EUREKA EXPRESS

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Merry Christmas

GUEST EDITORIAL



Oh whoa, where do I start....? In June of 1973 we arrived driving on foot our herd of 300 odd cows, bulls and calves from Ngahinepourl along the long dusty 'back water' track called Holland Road, hoping that no trains would arrive during our travels. We were heading to our new sharemilking job on Malcolm Morrison's farm across the railway line on Seddon Road (now Waverly Road), now owned by Maces. It was covered in rushes but we were excited by the challenge it presented.

A lot of water has gone under the bridge since then. Shortly after we remember watching Brian Gordon and his young family driving their car and trailer up over the railway line loaded up with odds and ends as they also shifted to their new farm next door.

It wasn't long and our family had expanded to four children and over the next fourteen years all attended the small two classrooms, two teacher school at Eureka, each child riding their bikes. There was much excitement among the small schools children when a new library and an extra classroom arrived to cater for the expanded roll.

All our children have now left home, married and spread their wings and we can call ourselves Granddad and Grandma to six grandchildren with one more due in March.

The school is now in new ownership and is very much expanded. Our local store and Post office has become a comfortable home.

By 1977 we decided to upgrade and again opened the gates to drive our herd out onto the road and again walk them back over the railway line and along Holland Road. But this time it was only one kilometre and the cows weren't scared of trains. We walked them to our new farm. What a feeling — all ours, no boss to please just the bank managers. It was our dream come true. Since then we have fought and won for a tar sealed road (no more afternoon clouds of dust to contaminate our water tanks and cover all our household effects).

We also got the post office to give us a mail delivery to our road letterbox, before that is was a post box in town, and last but not least a town water supply and rubbish collection. Life is certainly a breeze now!!

Many houses have sprung up as new families have moved out to our little paradise in Eureka and they have been welcomed one and all.

By 2005 we had decided that with all the family having left home, we were getting too old to be getting up early, donning gumboots and milking those cows and feeding calves. We put our farm up for sale and it was sold to a New Zealand resident Taiwanese family from Hamilton. They have since leased it to Mr Bernard Verryt of Puketaha Road. We meanwhile kept three hectares including our house and joined the ranks of the life-style block set. We love the fact that on a wet cold morning we can lie in bed and listen to the quad bike start up and see through cows moving towards the cowshed and we don't have to move.

Throughout the last thirty four years we have witnessed many changes in our little district, some for the better, some not so good but through it all two pillars in our community have brought a sense of stability – one is our local garage owned by a man who is a wealth of information on everything mechanical and anything local – great job Colin Duncan. The other is our local rag – The Eureke Express. Take a bowl We appreciate all that you great people do in giving of your time and energy every month to produce, print and deliver our gem of information to our doors.

Thank you each and everyone.





WEDDING CONGRATULATIONS: To Brad van Hellemond and Crystal Duggan of Waverley Road who married on December 3rd at Bowentown. Every best wish to you both for the future.

FAMILY CELEBRATIONS: Colin and Glenys Middlemiss and family of Hooper Road have had good reasons to celebrate during the last few months. David had his 21st Birthday on August 31st, and Andrew married Helen Quinn of Hamilton at the Hamilton Gardens on September 24th (see photo below). Congratulations and best wishes to all. The Middlemiss family also clocked up 21 years in Eureka in November. How the years fly by! All the best for the next 21!



SEASON'S GREETINGS

Your Eureka Express Editor and Committee wish all readers a very Merry Christmas and a safe and Happy New Year. 2011 will be remembered by all Kiwis for the tragic and catastrophic February earthquake in Christchurch, the ongoing aftershocks, the unresolved Pike River disaster, the grounding of the ship, Rena, and the Maui gasline leak.

On a brighter note New Zealand ran a successful Rugby World Cup and celebrated a deserved win.

Fewer shakes and spills, closure, finally, for the mine families, and more peace and prosperity in the world would surely make 2012 a better year for all.

World-class broadband for Eureka Area

Alan Morrison

RBI (Rural Broadband Initiative) is a joint project between the Crown, Chorus and Vodafone which will see rural schools connected to ultra-fast 100Mbps broadband connections, the launch of fixed wireless broadband to rural households and the extension of fixed line broadband into some areas by 2015.

Vodafone will install fibre-fed cell towers in the Puketaha Road, Eureka and will upgrade their existing cell tower at Matangi.

These towers will be able to provide fixed wireless broadband services to residents in our area, some time after February 2012. This technology can support broadband speeds of at least 5Mbps, allowing residents who are currently beyond the reach of fixed line services, due to the distance they are from the Eureka telephone exchange, to access high-speed broadband services for the first time.

Vodafone's Fixed wireless broadband requires an aerial and new router. This a currently a technician based \$448 install and monthly fee of \$80 on a 2 yr plan.

Note: Vodafone's fixed wireless broadband services delivers similar speeds as urban customers receive today at similar prices. i.e. customers will not pay the higher priced mobile data service.

Fixed wireless broadband is transmitted from the tower and received at your home via an aerial. The internet signal is distributed around your home using a Wireless Router. The RBI programme will see broadband speeds of at 5mbs put in reach of 80% of rural households.

Chorus' part of the RBI project will see them connect around 700 rural school to fibre optic cables, giving them access to broadband speeds of up to 100mbs.

Newstead Model School, Tauwhare School, Motumaoho School, Puketaha School and Pukemoremore Road School will be connected to the new RBI fibre optic cables.

Chorus will also upgrade or install new broadband equipment to improve the reach and performance of broadband in Motumacho, Tauwhare and Matangi area, at a later date

Eureka broadband from the Eureka telephone exchange is not planned for upgrade and those currently unable to access this service will use fixed wireless broadband.

Cell phone coverage: Vodafone's new and enhanced cell towers will improve cell phone coverage throughout the region. Other cell phone providers will also be able to install their equipment on these new towers, which means more choice, competition and investment in our area.

Mobile broadband coverage (modem sticks): greater cell phone coverage also means greater mobile broadband coverage. A modem stick is effectively a cell phone which sends and receives data, so the cost of data with this technology is much higher than landline or fixed wireless Broadband.

Open access infrastructure – all of the cables, roadside cabinets and cell towers which has been funded through the RBI programme are open to any other service provider. This means that other internet companies can install their equipment on the Vodafone tower or Chorus roadside cabinets, driving more choice, more competition and more investment into our area. Eg. The current 021 and 2° service will improve dramatically.

Costs for these new RBI services will vary depending on the service provider you choose to sign up with. In some cases there may be an installation charge, but in others this costs may be incorporated with the service. It will pay to shop around.



Tauwhare School

American and from Emiliar
 American annual principle

What a rush this last term has been already. The Rugby World Cup was amazing and allowed us the opportunity to earn \$10,480 for the swimming pool fund thanks to Helen Singers and a large team of us working the alcohol tents. But it has mucked up our terms, leaving us only 71/2 weeks to complete everything before the end of the year.

The PTA has raised the huge sum of \$32 000 this year.

Teachers are frantically finishing written reports and analyzing data from this year. School-wide data shows: 82% of our children are achieving on or above in Maths, 91% are on or above in reading and 92% of our children are achieving on or above in writing.

There is clear evidence from our reading graphs that the PMP programme and the Toe-By-Toe intervention has had significant benefits for our young children.

CHRISTMAS RAFFLE FOR CAMP 2012

The Jones family (Scanlon & Jones & the Beauty House) have donated a lovely stainless steel artwork marlin (on display in the office), a citronella firepot (in Room 1) and a \$30 beauty voucher as prizes. The tickets are \$1 each and can be bought from a student or from the office. The tickets need to be returned to school by Friday 9 December and will be drawn at the End of Year Prizegiving. If you would like tickets or would like to take some to your workplace please contact the school office 8240864.

WEDDING WISHES

We wish Mr. Quenby, and his fiancée Amy, all the best for their wedding on Friday. Mr. Quenby will be back to school as a married man on Monday – they have postponed a honcymoon until later in the year.





The children from all 9 schools that participated in the City and Town T-Ball Tournament had a wonderful day. They played hard but fair, with Tamahere coming 1st and 3rd and Hillcrest 2nd.

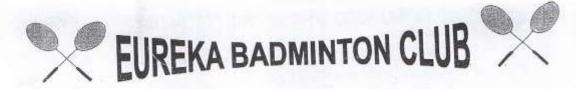
TAUWHARE SPEECH COMPETITION

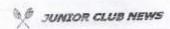
Our judge this year was Mr. Wayne Bromell. Wayne is the Assistant Principal at Peachgrove Intermediate, Wayne's children attended Tauwhare School and won the speech cup many times. They went on to win speech contests throughout their years at school, so Wayne was a good choice for our competition. All of our speakers spoke beautifully and certainly did not make it easy to choose a winner. Congratulations to Kayla Bradley -Harris 1st, Ella Silvester 2nd and Tori Gilroy 3rd, Kayla, Ella and Tori go on to represent Tauwhare at the Cluster Schools' Speech Competition. Kayla and Ella then compete in the Cambridge Rotary Competition held in Cambridge on Friday Dec 2nd at 7pm.

WHOLE SCHOOL PRODUCTION

This is going to be a fantastic show!!! Ann E (Annie) is almost ready to perform thanks to the hard work of the children. There are many favourite songs such as Hard Knock Life & Tomorrow, plus some modern numbers by Justin Bieber and Bruno Mars and many more. Performances are at the Tauwhare Community Hall on Wednesday 7th & Thursday 8th December at 11am and 7pm. Entry is by gold coin.

A huge thank you to everyone who has helped us to make this such a wonderfully exciting and successful year. Have a fabulous Christmas and a Happy New Year from the staff and students of Tauwhare School.





The committee wishes everyone a happy and safe holiday season and looking forward to seeing all the badminton players and families in April 2012. Our AGM will be advertised in the Express in March. Thank you to the Eureka Express team for publishing our news each month. Best wishes and happy festive season.

Trisha Benge

MARKET PLACE

FREE FIREWOOD

Free firewood - one problem, you have to cut the trees down (6 in total) Phone 8241883

WANTED

Raw milk wanted. I am interested in purchasing raw milk for general consumption and cheese making. If you are willing to sell, please contact Liz on 8241677

FOR SALE

Sunscreen, Bug spray, Body Lotions, Fragrances, Makeup and last minute Xmas gifts delivered to your door. Time to stock up and be prepared for summer. Phone Ros Chambers, your local Avon Sales Rep. 8241611

CHRISTMAS TREES FOR SALE:

Delicately hand-shaped, beautifully scented. Optional tag now, collect later. Affordable prices, \$20 or \$30 trees available. Find us at 350 Vaile Road, Newstead. For further information contact Elliot or Tania 8241008.

WANTED

A kind, honest and reliable person needed to feed family pets for a week over the holiday period. Please phone Michelle on 8241 139.

EUREKA EXPRESS

ADVERTISING RATES		CONTACTS - Gail or Gayle	
 x 10 insertions One Half Page Advertisement 	Free \$10 imonth \$80 year \$15 month \$120 year \$20 month \$160 year	Gail Mayall (Editor) 70 Eureka Road Ph 8241 758 Fax 8241 028 e-mail: editor@eurekaexpress.co.nz	Gayle Orr (Treasurer) 1139 SH26 R D 6, HAMILTON 3286 Ph 8241 713 Fax - e-mail: eorr@xtra.co.nz



Pukeko Preschool, Tauwhare

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



Pukeko Preschool's children and teachers are eagerly anticipating our end-of-year concert, to be held in the multi-purpose room at Tauwhare School on Friday 2nd December at 5.30pm. The children have been practising their songs and actions and are excited to be dressing up in costumes for the concert.

The preschool will close for the summer holidays on Thursday 16th December. During the holidays we will be running a school holiday programme for one week, from Monday 23rd to Friday 27th January. Preschool will open for the year on Tuesday 31st January 2012.

Pukeko Preschool would like to thank the Tauwhare and Eureka communities for their generosity and support of the preschool during 2011. We wish you all a safe and relaxing holiday season, and look forward to another wonderful year in 2012.

RAINFALL

	October 2011	Year to 31" October
Total (mm)	107	1115
Average (1994-2011)	95	1006
Difference	+12	+109

Rainfall recorded on 16 days

	November 2011	Year to 30th November
Total (mm)	29.5	1144
Average (1994-2011)	70	1076
Difference	-40.5	+68

Rainfall recorded on 12 days







**** NOW IN EUREKA ****

Plus MORRINSVILLE & HAMILTON

MON 7.30 - 8.30pm EI TUES 7.30-8.30pm H WED 6.00-7.00pm M

WED 6.00-7.00pm WED 7.30 - 8.30pm

FRI 6.00 - 7.00pm

2021 CLASS TIMETABLE EUREKA - Eurkea Hall, SH26,

HAMILTON - St Peters Hall, 51 Victoria St, CBD MORRINSVILLE - Senior Citizen Hall, Canada St

MORRIMSVILLE - Methodist Church, Thames St

PRICES

Casual Class \$10 Student / Pension \$6

Concession Cards:-(For 10 Classes) \$70 (3 months)

\$70 (3 months) \$120 (6 months)

(For 20 Classes) \$1 Family Pass \$2

\$20

2 x Adults & 2 x Children (under 14 yrs)

FIRST TIME TO CLASS ONLY \$4

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

UPCOMING EVENTS

GARAGE SALE AND CAR BOOT SALE

Saturday 31st March 2012.

The Express Committee is once again organizing a garage sale, or if you like you can book a space for a car boot sale. This year you have the choice.

Tables or car boot space need to be booked and will cost \$10 each.

(This is all you pay, any money you make selling your items is yours).

The event will be advertised in the local papers.

Have some fun, meet new people and make a bit of money!

You can sell anything, bric a brac, clothing etc, or any craft products, jams, pickles, preserves, ANYTHING.

So start collecting your goods.

Bookings for a table are essential.

Is there a group who wants to do some fundraising? Providing morning ten for sale would be the perfect opportunity.

For Bookings and enquiries phone:

Gail 8241758 Or Gayle 8241713



Residential Interior Design

- + Colour schemes and advice
- Home organization ideas
- . Maximse interior space and use
- Personalise your home



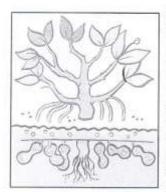
Phone Leanne Hilder 07 824 1023 or 021 911 621 Email: leanne.hilder1@gmail.com

IN YOUR GARDEN

With Christmas just around the corner, the festive season will be taking priority over the vegetable patch this month. But a little attention is important to ensure your vegetables continue to be productive throughout the summer. Regular watering, feeding, weeding and vigilance for pests and diseases are still high on the agenda. Be sure to mulch your most precious plants and if you're planning an extended holiday, arrange someone to water your garden to conserve all your hard work.



Sweet corn and beans will romp away in warm soil. Sow a fresh batch of mesclan salad mix before temperatures become too hot. Seedlings of most summer veges can still be planted, and will respond well to warm soil temperatures and generally more settled weather. Plant out seedlings of Zucchini, Melons, Pumpkins, Tomatoes, Eggplants, Peppers and Cucumbers.



Sow or plant peanuts. Peanuts are a fun novelty crop for warm, sunny, frost free gardens and I planted some last year just for kicks. These subtropical ground nuts form a small clump, about 30cm high, with little yellow flowers. What makes them peculiar is that once the flowers are pollinated, they extend like umbilical cords, all the way to the ground, then they bury their noses in the soil. The nuts develop underground; to harvest them, you haul the whole plant out at the end of summer. Peanuts like it hot but they can still be grown in marginal climates, though it's best to grow them in a large pot so you can take them into the glasshouse or

tunnelhouse to continue to pod up when summer runs out, as the pods take up to 140 days to mature.

Maintenance: Continue to tie tomato plants to stakes as they grow and remove laterals to promote better fruit production. Keep a close eye on insect pests and diseases and spray accordingly. Check watering systems are working effectively as you will need them next month.

Have a safe and happy Christmas, take care, Jennifer

Travelogue

Interviewer: Gail Mayall Traveller: Lorraine Morrison visiting Vancouver

Did you have a particular reason to visit?

I went as a travel companion for a friend who was visiting her family.

What were the highlights?

A day trip to Whistler, where the 2010 winter Olympics were held. A visit to Vancouver Island by ferry and visiting the world famous Butchart Gardens.

Exploring the city of Victoria and returning to Vancouver on a spectacular Sea Plane flight.

The Vancouver Aquarium in Stanley Park is worthy of a visit as the Beluga whales are amazing.



Go walking and see this beautiful city.

What did you think of the food?

We cooked most meals in the apartment. Supermarket shopping was a different experience but great once you got used to their layout. The meals we ate out were quite good and on our last night the food was superb, especially the chocolate biscuit based white chocolate & raspberry cheesecake. Heaven on a spoon. Vegetables and fruit flavours were very intense, much nicer than New Zealand varieties.



Trains, buses, ferries and sea buses are all so easy to use. \$1.75 ticket lasts for 1.5hrs for all services. The cost of a city bus was about \$2.50 and the Sky Train to and from the airport at a cost of \$8.

What was the shopping like?

Expensive!! Most items the same as here but then you have to add 12% tax and add the exchange rate.

What are your top tips for other travellers?

Go with the flow and talk to as many Vancouverites as you can.

Any dislikes?

Tipping!! Anything that involves a service requires a 10 – 15% tipping fee. An exception is Starbucks - just 433 Starbucks in Vancouver city!!

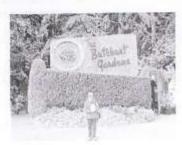
Most intriguing things?

Their milk bottles their unusual shape and yes they are glass. Their Fire Hydrants on every block corner red for fresh water & blue for sea water.

The yellow school buses in the rural areas are the same as American school buses.

Would you visit again?

Yes, for a few days either side of a cruise to Alaska!





Our Trip....

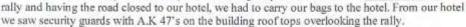
We have recently spent nearly 3 months traveling Turkey, Eastern Europe, Italy and Greece. This was a trip that was prompted by friends, Jim and Val Russell, doing a return trip to the Danube River and inviting us to go with them. Their plan was to start at Bucharest and sail to Austria, disembarking at the city of Vienna.

Once our decision was made to go, we thought we may as well see Turkey, then Italy and Greece! Kevin and Lin Buckley were also with us.

Experiences and Highlights of our trip were many but here are few

In Turkey, we visited Gallipoli, Anzac Cove, the Lone Pine cemetery and Chunuk Bair, a very sobering place. The legendary horse of Troy which I remember from primary school, being fascinated by the story of Troy. We climbed inside the wooden horse and visualized the soldiers hiding inside, while it was pulled inside the castle fort.

In Cappadocia we rode in a 20 person hot air balloon, with up to 80 balloons in the air at once, seeing the sights of the volcanic cone like moon landscape from the air. In Antalya we swam in the Mediterranean Sea. We went to Ephesus, the ruins of a roman city, destroyed by earthquakes. If this was still intact it would be another wonder of the world! In Ankara the capital of Turkey we were caught up in an election rally and having the road closed to our hotel, we had to carry our bags to



Seeing the Tomb of Midas, (with the golden touch). His tomb is under a mountain of earth, found by a shepherd in 1956 after a goat fell into a hole.

We girls had a Turkish bath and soap massage in a 500 year old bath house. The history in Turkey really stretched our minds, going back 2,000, years this was too much for us to comprehend coming from our history of 150 years

Our cruise on the Danube, in the boat River Countess started at the Black Sea sailing through Romania, Bulgaria, Serbia, Bosnia, Croatia, Hungary, disembarking in Austria.



In Romania we had a tour to Transylvania and Dracula's castle. The castle has lots of small rooms and very narrow stairways. Fascinating history of Count Dracula on display.

The after effects of communism is still a raw subject in most of these countries.

After our river cruise up the Danube we took an option of going to Prague in Czech Republic. Prague is an amazing city. So busy,

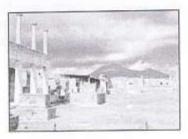
with lots of activity and things to look at and do. The Charles Bridge is the main tourist attraction and this was the first place we were taken by our guide. Charles Bridge was built in 1357 as a pedestrian bridge and is decorated with 30 statues of saints. Artists and market stalls are set up along the way to add to the attraction. No beggars are allowed, but we saw several, some with their dogs to add to the sympathy.

One day we traveled north to the Polish border to see a concentration camp for Jews in the 2nd world war. We had thought that if we did this tour we would see some of the country side as well.

The camp we went to is called Terezin and was a Jewish ghetto during World War 2. It was built as a fort around 1780 by the Austrian emperor, and named after his mother, Maria Therese It was designed to be a fort for the army of the monarchy. In June 1940 the Gestapo took control of Terezin and set up the prison for Jews. It was presented to the Jewish community as a model and safe environment, but in reality it was a concentration camp. This camp was used as a transit camp for Jews from all over Europe before being taken to Auschwitz. This is a very sobering place, unknown to us before, but was in our thoughts for a long time.

In Italy we went to the Vatican City to see the Sistine Chapel, the Coliseum and underground catacombs where 2,000 Christians are buried.

Going to the town of Pompeii which was totally covered by ash in the eruption of Vesuvius in AD 79. We had seen an exhibition at Te Papa so this was a highlight, to walk the excavations. Our 'Be My Guest" visit to a lemon farm, where Lemonchillo is made with lemons from trees that are 100 years old, and the meal that was provided for us all was great fun.



Taking the ferry to the Island of Capri and driving the exhilarating coast road of Capri was a scary highlight.

The fresco paintings and mosaics of the Basilicas of Italy are amazing. Venice is a tourist Mecca, but we loved the island of Burano, with the houses painted a different colour so the fishermen can find their way home after fishing or a night on the town.

We also went to see the leaning tower of Pisa, and took photos, of each other, trying to straighten the tower.



After arriving back in Rome, we went with the Buckleys, by fast train back up to Cinque Terre where we walked the 5 coastal villages.

We then flew from Milan to Athens where we started our tour of Greece. Seeing the Parthenon, Hadrians's Arch and during our tour, we went to the stadium of the first Olympic games, held in 776 BC and, where in 30 plus deg. heat Graeme ran the track in his record time. We saw the Temples of Zeus and Hera and had a visit to the monastery of Meteora where a James Bond movie was filmed. Back in Athens we boarded a ship for a cruise of the Greek isles. Seeing the islands of Mykonos, Patmos, Rhodes and Santorini, going as far south as Crete.

We had a stopover in Dubai each way, with a "complementary" ½ day tour of Dubai on the way over. On our return we stayed for 5 days. A very rich city with lots of things to see and do. When we returned the temperature was up to 40 deg. We went out into vast sand dunes and had a 4 wheel desert safari with the Buckleys. Such a lot to fun to end our trip!!!

We met some fantastic people from all walks of life that we think of often but will probably never see again, but they made our trip a lot of fun with lots of fond memories

Lynne Brewer

LADIES A PLATE

Cheerios Christmas Trees - For The Children To Make

Ingredients:

3 cups marshmallows

3 tbsp butter

Green food colouring

3 cups Cheerios (breakfast cereal)

Mini M&M's (just the red and green ones)

Jaffas Canola spray

Method:

In a bowl, place the marshmallows and butter together and melt in the micowave on high for 40 seconds. Mix well with a spoon.

Add green food colouring until you have the colour you like.

Pour Cheerios into the marshmallow mix and stir well to coat. Leave to cool until the mixture becomes tacky. You may need to put it in the fridge if it is a warm day.

Cover a tray with baking paper. Spray your hands with canola spray and shape the Cheerios mixture Into cones and place on the tray.

Place in the freezer for 20 minutes to firm up.

Remove and decorate with red and green M&M's and place a Jaffa on top. The trees will still be sticky enough for the decorations to adhere but you may need to use a little icing to stick the Jaffa on,

Notes:

Little ones will need help with the microwave step of this recipe.

If this mixture seems a little too wet, cooling it in the freezer is a great way to firm it up.

A light dusting of icing sugar will make it look like you have snow on your trees.



Unbaked Christmas Slice

Ingredients

250g kremelta

1 cups rice bubbles

1 cup desiccated coconut

1 cup sugar

1 cup mixed fruit cut

1 cup milk powder

10 pieces of crystallized ginger cut small

Method

Lightly grease a 20 x 30cm slice pan. Line base and sides with baking paper.

Place kremelta in a small pan on low heat. Cook, stirring, for 4-5 minutes until melted. Cool slightly.

Meanwhile, combine remaining ingredients in a large bowl. Add kremelta and mix well. Press mixture firmly

Chill, until set, Serve cut into small squares. Store Christmas slice in an airtight container in the fridge.

Recipe compliments of Thelma Nott

WHAT IS REALLY IN OUR FOODS?

ARTIFICIAL FOOD ADDITIVES

Do you ever read what is in the food you are buying and feeding to your family?

Butylated Hydroxyanisole (BHA) E320 and Butylated Hydroxytoluene (BHT) E321

Antioxidant – cereals, chewing gum, potato chips, vegetable oils, may not be listed.

Both these closely-related chemicals retard rancidity in fats, oils and oil-containing foods; they are totally unnecessary and might cause cancer in humans.

Monosodium Glutamate (MSG) E621

Flavour enhancer – packet soup, salad dressing, chips, frozen entrees, instant drinks, restaurant foods, yeast extract, soy sauce, actually in over 10,000 foods

It is an amino acid that brings out the flavour in food. Studies show people who are sensitive to MSG can experience any of the following – headache, nausea, weakness and burning sensation in the back of the neck and forearms, wheezing, changes in heart rate and difficulty breathing, depression and mood swings.

Sulphites (Sulphur dioxide E220, Sodium sulphite E221, Sodium bisulphite E222, Sodium metabisulphite E223, Potassium metabisulphie E224, Potassium sulphite E225, Potassium bisulphie E228)

Preservative, bleach – dried trult, wine, processed potatoes, cold drinks, trult juice concentrates, smoked and processed meats, jelly, jam, bread, cheese

Sulphiting agents prevent discolouration (dried fruit, some "fresh" shrimp, and some dried, fried or frozen potatoes) and bacterial growth (wine). They also destroy vitamin B1 and can cause severe reaction in asthmatics in the form of gases that cause lung irritation. They are sprayed onto foods to keep them fresh and prevent discolouration or browning. Beware of lettuce and potatoes served at restaurants that are left in a sulphite solution for too long and when you ask for lemon Juice in your cup of tea, make sure it is from freshly squeezed lemon and not bottle lemon juice as this often contains sodium bisulphite. If you suffer from bronchitis, emphysema, bronchial asthma or cardiovascular disease, avoid E220 at all cost.

Sodium nitrate E250, Sodium nitrite E252

Preservative, colouring, flavouring – bacon, ham frankfurters, luncheon meats, smoked fish, comed beef

It stabilises the red colour in cured meat, without it some meat will look grey and it also gives the characteristic flavour. Sodium nitrate slowly breaks down into sodium nitrite which can lead to the formation of small amounts of potent cancer-causing chemicals called nitrosamines. A person sensitive or allergic to nitrite can experience headache, stomach upset or have an asthmatic reaction.

Sodium benzoate E221, Benzoic acid E210

Preservative - fruit juice, carbonated drinks, pickles, jam

Sodium benzoate has antibacterial and antifungal properties for prevention of food spoilage. Although sodium benzoate and benzoic acid appear to be safe for most people they can cause hives, asthma or other allergic reactions in sensitive people; ADHD children's behaviour may be affected adversely too. When sodium benzoate is used in beverages that also contain vitamin C, the two substances react together to form small amounts of benzene, a chemical that causes leukaemia.

Olestra

Artificial fat, fat substitute - potato chips, snack food

Olestra is not digested, so it doesn't add calories, fat or cholesterol to food. Unfortunately, as it speeds through your digestive system, it takes along some fat-soluble carotenoids from fruit and vegetables. In excess, it can cause diarrhoea and loose stools, abdominal cramps and flatulence.

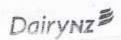
WOW – after reading the above I thought ... there is certainly something in growing your own fruit, vegles and meats. You know what you are eating!! Maybe this shows us why alot of our ancestors made it to their 80's & 90's. My grandparents provided most of their own food and clothes – Food for thought.

Merry Xmas and a Happy New Year



CHERYL MCFARLANE





CO Comment for Eureka Express



Date Change

There is a date change for the next Eureka Dairy Discussion Group. It is normally the second Tuesday of the month, then was changed to the 6th but has subsequently been put back to the 20th December due to a clash with a school function. On the same night will be the annual Discussion Group pot luck BBQ for the whole family. This year to be held at Brett & Rachel Gordon's on Waverley Road. Start time 6:30. Bring cutlery and some drinks although sponsors usually provide quite a few also.

Interesting Venue Change

We are not now going to Clem Meads farm on the 20th, instead we are going to the very interesting farm business of Bill & Michelle Burgess. This young couple lease the old Ruakura No.2 farm. They milk 600 cows on 200 effective hectares producing 290,000 Kg MS last season all through a one man 20 aside herringbone. That is 14,500 kg MS through each set of cups! I doubt if any readers will come close to that.

Does this mean the milkers are going to suffer burnout? No, as the way they have it organised, each milker only does 15 rows. Bill & Michelle are only in their 20's, have done very well financially, don't milk much themselves are good lateral thinkers analysing lots of ways of doing things. Come and join the debate on Dec 20th, Silverdale Rd opposite the University tennis courts.

Preparing for Summer

We have had an excellent period on farm since about mid July. At the time or writing things are getting a bit dry and rain would be most welcome. Setting up the farm for summer creates some debate in terms of grazing management. I remember a Discussion Group a couple of years back, where 2/3 were fairly adamant that leaving the pasture longer was a good thing as it helped the pastures get through and stopped the ground from drying out as quick. The other 1/3 of us disagreed. And here is why.

Heading into summer we want a thick (strongly tillered) pasture that has been consistently and evenly grazed to 7-8 clicks (about 1,500 to 1,600 kg DM/Ha). We know this fosters strong pasture regrowth, keeps the growing tip at the base of the pasture and encourages strong tillering.

Lax grazing for 2 -3 rounds will allow the growing tip to rise up the stem so that when it is grazed out hard in the dry period the growing tip will be removed and when that happens that tiller dies weakening the pasture at its most vulnerable stage.

In the More Summer Milk trials in the late 1990's, the thing that gave the best response to increased milk over summer was the use of Nitrogen in early December. Not only does it simply grow more DM but it stimulates tillering going into Summer (37% was measured in the trials). Interestingly Turnips did not add profitability unless you got 12.5t DM/ha. In a whole farm system context cropping adds feed in summer but reduces feed in late spring and Autumn due to paddocks being out of the grazing round. This complication is often not taken account of enough by farmers.

This is the last CO comment for the year so can I just say that the two of you that read my articles, thank you. Please pass onto the rest of the Eureka Express readers my best wishes for a lovely Christmas and another great year in 2012.

Phil Irvine DairyNZ Consulting Officer 027 4839820

Farm Discussion Group Report



Our last meeting was held at Richard Morrow's farm on Puketaha Road. This farm is run by 2 contract milkers milking together through the same shed. This was a different way of staffing a farm so we had some discussions about the pro,s and cons and agreed that this was an effective way of staffing the farm needs good communication and co-operation. These are also good skills for the employee's for the future.

We went for a farm drive and looked at the cows and some new grass paddocks. Some cows had been weighed so we had a guess at their weight with varying success. We had some discussion about the size of the cows and the live weight /ha, There perhaps is a few to many cows on farm for the last few seasons and per cow milk production is a bit lower than desired.

Ecolab put on a lunch for us all which was greatly appreciated

Next Discussion group is to be held at Bill and Michelle Burgess's lease farm on the old Ruakura no 2 farm on the 20th of Dec, Also that evening there will be a pot luck dinner at Matt and Laura Clausen's farm at the end on Kiroa road, hope to see you all there and will be talking to the banks to see if they will provide some refreshments for all,

Cheers all Merry Xmas enjoy the fishing and the beach over the next couple of months and groups will start again next year second Tues in Feb





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Some tips for Security



- Don't leave anything in your vehicle that might suggest to an offender that there could be greater pickings inside – like more than just meter money.
- Make sure the kitchen and bathroom windows (common entry points) are closed when
 you are not at home.
- Don't leave the garage door open so that any passersby can see what you store in your garage.
- When you go for a walk in the evening be safe, be seen, and leave your home secured.
- Open or insecure doors and windows can be an open invitation to burglars on these
 fine evenings and longer daylight. Please be careful. Remember, if you make an
 opportunity easy for a burglar, chances are he/she will be back to check out the whole
 neighbourhood at some point. Most victims of burglary say it is not usually the loo of
 their possessions that affected them the most it was the feeling that some
 unauthorised person/s has been through their home and chattels.
- With the festive season approaching, it is not wise to leave things stacked around a Xmas tree in the lounge – handy for an offender to scoop everything at once.

It seems thieves are taking care of their Christmas shopping orders early so please make their orders hard to fill. One victim was choosing her fruit and vegetables needs at a fruiterer's this week and put her wallet down on the fruit. She lifted her hand off the wallet to reach a little further with the other hand, and a quick-thinking young male grabbed the wallet and ran. Others in the shop were unable to stop him or get the wallet back.

This suggests there is a very real need to keep a firm hold on your valuables while in public places at all times. Please think about where you out your wallet/purse while doing your supermarket shopping also.

Remember to keep your goodies out of sight and your property secure. If you have purchased items of some sentimental or monetary value, consider entering the relevant information on the government website www.snap.org.nz even before you wrap the items and put them under the Christmas tree. A good holiday activity for children would be to get them gathering serial numbers and picture of these special items in the home and loading the data onto this secure website.

Answerphone messages:

Take care with the wording of the answerphone greeting on your telephone.

Do not record anything which would indicate to the caller that you are out of the house.

Potential burglars sometimes use this method to find out if you are at home.



Please use 111 for urgent/emergency situations.

For other calls and after normal business hours (8.30 – 4pm, Monday to Friday) phone 8586200 (Hamilton Central station). During normal business hours you can call your local community station but note that they are closed over the weekend.

NEWS FROM YOUR WAIKATO DISTRICT COUNCILLOR

You may know that the Government is rolling out their **Rural Telecommunications Strategy** which is to invest directly in rural communities to provide fast broadband. The strategy targets for the entire country are - Ultra fast broadband to 93% of rural schools; improving coverage of households that are able to access peak speeds of 5Mbps or better - target 80%.

Vodafone has won the contract to put up the 155 cell towers. The first one is being installed in Puketaha between Telephone Road and Seddon Road. It will be a lattice type tower – 30 metres high. There is also one being installed in Eureka – 25 metres high. Also towers in Tamahere East and Newstead Central. Resource consent has been obtained for the Puketaha and Eureka towers – these will hopefully be up in the next three months; the Tamahere and Newstead towers a little later. These four towers are almed at providing faster broadband coverage for Gordonton, Puketaha, Eureka, Newstead, Tauwhare, Matangi and Tamahere. All new masts will be "open access" i.e. can support other parties telecommunications equipment e.g. Telecom, 2degrees etc.

However we still have one problem area – part of Tauwhare Village and Scotsmans Valley will only have intermittent coverage because the signals will be 'bouncing' off the hills. Vodafone is putting in \$1 million a year for communities to apply for extra cell towers to alleviate reception problems in areas such as Scotsmans Valley. I have sent the information re these grants to the Tauwhare Community Committee Chair, Dorothy Wakeling, to see if she can find time to put a case for a grant to Vodafone.

Alan Morrison has written a very good article for the Eureka Express giving a comprehensive analysis of the service being provided by the Rural Broadband Initiative. While you may think that the \$448 installation cost and the \$80 / month on a two year plan is expensive you do have an opportunity to go to another provider e.g. Telecom, Telstra, 2degrees etc so I am sure competition will ensure that providers will offer 'specials' to get your business.

Council has gone through a **Rating Review** - mainly due to the amalgamation of part of Franklin District in to Walkato District and the need to bring the two rating systems together. Also, as you may be aware, the District has had a property revaluation. I hope you received the brochure in the mail entitled "Rates Review" which gives you information about the review. I hope you were able to attend one of the information meetings to hear how Council reached its conclusions. The period of written submissions opened on 15 November 2011 and closes at 4pm on 19th December. I hope you will take this opportunity to give your opinions on the review and its findings.

Over the whole District **property valuations** have gone down 13%. In Eureka Ward the CV change was as follows:

- Lifestyle minus 7%
- · Non-residential minus 3%
- Residential minus 10%
- Rural minus 23%
 - Whole Ward minus 22%

If your rates detailed in the "Rates Review" brochure went down greater than 13% you will get a reduction in your rates. If the reduction was less than 13% your rates will increase.

Council is preparing a **Long Term Community Plan** for the next 10 years beginning 1 July 2012. If you have any community projects you wish to have included please get them in as soon as you can.

Woodlands, Gordonton, 42 Whitikahu Road, is holding its annual Carol Event on Thursday 15th December: 5pm – 9pm. Free entertainment, music, lights and activities. Free entry to the gardens. Bring a picnic. Homestead decorated for Christmas – gold coin donation entry to homestead. If wet being held in the function centre.

My family join me in wishing you all a happy and safe Christmas and New Year.

Rob McGuire Councillor Eureka Ward Ph. 824 3696 / fax 824 3645 / Mob. 0274 970 966 / email robmcquire@xtra.co.nz





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Vaccinations protect your pet against diseases that would otherwise be highly contagious and /or fatal. Even the best cared for pets are at risk of coming in contact with disease either directly from other animals or indirectly from the environment e.g: from the air, dust or discharges from other animals.

The young are more susceptible to disease. Vaccination can start at six weeks of age for both pupples and kittens, followed by booster vaccinations throughout your pets life. The main diseases we vaccinate against are:

CATS

Panleucopaenia—Feline Panleucopaenia virus (FPV)

Location: Widespread

Symptoms: Bloody diarrhoea, severe dehydration, depression, lethargy, loss of appetite, fever, vomiting, dehydration, self biting of the tail, lower back and legs.

Viral Cat Flu— Feline Rhinotracheitis or Herpes Virus (FHV)

Location: Widespread

Symptoms: Sneezing, nasal discharge, mouth ulcers, loss of appetite, fever, depression, conjunctivitis (eye inflammation). Extremely unpleasant and highly contagious, many infected cats become lifelong carriers and suffer flare ups following stressful events.

Virai Cat Flu—Feline Calicivirus (FCV)

Location: Widespread

Symptoms: Same as Feline Rhinotracheitis, is highly contagious. Can cause lameness and fever.

Many infected cats become carriers and spread infection.

DOGS

Distemper

Location: No significant outbreaks in New Zealand at present.

Symptoms: The first signs are a discharge form the eyes, nose and coughing. Vomiting and diarrhoea, loss of appetite and lethargy. After several weeks nervous signs such as twitching, or fits may occur.

Leptospirosis

Location: Most common in the central parts of North Island.

Symptoms: The liver and kidneys are the main organs affected. High temperature, severe thirst, lethargy, abdominal pain, vomiting, diarrhoea and jaundice. If not treated early "lepto" in dogs is usually fatal.

Parvovirus

Location: Widespread

Symptoms" Depression, severe vomiting, refusal of food and water, abdominal pain and profuse smelly, bloody diarrhoea, rapid and severe dehydration leading to death. Signs appear quickly (4-7 days after exposure).

Infectious Canine Hepatitis

Location: Uncommon in New Zealand but still exists.

Symptoms: Discomfort and lack of appetite, very high temperature, pale gums, vomiting, diarrhoea and abdominal pain. Jaundice or Blue-eye (a clouding of the cornea of the eye)

Kennel Cough

Location: Widespread in New Zealand

Symptoms: A persistent dry cough, retching, mild lethargy, loss of appetite, raised temperature. Occasionally disease may progress to pneumonia. Recovery may take several weeks.

This month the team at JBVisserVets will be in your area specially to vaccinate and check over cats and dogs in the comfort of their own home. If you would like us to call on your pets, give us a call and make an appointment. There will be no extra charge for coming to your house! 078890414 or 0800847737



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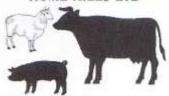
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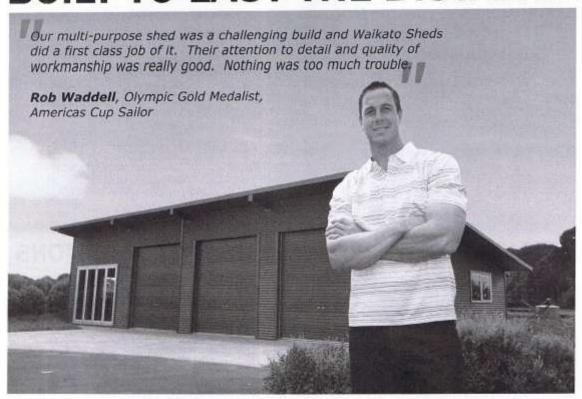
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When Rob Waddell needed a new building for his farm, he chose Waikato Shed Company. Rob had specific requirements that had to be met, and it was clear a "standard shed" wasn't going to give him the flexibility, features or look he was after.

With the new shed located close to his home, it was important that it be aesthetically pleasing. The monopitch roof was custom made to precisely match the roof pitch of Rob's house, and horizontal cladding was used to create a consistent appearance with the house.

Careful planning and innovative design ensured the building wasn't just another steel shed, but a valuable addition to the property.

