstead Veterinary Services

161 Morrinsville Rd
RD4 Hamilton
Phone (07) 856-4522
Fax (07) 8569487

Pet Insurance: Don't Leave It To Chance!

I'm often surprised more people don't have pet insurance. It seems like a no-brainer. If you want to spend less at the vets, then do all the preventive things: vaccination, neutering, flea control, worming, high quality food and dental care. By preventing problems before they arise this will significantly reduce the chance of needing a 'cure' which is always more expensive than 'prevention'.

And for the things which can't be prevented, insurance saves the day. I'm talking here about those unexpected (but not necessarily uncommon) events:

- Your cat or dog gets hit by a car (and survives), needing major reconstructive surgery.....just when you needed new tyres for your car.
- Or, your 18 month old pet is diagnosed with allergic skin disease and will need ongoing treatment for the rest of its life.

How satisfying to let the insurance company pay the majority of the costs! It's a numbers game, of course. The costs are spread out across all the people paying pet insurance premiums (with a small portion taken by the insurance company for taking the risk on your behalf). It's just the same for your own health, with the cost of your (state) medical care spread out across all tax-payers.

What should you look for, then, in a pet insurance policy?

First and foremost is trustworthiness. Here, word-of-mouth is king. Friends, family and colleagues should be able to help with this. If not, ask your vet. Look for that personal touch from your insurer which helps build trust.

Second, look for a range of insurance options. You should be able to choose whether to have an excess or not. With an excess, you just pay this fixed amount and the insurer pays the rest up to a specified ceiling. This is useful for big claims. Where you expect to make several small claims - typically with cats - it often makes sense to go for a no excess policy. With these, you pay a small percentage of the costs and the insurer pays the rest.

If your pet is a pedigree, make sure the policy you choose covers you properly for inherited conditions.

Check that the policy will continue to provide adequate cover when your pet gets older. This is often the time when things start to go wrong and more money needs to be spent to keep your pet comfortable and well.

Finally, as with all forms of insurance, it pays to read the small print carefully. A reputable company won't try to hide things from you. You should know exactly what you're getting (and not getting) right from the start.



THE BEAUTY HOUSE

Personalised, friendly service

dermatech



Oasis beauty

XMAS is 8 Weeks AWAY! Book your summer treatments today!

PURCHASE AN OASIS FACIAL MASQUE (50gm) 3 TO CHOOSE FROM & RECEIVE A FREE EYE WHEAT PACK.
PURCHASE ANY OASIS DAY MOISTURISER & PURCHASE A TREATMENT SERUM FOR HALF PRICE – 3 to choose from (rrp \$32.50).

Bella Vi
100% natural, essential oils

NZ made gorgeous 100% natural mineral cosmetics at an affordable price. Book for a no obligation free trial.

Spend \$100 or more in NOV and receive either a free lash or brow tint!

FULL BODY SUNFX SPRAY TANS NO ORANGE!! ALL NATURAL INGREDIENTS ONLY \$25!!!

**Gift vouchers & Gifts for Christmas (Orly Polishes, Cuccio Body Products, Skin Deep)
Good honest value for money with exceptional service and help with any issues from
skincare to hair removal. (EFT-POS AVAILABLE)**

Tauwhare Village, 10926 Tauwhare Road

Ph: Jacqueline 8240950 or 0274 853985 Email: thebeautyhouse@xpra.co.nz



Find us on
Facebook

The Beauty House

Absolute Skin Therapy

an Institut DERMed Spa Partner

IHBC - NZBthA



Groovy New Gel Polish

Introductory Special

\$40

Orly's New GelFX is power packed with Vitamins, making GelFX no ordinary gel manicure system. Vitamins A and E help promote healthy nails while -vitamin B5 protects the natural nail – no extra filing or buffing.

GelFX provides chip free manicures for 2 weeks with superior shine and easy removal

I'm so excited to have found something as an alternative to most other nail enhancing products that will not harm the natural nail while giving you, my client, a million dollar manicure. *Nelly*



belles & brides

Belles & Brides is the Waikato's most comprehensive mobile beauty service. We offer an amazing range of beauty services including professional hair and makeup and a full range of pampering beauty therapy services.

Weddings, At-Home Pamper Parties, and School Balls/Special Occasions, are our specialities!

Thinking of having a night with the girls? Our Pamper Parties are a perfect way to spend time with friends all whilst getting pampered! Perfect for hens nights, birthdays, baby showers, or just a get-together with friends over a few nibbles and drinks!

Quote this ad before September 30th, 2011 to receive 20% off your first individual beauty therapy booking with us, or to receive a \$50 host credit towards a pamper party!

Jump onto our website to see our full range of services, or call or email us to book!

www.bellesandbrides.co.nz

Ph (07) 8241852 or 0226717588

Eureka Precast Concrete

117 Hooper Road

Manufacturer of the following

Farm and Small Block Concrete Products

Palm Kernel Feeding Troughs

Feeding Pad Troughs

1,000 Litre Oblong Water Troughs

200 Litre Round Water Troughs

Offal Hole Lids

Septic Tank Replacement Lids

Plus Much More

Ph. Ian Manning – 0274 961902

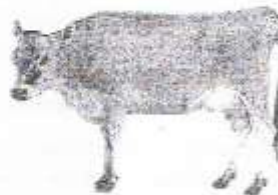
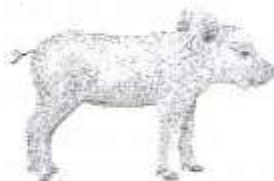
824 1988 a.h.

JBVisserVets

The team of **JBVisserVets** pride themselves on providing you top quality care for all large animals. Be it dairy, beef or lifestyle, your animals are in the best of care. Customer focused to the highest of quality, **JBVisserVets** look forward to meeting you today.

0800 VISSER

47 Lorne St Morrinsville / 161 Morrinsville Road Newstead



**JBVISSER
VETS**
07 889 0414

INNOVATIVE



870 SH 26 Newstead
 Brent 0272 432 011
 mcfarlanes@farmside.co.nz

Ph 824 1186
 Brent 0272 432 011

- Hay / Haylage—round, square, conventional
- Grass & Maize Silage
- Full ground cultivation
- Maize and Crop Planting
- Land lease & Share Cropping
- Spraying
- Truck & Trailer Hire
- Digger
- Metal injected sub-soil irrigation



"Helping farmers feed their cows"



Ctas NZ Ltd

www.ctas.co.nz



Specialists in:

- Professional systems online and PC development
- Online internet based and PC/Lan Systems development
- Business Websites – FREE development (conditions apply)
 Check out <http://ctas.co.nz/Webs/Home.aspx> to see more.
- Alert-Me - Online TXT and Email reminder system, ideal for everything, from birthdays, appointments, sporting, gardening, TAX, WOF, Registration and many more. One off or recurring. Free for home use. Go to www.Alert-Me.co.nz
- YouTXT - Operate your own TXT shortcode using our TXT system for free. Go to www.youtxt.co.nz
- FlightCheck - Check your Flight details, real time from your Mobile Phone. TXT Flight number to 8808. Txt's cost 50c

Phone: 07 824 1025
 Email: grant@ctas.co.nz







Newstead Veterinary Services
 161 Morrinsville Rd (SH26)
 Phone (07) 856-4522 Fax (07) 8569487
 email: admin@newsteadvets.co.nz
www.newsteadvets.co.nz

We offer a comprehensive range of services for dogs, cats and small pets.

- Puppy pre-school classes
- Comprehensive range of pet care products and pet food
- Nutritional advice with onsite pet dietician and free weight clinic
- Cremation with a local pet crematorium, with optional return of ashes
- Isolation ward
- NZVA Microchipping Accredited Practice
- MAF Accredited vets for pet export certificates to Australia
- Ample parking

We believe that pets are important members of your family.



Gayle Orr
 Spiritual Counsellor & Teacher
 Working with angels to relay
 Messages from loved ones
 Personal Readings
 Healing
 Spiritual Counselling
 Meditation & Relaxation Classes

**For a personal reading
 phone: 07 824 1713**

**Got A Leak?
 Save \$\$\$**
 Fix it yourself with

Feb Aquaseal Hyband
 the leak repair kit in a roll

- Easy to cut, mould and apply
- Instant watertight seal
- Lasting bond
- Wide range of uses

Available from 50mm to 450mm wide
 Stop leaks in roofs, hay barns,
 covered yards, milking sheds, cars,
 trucks and caravans
 Use for patch repairs and for flashings

To find out more..... call Debbie
 Ph 07-8241644 or 027-247 9367

CALF COVERS
 "Canvas, Jute, or satin
 lined for Calf Club"

I also manufacture horse covers,
 trailer covers or any
 other kind of cover you may
 want. Good quality, P.V.C.
 horse gear bags — can also
 be used for dive bags.
 Good quality at reasonable
 prices.

**Phone Narelle Pollock
 824 0736**




**CAMBRIDGE
 CARPET
 CLEANING**
Servicing the Waikato

Also

- ✓ Upholstery Cleaning and Protection
- ✓ Flood Restoration
- ✓ Stain Treatment
- ✓ Auto and Marine Work
- ✓ Window Cleaning
- ✓ Senior Citizens Rates

**Phone Grant on 0275 542 116
 Or 07 823 7031**
Locally Owned and Operated

**Local builder
 Tauwhare Road resident
 Registered Tradesman**



Concrete work
 New homes
 Renovations
 Alterations
 Farm buildings
 Decks
 Fences
 Bathrooms
 Kitchens
 Roofing

Over 29 years building experience
 No job too big or too small

Craig Griffin Builders Limited
 Phone Mobile: 027 279 2682
 Phone/Fax After Hours: 824 1607
 Email: craigandjackiegriffin@ihug.co.nz

nzgarden sheds
The Best Little Sheds Around

Your local garden shed supplier of
 NZ made, self assemble Garden Sheds
 (Zincalume or Colour Steel)

GET IN TOUCH...

- * EASY ASSEMBLY
- * MADE TO LAST!

Waikato Shed Company
 218 Hunter Road, Eureka,
 Hamilton
 Phone: 07 824 1045
 Email: sales@nzgardensheds.co.nz

EQUIRE FOR A BROCHURE NOW

**Trusler
 Contract
 Lawn Mowing**
 Fast, efficient, reliable



Free, no-obligation quote and
 advice
 Lex Trusler
 Ph: 824 1906 Mob: 027 221 0861
 Fax: 824 1907
 Lifestyle blocks—sections
 Road verges—horse studs
 20 yrs + experience

Scanlan & Jones
 Specialists in:

- ✓ Wood Fire Sales
- ✓ Wood Fire Installation/Repairs
- ✓ Hearth Manufacturers
- ✓ Outdoor Fire Installations
- ✓ Chimney Sweeping
- ✓ Heat Transfer Kits — Sales & Installation



Registered Installers
 Over 17 Years Experience
 Free Quotes

**Contact Justin & Brendon
 0274 834 267 (day)**
 A/Hrs: 07 824 0950 Fax 07 824 0951
 Email: scanlan.jones@xtra.co.nz

Member of New Zealand
 Heating Association 

HAIRFIELDS
 HAIR DESIGN
 95 HOOPER ROAD
 Sharon Laurent

Full salon facility in Eureka
 Total hair care professional
 with many years experience
 Agent for Nutrimetics also



Open Tuesday to Friday
 Late nights Tues/Thurs
 Tel. 824 1712 or 027 280 5978

SPYVES PANEL SHOP
for all
Panel and paint requirements



**AUTOBOT CHASSIS
and
ALIGNMENT MACHINE**

Ph Ron or Karen 8241 890
Fax 8241 893
Mob 027 280 0346

ROSS PUMPS

&

Filtration Specialists Ltd



Servicing and installation
On all types of pumps
Full Water Treatment
Service Available

DAREN ROSS

Tel. 8241 726 or 0274 346 571
Fax. 8241 879
Email: rosspumps@xtra.co.nz

COMPUTERISED BULK SPREADERS LTD

For all your spreading needs



FERTILIZER, LIME, UREA

Top Service,
Competitive Rates

Roger Springett
103 Hooper Road Eureka
Ph. 8241 175
Mob. 0274 970 413

EUREKA POULTRY FARM

13 Hooper Road
Ph 824 1762
NIC & MARIA STOLWYK
Hobby Hens



Young pullets from
5 weeks to point-of-lay
Great for lifestylers
Bagged up chook manure
Hours Mon-Sat 8-6

Green Acres

Professional lawn and
Garden care service



Maurice Smith

For free no-obligation quote:
Ph: (07) 824 1948
Mobile: 0274 797 282
Fax: (07) 824 1947
Email: msmith@clear.net.nz
Ride-on mowing specialists
Give your lawn the perfect finish

IAN MANNING
REGISTERED DRAINLAYER



For all drainlaying work
New or alterations
Residential & Commercial
Blocked drains cleared
Maintenance
Prompt service

Tel. 8241 988
Fax. 8241 989
Mob. 0274 961 902

Kelvin Lalich Builders Ltd

- New homes
- Alterations
- Large & Small
Commercial Buildings
- Chicken Sheds

Phone 889 3951 (bus)
889 3975 (a/hrs)



**"Building
with Pride"**

FRESH
APPLES & PEARS
STONEFRUIT IN SEASON



NEWSTEAD ORCHARD
552 Morrinsville Road

OPEN MON-SAT.
W J McMiken & Co
Morrinsville Road
Tel. 856 4478

TAUWHARE HOME KILLS LTD



Tauwhare Village
Owner Operators
Trevor & Leonie Brunton

On Farm Killing Service
All beef hung for 7 days
FREE OFFAL DISPOSAL

Ph 824 0880 all hours
Fax 824 0809
Mob 0274 757 315



EUREKA MOTORS

COLIN DUNCAN (PROP). SH 28, OPPOSITE EUREKA HALL

**WE ARE EQUIPPED AND SKILLED TO CARRY OUT
ANY REPAIRS NEEDED ON ALL TYPES OF VEHICLES**

Our experienced workshop staff guarantee to provide quality service
to all our customers

If we don't have the right part in stock we'll get it for you straight away
If you need some work done, why not give us a try?

OPEN MONDAY - FRIDAY 7.30am - 6.00pm

SATURDAY 8.00am - Noon

Ph 8241 773 Fax 8241 073

WALLING CONTRACTING LTD

'YOUR PROVEN LOCAL ONE STOP CONTRACTORS'

WE CAN OFFER YOU THE FOLLOWING SERVICES:



- *Grass Silage
- *Ploughing
- *Rotary Hoeing
- *Ripping
- *Undersowing
- *Baling & Wrapping
- *Digger (12 Ton)
- *Grass Crop Sales

- *Maize Silage
- *Power Harrowing
- *Discing
- *Maize Planting
- *Roller Drilling
- *Power Harrow/Seedbox
- *Shavings & Sawdust
- *Maize Crop Sales



**FOR ALL YOUR CONTRACTING NEEDS
PHONE LEN OR BECKY**

ON

824 0894 (anytime)

How To Avoid Costly Yet Common Mistakes When Building Your New Shed

Find Out What Other Shed Companies May Not Tell You



Adjusting the bay widths on this shed used by a food distribution business reduced waste space between the trucks and increased valuable storage space.

It's disappointing when you discover that something you paid good money for turns out to be of poorer quality than expected. Perhaps due to inefficient & outdated design it doesn't exactly suit your needs or doesn't "measure up" in some areas. That's why we take time to custom design your ideal shed and only use high quality steel materials with best building practices.

Contact us to receive a copy of our **FREE** booklet packed full of information and advice that will save you time, money & stress. It will help you to compare building systems and materials to help you choose which is most suitable for you. We'll make sure you avoid costly mistakes and get a great shed, done right!

FULL DESIGN & BUILD OR KIT SET ONLY OPTIONS

Once we have custom designed the shed that best meets your needs, you can choose to build it yourself, or have our experienced builders complete it for you. The majority of kit components come cut to length with bolt holes pre-punched for accuracy. We are also happy to stand the frame only, leaving you to handle the cladding, roofing, door fitment etc. You have the flexibility to do as much (or as little) of the work as you are comfortable with.



Recently constructed 14 x 16 x 4.2m American Barn with ply & batten cladding on end wall and internal dividing wall. Built near Motamata, this shed utilises a partial clear span design to provide an unobstructed work shop area.



Our multi-purpose shed was a challenging build and Waikato Sheds did a first class job of it. Their attention to detail and quality of workmanship was really good. Nothing was too much trouble.

Rob Waddell, Olympic Gold Medalist,
Americas Cup Sailor

FARM • INDUSTRIAL • LIFESTYLE



Freephone **0800 555 147**
218 Hunter Road, Eureka
www.waikatosheds.co.nz

WAIKATO SHED
COMPANY ✓
great sheds, done right!
Hamilton • Taupo

Farm & Lifestyle Block Sheds With More Useable Space, That Last Longer & Require Less Maintenance.

While from the outside some sheds may look the same, when you step inside one of our clear span steel sheds you will see that there are no unsightly web trusses or internal support poles taking up valuable space. You will appreciate that one of our custom designed steel sheds with a 50 year durability statement will actually cost you less over the buildings life & add value to your property.

We use materials that won't rot, twist or warp so you spend less time and money on repairs and maintenance. Factory applied finishes provide greater corrosion resistance and durability, with cladding & roofing available in a wide range of colours and profiles to suit every situation.



No internal support poles or web trusses mean clean lines, and you get to use all the space you paid for. No need to worry about driving into support poles in our sheds!

FREE, NO OBLIGATION DESIGN & QUOTE SERVICE

You don't pay a cent until you are completely happy with the design & ready to proceed



Our popular American Barns provide extra height in the centre section (ideal for boats or motorhomes) and are a great looking addition to lifestyle properties. The side modules can easily be divided off to be used as an office, rumpus room or accommodation unit.



Does Steel Cost More Than Timber?

It may or may not, depending on a number of factors. For smaller sheds timber may have a price advantage. But as the shed size increases, especially the span, steel becomes more cost effective and can work out cheaper.

The advantages of steel greatly mean many consider it to be the best building material for the job. Our steel frame buildings are some of the sturdiest & strongest around, which is the main reason for their popularity.



Freephone **0800 555 147**
218 Hunter Road, Eureka
www.waikatosheds.co.nz

WAIKATO SHED
COMPANY ✓
great sheds, done right!
Hamilton • Taupo