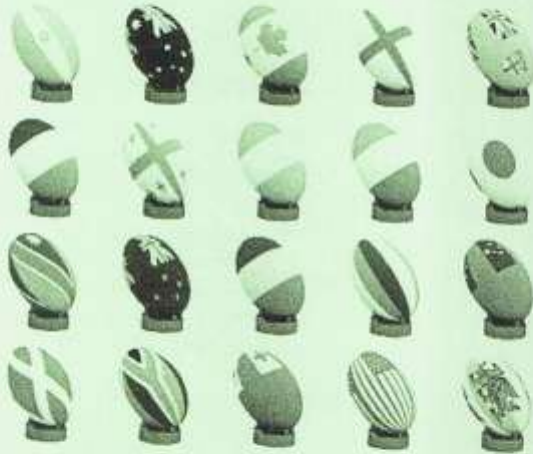


EUREKA EXPRESS

VOL XXXII No. 8 Circ 287

SEPTEMBER 2011



RUGBY WORLD CUP 2011

Guest Editorial 21 Years in Eureka

Hi. We are Alan and Lorraine Morrison and have lived on Eureka Road since 1990. This is the longest period we have lived at any one address, but due to age, it is unlikely we will make it to long term Eureka residential status.

Alan came to Hamilton from Palmerston North with Telecom, staying in a city motel for the first three months, whilst Lorraine hunted for a home. Finding nothing we liked in the urban scene, we tried rural and guess what..... EUREKA....we found it!

The first thing that surprised us was the community spirit – two weeks after arriving, we were invited to a party to meet the residents of the road – imagine that in a city. Then the annual Welcome In at the Hall, several functions and the odd person dropping in soon acquainted us with most in the area. We have both noted decline in the community spirit over the years – sad to see.

Lorraine chaired the now defunct Ladies Social Club for two years and now helps with the Eureka Express.

Alan has been on the Hall committee for some 17 years and took over the Neighbourhood Watch (NHS) for Eureka Rd, Masters Ave and Appleton Lane, a few years back. The NHS works on email and people get regular bulletins from NZ Police. An article in an earlier Express invited people from other parts of Eureka to join the group. This resulted in only one new household from Hunter Rd. joining the group.

Around 1994, Barry Mayall, Bob Appleton and Alan canvassed the district for take up of trickle feed town water. Waikato District Council accepted the numbers we supplied and town water was reticulated. It is disappointing to see the ever increasing cost of this supply.

In 2007, Alan succeeded in getting Broadband to Eureka, largely due to his contacts in Telecom. One wonders when we'll get the superfast Broadband.

There have certainly been some changes since we arrived. Manor Park was farmland and the subdivisions up and down the road have increased the number of homes tenfold.

When we arrived, Eureka Road saw little traffic and a vehicle on the road rated a look.

Not now... recently I had to stop turning into my gateway for three oncoming cars, causing two to stop behind me!

Eureka is a very nice place to live, with lots of people willing to give a hand or advice when needed. Visitors remark how restful the area is and say they've never slept better.

We hope you enjoy Eureka as much as we do.

Regards Alan & Lorraine



RAINFALL

	August 2011	Year to 31 st August
Total (mm)	48	941
Average (1994-2011)	114	808
Difference	-66	+133

Rainfall recorded on 13 days

Previous driest August in this period was 2003 when 58 mm were recorded



SNIPPETS



BIRTH – NEW BABY CONGRATULATIONS to **Levarna Wolland and Andrew Steffert** of Hunter Road who welcomed a lovely **baby girl, Holly Simone Marie Steffert**, on September 3. A dear **little sister for Leo**. Best wishes to all.

NEW GRANDCHILD CONGRATULATIONS to **Jack and Linda Hooper** of Eureka Road, who were thrilled to welcome their first grandchild, a darling **grand daughter, Summah Marie Hooper**, on September 19 in Hamilton. A lovely **daughter for Steve and Rebecca**. Very best wishes to all.

WELCOME TO EUREKA TO **Duncan and Wi Stirling and family** who have bought Johnson's home on Tauwhare Road. Duncan and Wi both work at Waikato Hospital. A warm welcome to you all. Phone 8241 675.

And also a warm welcome to **Greg and Leanne Kirkham** who are new arrivals on Hunter Road having moved out from the city. We hope you will be very happy living out in the country too. Phone 8241 808

IN PRINT. Congratulations to new author **Barbara Thomas** who has just published a book about the travels she and Neil undertook on their boat 'Starlight'. Barbara and Neil were long standing and contributing residents of Eureka until recent years. **See book cover and contact enclosed.** The book retails for \$40.00. Well done to Barbara on her achievements.

YOUNG GUN BOWLERS. Congratulations to two local girls, **Bronwyn McNally and Melita Bargh** who are Berkley Intermediate students. At the AIMS Tournament held in Tauranga in August, attended by 4000 Intermediate students from all over the country, playing a wide range of sports, Bronwyn and Melita met great success in the Indoor Bowls competition up against 88 players. Bronwyn's account follows:

On Tuesday 29th August, the singles of Indoor Bowls was played for the AIMS Games. Melita had two wins and two losses which meant she didn't qualify. I was one of the 32 qualifiers and eventually got down to the final and was up against a guy from Kawarau Intermediate. I won that game.



The next two days were pairs. Melita and I qualified and we then got down to the final and played two players from Tauranga's Junior Top 8. We won the first set and then won the second, which confirmed our win and gave us gold!

ENGAGEMENT CONGRATULATIONS to Anthony Duncan, only son of Colin Duncan, who has become engaged to Barbara Thorn of Wellington. Anthony and Barbara have just returned from a huge adventure in the US.

They set off in April on the Pacific Crest Trail which is a trek that runs from the Mexican border right up to Canada. Over five months they trekked more than 2000kms through deserts, over mountains and other inhospitable terrain encountering at times, bears, rattlesnakes and deep snow.

We understand Anthony proposed on Mt Whitney, California. Sadly thigh-deep snow beat them towards the end but they have returned happily now to their jobs, footsore and leaner (Anthony by 9kgs).



What an amazing achievement. Hearty congratulations on their tenacity. After that shared challenge marriage should be a breeze! All good wishes to them both.

(Hopefully at a later date we may be privileged to have some first hand accounts and photos to print.)

FAREWELL FROM EUREKA THELMA



There's going to be a conspicuous absence at the end of Hooper Road in October. **Thelma Nott**, who has lived at 159 for 59 years is moving to Morrinsville, her farm having been sold to Ross de la Rue on the Eureka Straight.

Thelma was born and raised in Hamilton East and came to Eureka in 1952 when she married Charlie Nott. Not only was she devoted to dairy farming, she nursed Charlie through a long final illness until his death in 1996.

Since then her life has broadened to include a raft of friends made at Morrinsville Senior Citizens, while her generosity as a neighbour has been legendary, both in Hooper Road and elsewhere in Eureka. Minding big animals or feeding cats and dogs when owners were away, always ready with baking to take, gardening for both herself and others, and generously supplying raffle prizes for regular and special events, Thelma has always selflessly provided and been aghast and amazed if anyone reciprocated her kindness.

Cats have long been a feature of Thelma's life, particularly with the number of dumped cats on a dead end road. At one time she was feeding up to 15, both indoors and out, and her vet and food bills for caring for them over the years must have been horrendous.

Even her new Morrinsville residence is being made cat-friendly, for at least some of the four remaining residents.

Town living will be a big change for Thelma, and she's been finding it a huge wrench to sort out 59 years of country living and the assortment of farm and country equipment amassed along the way.

We wish her well in her new home and hope all goes well for her.

PLANT SALE

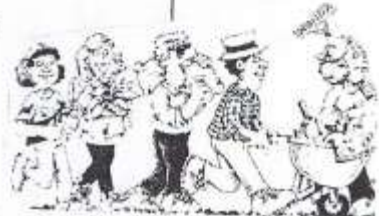
The Matangi Garden Club will be holding their annual

PLANT AND PRODUCE SALE

**MATANGI HALL
on
SATURDAY 15 OCTOBER**

From 9:30am - 12 noon

*Morning tea available for \$3:00 per person
Everyone welcome*



BEWARE!! BURGLARS are still active in the area.

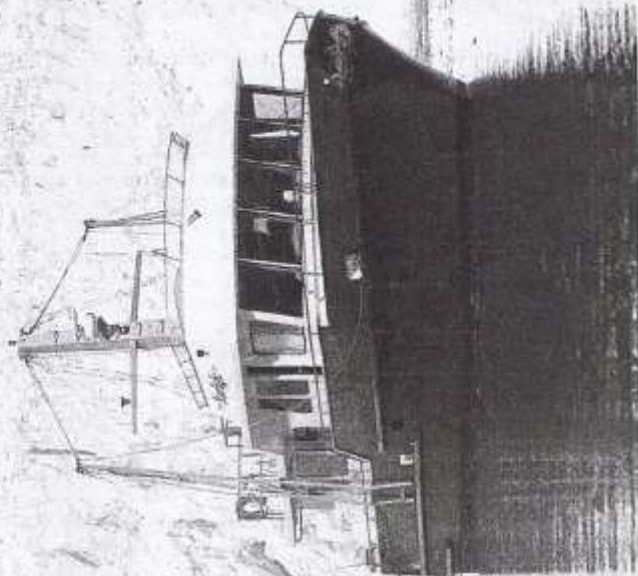
Farmers are warned to take all precautions with locking up farm bikes and other vehicles and machinery.

Everyone, please be vigilant with your home security and keep a wary eye out for any suspicious vehicles or activity.



INTO THE MIDNIGHT SUN

Barbara Thomas



INTO THE MIDNIGHT SUN *Barbara Thomas*

We all have our dreams and most of us never turn them into reality – but this adventurous Kiwi couple did. Neil and Barbara Thomas's vision was to put to sea for an extended voyage across the Pacific Ocean, heading north, from New Zealand to Japan and Alaska.

This is Barbara's story of a three year voyage that took them through the South Pacific to Japan and onto the Aleutian islands in the Bering Sea and Alaska.

It is about life on board their 'tiny ship' Starlight, calling into beautiful exotic ports, and indeed one or two hell holes.

But Barbara describes the extraordinary places and wildlife they encountered – from the undisturbed remains of WW11 Japanese submarines and zeroes to grizzly bears gorging themselves on salmon. It is a story of friendships formed and extraordinarily generous locals who helped them along the way.



For contact or book orders email: barbarasbook@gmail.com



Greetings from: "Newstead Model Country School"



Daffodil Day

Congratulations to **Lee** and her group of senior children. Newstead has once again won the Country Schools Trophy for the highest quality blooms. Last Friday the Eureka Room was a blaze of yellow - the spring blooms proudly displayed for judging.

During the year Lee and her Environmental Group prepare the beds, plant, nurture and eventually display the daffodils. This group thoroughly research the flower, finding out about its growing cycle and learning how to exhibit for the best appeal.

This result is just reward! Motivating teaching and support, with a blossoming interest among the children for growing and nurturing plants.



Cross Country Season

We have had two wonderful afternoons of sport recently. The school cross country on Friday and hosting the Country Schools Event, Tuesday.

It was a delight to see all children run so well on Friday! There was a positive atmosphere of support generated by a large group parents and friends. **Whaea Nikki** is congratulated for organising a most successful event.

The success continued on Tuesday. A number of Newstead children finishing in the top ten. Our two winners being **Samuel McFarlane (Yr5)** and **Josh Neagle (Yr6)**. Once again, all participants tried so hard.

We are lucky to give the children this type of sporting experience. Neighbours Pat and Maree Lynch and Dairy NZ farm staff make their properties available for these events.

A group of runners represents us at the City and Country Schools Event.

Faculty of Education

Since the mid 1960's Newstead has had an association with the University of Waikato, assisting in the training of student teachers. We are required to exhibit how multi levels of learning (based on composite class arrangements) are catered for and provide the student teachers with quality advice and guidance during their practical experiences. All teaching staff are employed with the skills and experiences needed to meet the Universities requirements of being an Associate Teacher.

We provide the student teachers with opportunities to:

- Develop management skills.
- Implement the curriculum to meet the range of learning needs that are catered for in the classroom environment.
- Observe good practices modelled by our teachers.
- Contribute to extracurricular activity e.g. sport.
- Develop an association with the parent community.

Over the course of a three year programme, the student teachers gradually develop their curriculum and management skills. When they have their second and third practicum, there is the provision to provide them with full control responsibilities.

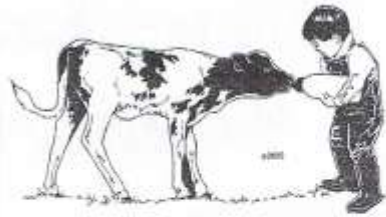
This is very closely monitored by the Associate Teacher, it may mean that they are observed directly or given the opportunity to teach when the Associate is not in the room. Their planning is thoroughly checked and the Associate Teacher must feel very confident that the student has the appropriate management skills to work with the class independently.

Recently we have had staff members invited to present lectures, assist with the selection process of student teachers and participate on planning committees.

The school charter recognizes the importance of this association with the University by designating one of its goals for this unique purpose.

Calender of events

30 Sep	School Flower Day Life Ed
01 Oct	School Agricultural Day
03 Oct	Life Ed PTA Meeting, 7.30pm
04 Oct	Life Ed
05 Oct	Parent/Teacher Conversations 12.30pm
06 Oct	Group Day, Tauwhare School
1 Feb 2012	School Commences for 2012



Evaluation of Zoo Art Programme –

Term 2, 2011 (Whole school Art focus)

The Zoo Art Programme was well received by the teachers, parents and students school wide.

All classes made a visit to the Hamilton Zoo during the focus to observe and sketch the live animals as they could see them, or as time and the weather allowed. Some students sketched from photographic examples.

Students were invited to show how their picture tells a story and asked how they made changes or improvements to their artwork over time. They were challenged by questions and modelling of ideas. They were encouraged to use artistic language when describing visual features in a variety of contexts.

The quality of work achieved was impressive at all levels as was evident in the resulting art exhibition.

The exhibition itself was well received by those who viewed it and emphasised the importance of valuing art and using art as a tool across the curriculum. The school received much positive comment as a result of this effort.

To assist with the assessment of this task parents were invited to come to school and complete an assessment form with their child. The intention was to establish how much the child had learned about the language used to discuss artwork through this programme.

The idea of assisting in assessment has generally been well received. Some parents were initially hesitant about doing this but found the task enjoyable as they became involved. When questioned, after the task, parents were positive and impressed by the way the students were able to discuss their work in artistic terms. They enjoyed listening to the students expressing their appreciation for the work of others.

The remaining assessments were done by teacher aides, training teachers, volunteer parents and others as required. All students were able to make suitable comments and discuss their own and others work. Assessment forms and evidence of work has been filed in student's individual folders and books.

The staff feel that the task has been well received and worth pursuing as a form of assessment and also as a way of encouraging parents to be involved in their student's learning.

MARKET PLACE

FERTILISER FOR SALE

LIME \$10 per 10KG BAG

GENERAL GARDEN (12N/10P/10K) \$8 per 5KG BAG

(OR ANY TWO BAGS FOR \$15)

I am fundraising for a Hamilton Boys High School trip to Nepal (December 2012) as part of "World Challenge" which provides personal development and leadership programs, teaches life skills and culminates in a month long expedition. While in Nepal we will undertake a community project (e.g. building a classroom, house or conservation work). Part of the challenge is to raise funds for the trip.

If you would like to support me please order some Lime or General Garden fertiliser (ideal for your gardens and lawns). I will deliver the



Tauwhare School

PO/ Hamilton 3207 New Zealand
a. admin@tauwhare.school.nz
t. 07 824 0864



RUGBY WORLD CUP FUNDRAISER

Thank you so much to all of the many parents who gave up their weekend to work at the Rugby World Cup. Thank you to Ms Quinn, Philippa Melton and Miss Wrigg also! We had a fabulous time, the tills were humming, the crowd was in a positive party mood and it all went off very well indeed. We do it all again in two weeks' time so hopefully our pool fund will be much better off.

Behind the scenes our pool committee is still working very hard writing grant applications. Keep your fingers crossed as the big ones are being announced soon. We have reached the \$100,000 mark! It does seem a long time that we have been fundraising but we must remember that we took a break from the pool a few years ago and spent 2 years fundraising \$50,000 for the new tennis court.

CALF CLUB



Rachel Gordon has been very busy with the Calf Club organization, making sure everything is on track for our Calf Club day on Monday

October 3rd. We have had a record number of entries this year with 79 children taking part! Fantastic!!!

We encourage as many families as possible to come along and enjoy this traditional rural event.

We are in desperate need of some stewards to help with the rings. You do not need to be trained or experienced, just prepared to help the judges and the children by holding the animal when required, and making sure the children are there ready for their turn in the ring. Please let the office know if you can help ph 8240 864 email: admin@tauwhare.school.nz.

CROSS COUNTRY

The weather was fantastic, the children were well prepared and the course was challenging. Congratulations to everyone who ran in our annual Cross Country Races. Every child who stepped up to the start line and crossed the finish line should feel very proud of themselves. Congratulations to Jacob McWhannell who won the Tauwhare School Cross Country Open race, second was Rhys Brunton, 3rd William Sinclair and 4th Jack Morton.

Congratulations to those children who achieved a personal best.

A SPECIAL THANK YOU Miss Wrigg for organising this event and to Cheryl and Roger Wilson for allowing us to use their farm.

We took a huge team of runners to the Country Cluster Cross Country. All of the children ran beautifully and really seemed to enjoy the course. It was great to see so many of our children come in the first 15 against the best runners from the 3 other schools.

SPEECHES

The children are busily preparing for their speech competition to be held in term 4. Thanks to the excellent work done by teachers Sharon Quinn and Ms Melton plus the invaluable support from Mrs Bradley the children go on to do extremely well throughout their schooling. Congratulations to Charlie King who won the Yr7 Speech Contest at St Peters School this year!

ROOM 3'S ADVERT

Room 3 children (7 & 8yr olds) have made an ad about cheese to enter into the Fair Go Ad Awards. Miss Wrigg tells me the children have done all of the work themselves. They chose a producer, director, script writers, actors, set designers, props people, camera operators, editors etc.

The finished ad is very cute. Their message is: The early bird gets the worm but the second mouse gets the cheese! We wish you all the best of luck Room 3.



to keep themselves healthy.

We had our bi-annual visit from Healthy Harold this week. The children love to see him and Nikki and learn so much about their bodies and how

ZOO TRIP

The junior school is off to the Hamilton Zoo to study animal habitats. Let's hope the weather stays nice for them. They have been busy with a new programme set up by Kirsty Gilroy called PMP. Lots of gymnastics, balance, cross body activities, eye tracking, to aid finer motor skills development which is vital for reading and writing.

SENSORY GARDEN

I love Wednesday afternoons because we have Rotation. At this time each class rotates around 6 different activities on a 5 week cycle. The activities this term are: Enviro Projects, Art, Technology/Construction, Tennis, Kapa Haka and Technology/Computers.

The Enviro Group is very busy organizing a Sensory Garden for the junior classrooms. They would love donations of any of the following:

Lime chip
Mosses
Grasses
Driftwood
Pumice
Big rocks
Old tiles
Glass beads.



PATUTUPIAREHEREHE

The production of Rumplesiltskin was a huge favourite with both staff and children. It was so well acted and so funny; it kept us all enthralled for over an hour.



Phew, we have been busy.
Have a great month!



Pukeko Preschool, Tauwhare

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

Pukeko Preschool's focus on 'Sharing our world with animals' prompted our participation in the SPCA's Cupcake Day fundraiser. We talked to the children about the important work the SPCA does in caring and finding homes for animals in need. Susan, Hadie and the children spent the day making and decorating lots of yummy cupcakes. Thanks to the support of families and whanau who bought our cupcakes, we raised \$147.00 for the SPCA.



We celebrated the beginning of the Rugby World Cup with an All Black day at preschool. Children were invited to dress in black or the colour of the team their family supports. The children created some wonderful flags, mixed up a batch of black playdough, played a game of rippa rugby and had a team photograph taken.

We have made a wall of posters and our flags and will follow the rugby as the cup continues, and will focus on this during our school holiday programme.

We welcome enquiries to the Preschool, phone 8240860 or pop in to visit.



EUREKA BADMINTON CLUB



JUNIOR CLUB NEWS

We have been busy at the club with big numbers of children coming down to play.

In August we held our Yankee tournament and the winners were:

- 1st in the girls' competition Emma Sinclair and 2nd Epernay Carta.
- Boy's winner was Brayden Silvester and 2nd Brandon Vink.

Septembers Yankee tournament winners were:

- Boys - 1st place Whiti Kairau and 2nd Giles Lusty.
- Girls - 1st place Judy Bull and 2nd Epernay Carta.



Yankee tournaments are great fun and a good way for the children to practise their competitive skills.

September is a busy month with our club championships well under way.

Our last badminton evening for this season is 5 October and we are celebrating with a family night, prizes and a shared supper.

Our club racquets are getting very tired so if any one in the community has racquets they would be willing to donate to the club this would be very much appreciated.

Contact Trisha Bengé - Phone 829 5531

TAUWHARE INDOOR BOWLING CLUB

Just when I thought news was going to be 'low key' and brief this month, two of Tauwhare Club's junior members had a very notable success. Bronwyn McNally and Melita Bargh were part of Berkley Intermediate School's Indoor Bowls Team at the AIMS Tournament held at Tauranga. There were 88 players and they played singles and pairs. Bronwyn won the Singles and received the Gold Medal. Bronwyn and Melita won the pairs and Gold Medals. Congratulations to you both - well done.

Perhaps the Tauwhare Club could adopt the logo "Tauwhare Bowling Club - the Home of Champions!" The AIMS Tournament was attended by over 4000 Intermediate School students from all over NZ in a wide range of sports.

In another fixture, Clare, Amber and Bronwyn McNally and Melita Bargh were members in the Hamilton Sub Centre's junior team that played in Tauranga recently. The juniors won the day.

The final Grupen Cup match vs Hamilton Red resulted in a win for Eastern. B Meads and H. and R. Bargh were in the team. Heather received her Eastern Reps badge at the beginning of the evening - well done.

The Erin Rose Bowl match vs Matangi resulted in a win for Matangi.

Results:

18 August 2011 - Presidents and Vice President's Evening

- Winners L Grieveson, N Stolwyk
- Runners Up I Spencer, Grant Goodare

25 August 2011 - Tamahere Visit: Progressive Bowls

Skips -

- Winner J Bargh
- Runner Up Andrew McNally

Threes -

- Winner E Morris
- Runner Up J Cottle

Twos -

- Winner K Williams
- Runner Up H Bargh

Leads -

- Winner Amber McNally
- Runner Up K McNally

1 September 2011 - Sattrup Trophy

- Winners J Hooper, K Williams
- Runners Up I Billings, M Bargh

8 September 2011 - Club Night

- Winners E Porter, A McNally
- Runner Up R Arnold

15 September 2011 - Club Night

- Winners I Billings, G Mayall, Grant Goodare
- Runners Up E Morris, H Bargh, K McNally

Up & Coming Events:

- 6 October - Christmas Tournament - Rinks
 - **Entry Fees \$5. Plate please**

Out & About

Orini Open Triples Tournament - 30th August 2011

- **Runners Up** - J Hooper, R Coxon, K Williams

Good bowling at the Christmas Tournament everyone.

Robin Bargh - Phone 824 1819



IN YOUR GARDEN

Well spring is here and so is the wind and changeable weather. It's a good idea to be thinking of fertiliser.

Good plant health always starts at ground level, with the soil. So before you reach for fertilisers this spring, choose plants that like your conditions, improve drainage and add plenty of organic matter to your beds or pots, instead of expensive chemicals, apply slow release natural products such as comfrey tea, seaweed and barrow loads of animal manure. There will always be times when soils and compost suddenly run low of essential nutrients, and it's then, when plants look sick and in need of a boost, fertilisers come into their own because they let you apply specific nutrients where they're most needed. Granular fertilisers and pellets are the easiest to apply, always scatter them on the ground around the drip line of leaves where most fine roots are located, never against the trunk of a large shrub or tree. Container plants need a steady trickle of nutrients. Scrape a shallow layer of soil away before burying slow-release granules just below the surface so they remain damp and can release their nutrients evenly.

Practical Tips and Tasks.

Plant broad beans, even if you've some in already, keep planting as broad beans bring free nitrogen and store it in your soil.

Give early parsnips a head start, sow now. They take a long time to mature and it can be tricky to get seed to strike, so be prepared to fill in the gaps.

Don't succumb to the temptation to buy tomato plants yet, they are strictly for glasshouses. Feed lawns to turn them from yellow to green.

Check that the ties on staked trees aren't too tight. As the trunks thicken they can become strangled. But the reverse is true too; tighten the stakes of young trees against spring winds. Start planting potatoes for Christmas. Early types are ready in 60-90 days. Be prepared to cover their tender tops if there's a risk of a frost.

Sprinkle slug bait as slugs and snails wait out winter then emerge to eat your spring seedlings.

Fertilise citrus trees. Sprinkle slow-release food around the drip line and water it in well.

Mulch rhododendrons. Spread well weathered sawdust or whatever you have to hand. Water before applying. Avoid walking around the base of rhodos as they have shallow fibrous roots that react badly to trampling.

Choose a space for your parsley crop, and if you don't get the strike you hoped for sow more seed next month.

Transplant roses that need a change of scene. Prune the plant hard, water it well for three days, then dig it out retaining as much root material as possible, if roots are long and fibrous trim them too. Place in a well prepared hole, just plant as you would a new rose.

Remember to keep that hoe going and happy gardening.

Jennifer



LADIES A PLATE

Grapefruit Loaf

Grapefruit are lying on the ground at this time of year try this loaf with one of them

200g white sugar	200g plain flour
1 beaten egg	1 tbsp melted butter
½ -3/4 cup chopped dates	walnuts if liked
1tsp baking powder	1 tsp baking soda
1tsp vanilla essence	pinch of salt

Method: Grate grapefruit rind, squeeze juice into cup – fill up the rest of the cup with boiling water. Stir in sugar, melted butter, egg and vanilla, salt then dry ingredients. Plus dates nuts last
Bake approx, 1 hour-160 C. fan bake 45-50mins Mix is wet

Frozen Citrus Pie

Base

½ packet ground ginger nuts	25grams melted butter
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Mix together and press into removable base 23cm ring tin

Filling

3 eggs separated	½ cup sugar
1 cup cream	
2 teaspoons grated lemon rind	¼ cup lemon juice

Beat egg whites until frothy. Add sugar and beat until stiff.

Beat the cream until thick. Beat egg yolks until thick, add lemon and rind and fold into egg white mixture. Fold in the cream.

Pour over the base.

Freeze for 12 hours and remove from freezer about 5 minutes before serving.

This recipe is compliments of Jane Whiting



Sharon Laurent

Olive Oil



Consuming olive oil has beneficial effects on your health. Since scientists have discovered the importance of mono-unsaturated fatty acids and anti-oxidants to our bodily functions, nutritionists and health professionals have been increasingly emphasising the need to include olive oil in our diet – not only as a basic nutritional food, but also for preventive purposes.

Research to date has indicated that a diet rich in olive oil can have the following favourable effects on your health:

- Decreases bad LDL cholesterol, without impacting on good HDL cholesterol function;
- Helps protect arteries from plaque and blood clotting and reduces the risk of heart disease;
- Lowers blood pressure;
- Lowers glucose levels in diabetics and helps regulate blood sugar;
- Protects against and reduces the risk of some cancers (such as breast cancer and prostate cancer)

- Aids digestion and the intestinal absorption of vitamins and minerals;
- Stimulates gallbladder activity and bile and pancreas secretion;
- Relieves constipation;
- Protects against the formation of gallstones and ulcers;
- Heals internal and external body tissue and protects against infection and inflammation;
- Contributes to the development and function of the brain and nervous system;
- May protect against age-related memory loss (dementia or cognitive decline)
- Aids bone development in children and helps prevent bone decalcification and osteoporosis in the elderly.

When purchasing your olive oil, be sure to get the cold pressed oil as it is the best quality and has the most health benefits.

Herb oils for cooking

Green herbs can be kept steeped in oil for use in salads. Since oil is not a preservative they should not be kept too long. The more aromatic herbs, like basil, thyme and rosemary, are best.

These oils can be used to coat meat, fish and poultry before grilling, roasting or barbecuing and can be added to marinades and dressings.

A light coating on the frying pan in which you are making savoury pancakes will give them a livelier flavour.

You can also use oil instead of butter or margarine when making savoury scones.

Elegant bottles with herbs steeped in oil make an attractive and useful gift.

Recipe for Herb Oil

600ml or 2 $\frac{1}{4}$ cups olive oil
125 g or 1 cup chopped herb

1. Bruise the herb leaves well and put in a glass jar. Cover with olive oil.
2. Seal the jar and leave it in a warm place for at least two weeks, giving the contents a good shake every day. When ready, strain, pressing the herbs against the side of the jar with a wooden spoon to extract as much oil as possible. Bottle and seal.

Cheryl McFarlane

Farm Discussion Group Report

The Eureka group last met at Keith Laws property on S/H 26. 13th Sept on a cold windy early spring day. There were about 35 farmers present at the meeting which was great to see; maybe it had something to do with the BBQ put on by the Rabo Bank.

All farmers seemed to be happy with how well their cows were milking with most getting more out of their cows than expected with lowish pasture covers. Most covers sat at about 2000 to 2100.

Keith gave the group an interesting scenario by putting his business figures and compared them with an exceptional farmer with a similar sized farm. Keith runs his own farm very efficiently and has great results but this showed that there is always a better way of doing things. We picked a few things out for him to think about. The biggest thing Keith needed to do was to increase the amount of feed grown on farm.

The cows were in good condition and he had about 15 to calve. Keith also runs a sharemilking job which takes him across the countryside on a regular basis so this puts a lot of time pressure on his farm.

It was a good group and great to see so many there at a busy time of year. Thanks to Keith for hosting the day and Rabo Bank for supplying the sausages.

Next Group is at Peatlands on Piako Road on the 11th Oct at 11 am,

Any queries ring me on 8241108

Tight lines Brett Gordon



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



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DRENCHING YOUNG CALVES FOR WORMS

From the 'what were you thinking' files...

Ginny Dodunski

Every year in the Waikato a few mobs of artificially-reared calves start scouring, or coughing (maybe at about 5-6 weeks of age), and a 'blush diagnosis' – something along the lines of "Arrrr that be worrrms" – is made by someone with years of experience. So the calves are duly treated for worms; occasionally they may improve, most often nothing happens, and sometimes they drop dead! What the?

Let's get something straight right at the start: **artificially-reared calves living outdoors almost never need treatment for worms (gastrointestinal or lungworm) before they are weaned.**

Why? There are lots of good reasons for this which we'll get to in a minute. The other point that is really important is that **a number of the commonly used drenched products are quite toxic in pre-ruminant calves.**

WHY DON'T YOUNG CALVES NEED WORM TREATMENT?

- Worms can't actually establish in the gut until calves have a fully functioning rumen; the process of worm larvae developing through to the adult stage requires rumen fluid as a trigger.
- Milk has some anthelmintic activity.
- Whilst calves are eating meal and drinking milk they are not likely to be grazing down low enough into the pasture to pick up a production-limiting worm burden.
- The ill effects we see from gut worms (scouring and weight loss) are largely a consequence of the calf's own immune response to the 'invading' worms, and very young calves lack the capacity to mount this response; it kicks in later.
- Lung worm has a much longer lifecycle than the gut worms and even if a lungworm challenge is present it will rarely have risen to levels that require treatment in the period before weaning – unless weaning is later than normal.

AND WHY MIGHT A WORM DRENCH BE TOXIC?

- Two of the common components of calf drench products, abamectin and levamisole (think most of the cheaper injectables and the oral combo drenches) have quite a narrow safety margin in young calves.
- Overestimation of calf live weight can be enough to cause toxicity especially in individuals that are ready ill-thrifty or sick with something else.
- Giving the poorer ones 'a bit extra because they look like they need it' – more is not always better!
- Using an oral drench (in which is designed to go into the rumen) in animals that don't yet have a functioning rumen – in this case the drug goes straight into the abomasum where it may be absorbed much faster and rise to toxic levels in the blood.
- Putting the drench in the milk – yes we know it goes on (!) – process is the same as above plus in the 'towed feeder' situation you'll have some individuals drinking more and potentially overdosing on the worm drench.

So the take home message is: ill-thrift, scouring or coughing in artificially-reared calves pre-weaning is probably not worms – get a better diagnosis so you can give the right treatment!

With thanks to Totally Vets, Manawatu.



FEEDING THE ORPHAN LAMB

Leisa Norris

For survival and lifetime well being, lambs need colostrum in the first 6-12 hours. Colostrum provides antibodies to protect against disease and is nutritionally rich in energy. Four to six feeds of 100 to 200 ml per feed is a good start and if possible, continue feeding colostrum for three to four days.

The ewes' colostrum is best. Alternatives include frozen colostrum saved from a ewe with a single lamb, colostrum from a goat or cow, or artificial colostrum. Frozen colostrum should be heated in a water bath. Avoid the microwave as it destroys the precious antibodies so vital to the lamb.

After the colostrum-feeding period, use a lamb milk replacer, such as Denkavit or Anlamb, fed at approximately 40 °C. There is no set 'recipe' for feeding as each lamb is individual. A general rule is:

Age of lamb	Food type	Volume (ml)	Frequency (feeds per day)
First 4 days	Colostrum	100-200	4-6
Week 1	Milk replacer	200-300	3-4
Week 2	Milk replacer	300-	3
Week 3-6	Milk replacer	400-600	2

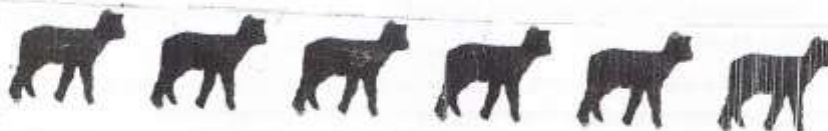


Hungry lambs are often hunched up and will 'cry'. As the lamb gets older, gradually increase the volume and decrease the number of feeds per day. Over-feeding is likely to induce scours.

There are commercially available bottles and teats, some more user-friendly and durable than others! Baby bottles and teats work well, as do soft drink bottles with lamb teats. A lamb will learn very quickly where its food is coming from and will adapt to bottle-feeding without a problem.

Encourage lambs to eat grass, sheep nuts, hay etc. as young as possible. Early weaning reduces time spent feeding. As long as the lamb is growing well and eating more than 75% of the diet as solids, then weaning at around 6-8 weeks old is fine.

With thanks to Totally Vets, Manawatu.



How many cows should I be milking?

Many dairy farmers have either reduced cows milked or are thinking about it. The volatile weather of recent seasons compounded by Black Beetle and other insect pests have left many farmers thinking they are growing less feed and are having difficulty feeding the herd the way they would like. So it is timely to review stocking rate on farm. How does one come up with an optimum figure of cows to milk anyway? This article gives you one good tool to use. Comparative Stocking Rate (CSR)

Comparative Stocking Rate (CSR) is a far better way of deciding how many cows to milk than simply Stocking Rate (SR) as measured by cows/ha. Firstly herds vary widely in size from 360 – 560kgs and secondly the amount of feed available to the herd also varies greatly from 10t/ha – 25t/ha.

CSR simply suggests a figure of liveweight per hectare to stock the farm based on an estimate of total feed offered to the herd per hectare.

Key Points about CSR:

- *Cows/Ha is too simplistic a measure to decide how many cows you should milk.*
- *Comparative stocking rate (CSR) is a better measure and comes up with a suggested Kgs Lwt/Ha the farm should be stocked at.*
- *CSR considers the amount of total feed offered per milking hectare (home grown, winter grazing off and supplements bought in) and liveweight of your herd.*
- *There is quite a range of stocking rate that a farm can operate successfully at. At the current time CSR in the range of 70 – 85 kg Lwt/ha is the most economic with 77 being the optimum.*
- *The most important thing are the 'decision rules' you use in any system (e.g. drying off decisions, BCS of 5 at calving, grazing residuals, rotation lengths*

The 2 examples below are extremes and have wildly different stocking rates but the same effective stocking rate or CSR because the amount of feed on offer per hectare is greatly different.

Example 1:

Estimate growing 12t DM/ha pasture & crop
Buying in 0.5t/ha supplement
Total feed offered = 12.5t/ha
If stock at 77 kgs Lwt/t feed offered (ideal range 70 – 85)
 $77\text{kg} \times 12.5\text{t} = 963\text{kgs/ha}$
Herd weighs 480 kgs
 $963 \div 480 = 2.0 \text{ cows/ha optimum (ideal range 1.8 – 2.2)}$

Example 2:

Estimate growing 17.5t DM/ha pasture & crop
Buying in 3.5t/ha supplement
Total feed offered = 21.0t/ha
If stock at 77 kgs Lwt/t feed offered (ideal range 70 – 85)
 $77\text{kg} \times 21.0\text{t} = 1,617\text{kgs/ha}$
Herd weighs 480 kgs
 $1,617 \div 480 = 3.4 \text{ cows/ha (ideal range 3.1 – 3.7)}$



In these 2 examples both are stocked at the same comparative stocking rate. Have a go at doing it for your own farm. If you need a hand feel free to give me a call.

Next Eureka DG is at Peat Lands owned by Richard & Christine Lansdaal with LOSM Mike Healey on Tuesday 11th October.

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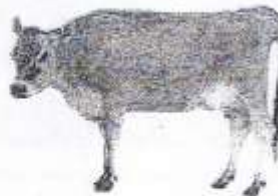
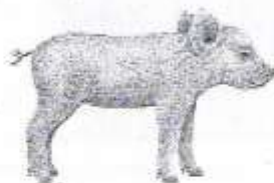
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