

# Eureka Express, June 2012



New Zealand, the home of sport

Cover by Cameron mayall



## GUEST EDITORIAL

### WESTMOUNT SCHOOL

It has been suggested by the Eureka Express that we inform the local community about our school.

The Brethren community decided to start their own school that would serve the Waikato, Bay of Plenty and Thames Valley areas. We have heard from Mr Kerry Clarkin as to the closure of Eureka School in 2003 and the resultant feelings of sadness among the Eureka community.

This site was purchased later in 2004 and the school officially changed its name to Westmount School. The Waikato Campus is one of 15 throughout the country. This is a private, Christian school that caters for our children from Hamilton, Cambridge, Thames and Tauranga.

At this School, students are encouraged to develop their full potential and acquire the discipline of learning how to learn, while upholding fundamental Christian teachings and beliefs, especially those of purity, integrity, respect, responsibility and godliness. The truth and authority of the Holy Bible and strong family values underpin the commitment of the School to provide quality in every facet of education - curriculum, teachers, facilities, management and discipline - in a safe, secure and caring environment.

The Eureka community would have seen a rapid period of construction upon purchase of the school. The aim of the trustees was to have this operating from Term 1, 2004. During those intervening months, seven classrooms were built, in addition to the existing classroom and administration block.

Over subsequent years, we have added another block containing four extra classrooms, a junior school of three classrooms and then a new assembly hall/gymnasium.

We provide a full education facility from Year 3 to Year 13. In addition, we have satellite schools for junior pupils at Tauranga and Thames, from which students come to Eureka when they reach Year 7.

It would be fair to say that the quality of our teaching staff is second to none. Our Headmaster is a respected educationist, with many years experience in schools nationally and overseas. Under him is a dedicated team of professional teachers. In general, we follow the NZ Curriculum as delivered in state schools. We provide extra subjects such as Spanish, French, Textiles (cooking and sewing), Resistant Materials (woodwork and metalwork), Physical Education and Horticulture. As with all students, some have more academic ability than others. Such students embark upon an effective Special Needs programme which helps them markedly.

You may have noticed from our new sign, that our motto is "Learning to Learn." This is a lifelong process which starts in the home and continues in school life. Our students are encouraged to use every faculty to increase their learning. All are encouraged to excel in every subject, including participation in suitable sports.

We are currently building a new Learning Centre. Westmount School is in the forefront of new educational processes. The concept of being a "self directed learner" is an overseas and proven method that has been introduced to our schools. As well as face to face teaching in classrooms, this new building will provide a "Study Zone" where students can search out further facts as to the particular subject applicable. The students learn self-discipline and self-control and understand how to adapt to time management. The results indicate greater awareness in the minds of the students that are seen in much improved examination and assessment marks.

Learning is never complete. It starts at the cradle and finishes at the grave. But in the intervening period of life, our desire is that our students gain from this continuous learning. As they get older, they will thus become better fathers or mothers or better citizens able to demonstrate in their lives, the immense value of what has been learnt in the school years.

Philip Robbins (on behalf of Westmount School)



## WELCOMES

It is a pleasure to warmly welcome the new June arrivals in Eureka. We trust you are all well settled in, keeping warm and dry, and will enjoy your time in Eureka, be it brief or long term.

- On Waverley road, working for Brett and Rachael Gordon, it is welcome to **Phillip Debenham**.
- To Eureka Road, on Mayall's farm, we welcome **Chris and Pat Olson**, who are ex-Taupiri. Phone 8241183
- Opposite, on Hinton's farm, it is hi to **Jimmy and Waiata Moke** and their five children, **Cody 18, Judge 17, Patrick 14, Jeffrey 10**, and one year old baby girl, **Sativa**. Phone 8241138
- Also working on the farm and living in the cottage, is **Robert Mack**. A warm welcome back to Eureka Road, Robert, where you spent some of your younger years.
- On Morrinsville Road, on Ana Duncan's farm, it is hello to **Steve and Sheree Bay** and 11 year old, **Kieran** who hail from Matamata. 17 year old **Liam** is completing his secondary schooling in Matamata and the rest of the family have grown and left home. Phone 8241133
- To Willis' farm, corner State Highway 26 and Tauwhare Road, it is a belated but warm welcome to **Kerrie Sheehan and her son, Cameron** who are well settled in and working for Darren and Sharyn Collins. Kerrie also has 10 year old twin daughters, **Sara and Kate**. Phone 8241048.
- On Schollum Road, working for Steve and Lisa Meek on Shirley Morrison's farm, we say hello to **Josh Rutherford**. Josh is from Morrinsville.
- Residing in the Clarkin homestead, now Keith Law and Linda Miller's farm, are **Maurice Jackson and his partner, Julie Hobart**. Maurice is a spraying contractor and is ex-Taupiri. Phone 8241825
- In Keith and Linda's other farm-house on Morrinsville Road, we say a belated hello to **Graham Vercoe and Kerry Storry** and family, **Briana 8, Kazanah 10, and Jarred 10**, who have moved just a kilometre along SH 26 Phone 2100181
- New arrivals on Eureka Road, up Masters Road on Colin Duncan's farm, it is welcome to **Rod Hudson, his partner Karen and son Jason**. Phone 8241061
- And welcome also to a recent arrival on Hinton Road, **Kevin Rogers**. Phone 8241961

A very warm welcome to you all.



## SNIPPETS



**DONATIONS THANKS:** to Kerry Clarkin.

**NEW BABY CONGRATULATIONS:** To Lisa and Matthew Couling of Eureka Road who welcomed a lovely new son, Stirling Chris, on June 13<sup>th</sup>. A dear little brother for Tayla, Chloe and Liam. Very best wishes to all.

**POT LUCK DINNER LOST AND FOUND.** I still have a towel (greenish colour) and one serving spoon, and one tablespoon. Still missing is a black Tupperware serving spoon – part of a set. Please phone Gail 8241758

## RAINFALL

	May 2012	Year to 31 <sup>st</sup> May
Total (mm)	106.5	403.5
Average (1994-2012)	109.5	433.5
Difference	-3	-30

Rainfall recorded on 13 days.



## MARKET PLACE:

### RELIEF MILKER WANTED:

Local relief milker wanted for small dairy herd. Some training provided. Phone 8241897 or 0276758845



### HOME HELP WANTED:

Weekly cleaning and some help with some meal preparations. Phone 8241897 or 0274241897

## EUREKA EXPRESS

ADVERTISING RATES		CONTACTS – Gail or Gayle	
<i>Classified Advertisements</i>	<i>Free</i>	<i>Gail 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>
• <i>x 10 Insertions</i>	<i>\$80 / year</i>	<i>Ph 8241 758</i>	<i>R D 6, HAMILTON 3286</i>
<i>One Third Page Advertisement</i>	<i>\$15 / month</i>	<i>Fax 8241 028</i>	<i>Ph 8241 713</i>
• <i>x 10 Insertions</i>	<i>\$120 / year</i>	<i>e-mail:</i>	<i>e-mail: <a href="mailto:gorr@xtra.co.nz">gorr@xtra.co.nz</a></i>
<i>One Half Page Advertisement</i>	<i>\$20 / month</i>	<i><a href="mailto:editor@eurekaexpress.co.nz">editor@eurekaexpress.co.nz</a></i>	
• <i>x 10 Insertions</i>	<i>\$160 / year</i>		

## CLUB LIST 2012

Badminton- Junior	Vanessa Mason	8295 314
Bowls – Tauwhare	Robin Bargh	8241 819
Eureka Express	Editor – Gail Mayall editor@eurekaexpress.co.nz Treasurer – Gayle Orr	8241 758 8241 028 Fax 8241 713
Newstead School		8565 946
Tauwhare School		8240 864
Pukeko Pre-School Tauwhare		8240 860
Farm discussion Group	Brett Gordon	8241 108
Hall Bookings	Gail Mayall	8241 758
Cubs and Scouts	0800 Scouts	0800 726887
Newstead Veterinary Services	Small Animals	8564 522
Visser Vets	Large Animals	0800 847 737
Waikato District Councillor – Eureka Ward	Rob McGuire robmcguire@xtra.co.nz	8243 696 8243 645 Fax
Drainage – Environment Waikato	Steve Edwards	021 941 080
RD 6	Sally and Erna	8546 532
R.D 7	Gary Self	0274 557 768
Justice of the Peace	Gail Mayall	8241 758

### PHOTOCOPYING

The *Eureka Express* photocopier is community owned and thus available for your personal photocopying needs. Costs – 20c per page or 10c per page with own paper.

**Please phone Gail 8241 758 to arrange time for use.**

### ST FRANCIS CO-OPERATING PARISH

MANSEL AVENUE, HILLCREST

ANGLICAN – METHODIST- PRESBYTERIAN

Country Services: Matangi  
Tauwhare

2<sup>nd</sup> Sunday of Month @ 11.00am  
4<sup>th</sup> Sunday of Month @ 11.00am

KFC Kids for Christ

1<sup>st</sup> Sunday 9.30am @ Tauwhare Sunday School

Ministry Team Contacts:

Tony Wescott 8565110



Parish Office 8567866



**[www.eurekaexpress.co.nz](http://www.eurekaexpress.co.nz)**

Yes we have a website. Thanks to the expertise and generosity of Wendy and John Morch and their internet business **IPNetGroup**, we are online. The site is still evolving and we welcome your input of ideas, suggestions, photos and feedback as to how this site could be used.

**Do contact Wendy on 8241 983 or Gail or a committee member.**

**[editor@eurekaexpress.co.nz](mailto:editor@eurekaexpress.co.nz)**

For all your articles, photos, ideas and suggestions you may now use the above email address. It could be easier to remember than Gail's or Gayle's.

### **LOCAL HISTORY**

Sadly our history book, "Eureka 1874 - 1984" is now out of print (but you could be loaned a copy to read or see it at the Library). However copies of the 2004 "School and District Jubilee" booklet are readily available and contain a synopsis of Eureka's history and development. For your copy, compliments of the Eureka Express Committee, please phone Gail or a committee member or collect from Eureka Motors.

### **TURLEY MURPHY BUS TIMETABLE**



**Leaves Morrinsville at 7:30am, 10:00am, 10:35am and 4:35pm**

Allow approximately 10 minutes to reach Eureka. Stand on any corner of SH26 and the bus will stop. Buses are scheduled to arrive in Hamilton approximately 20 minutes later.

**Fares Ex-Eureka Adults \$3.80 - Child \$1.90 (concession cards available)**

**Buses leave Hamilton at 9:00am, 3:35pm & 5:15pm**

**A Coromandel bus also leaves Hamilton at 1:20pm**

(10:35am above from Morrinsville is the Coromandel bus too).

**Phone 07 884 8208**

### **EUREKA HALL**



Your local hall, the Eureka Community Centre as it is officially known, is always available for hire and you are encouraged to use it for meetings, functions - including weddings, birthday or anniversary celebrations - luncheons, dinners or any other gathering you may be considering.

**For bookings and hireage costs please phone Gail Mayall 8241 758 or Kerry Clarke 8241 877**

# A REMINDER -

## RECYCLE AND REFUSE COLLECTION GUIDELINES



- Put your refuse bags and recycle bin out by 7:30am
- There is no collection on a statutory holiday. Your collection will be one day late.
- Visit our website for details [www.waikatodistrict.govt.nz](http://www.waikatodistrict.govt.nz)

### **Refuse Collection Guidelines**

- We only collect two plastic bags from each house
  - These are the black bags available from supermarkets
- We don't collect from wheelie or rubbish bins
- We don't collect multi wall paper bags
- We don't collect bags weighing more than 20kg
- Complaints
  - Phone Waikato District Council on 07 824 8633 or 0800 492 452

### **Recycle Collection Guidelines**

**IMPORTANT:** The **only** bin that will be emptied is the green bin supplied by the Council. Bottles in cardboard boxes left beside the bin **will not be collected** for safety reasons.

- Please empty bottles from beer boxes in to the green bin.

#### **IN the recycle bin**

- Glass bottles, jars (no window glass, broken glass or light bulbs)
- Plastic, household containers, **types 1, 2 and 5 only**
  - Please **rinse** and **squash** containers - **put lids in refuse**
- Aluminum and steel cans, empty aerosol cans, foil plates
  - Please **rinse** and **squash** containers

#### **BESIDE the recycle bin**

- Put papers in to supermarket bags with the handles tied and placed beside your bin.
- Cardboard boxes must be flattened, tied in a bundle not exceeding 500mm wide, and be positioned beside your bin.

### **Frequently Asked Questions About Recycling**

#### **Need another bin?**

- Additional bins can be purchased from Council's Ngaruawahia office

#### **Can I put paper and cardboard in the green bin?**

- Paper and thin card should be placed in a supermarket bag with handles tied, and placed on top of your bin. Larger cardboard should be securely bundled and placed beside the green bin

#### **Why do I need to rinse containers?**

- Rinsing helps recycling by reducing contamination and food leftovers can attract flies or animals and spread disease. A cold water rinse is usually enough.

#### **Why should I squash containers?**

- Flattened cans and plastic bottles are less likely to blow around in the wind and cause litter. Unsquashed items also take up a lot of space in both your bin and the collection truck.

#### **Why remove lids?**

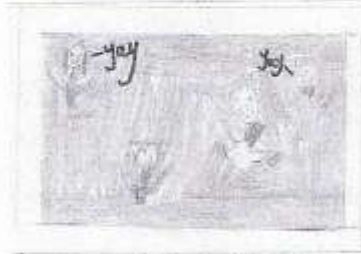
- Lids are usually made from different plastic or metal and so they may not be able to be recycled along with the container. Taking lids off also helps when processing the collected containers by ensuring the container is empty and makes processing safer.

#### **What if my recycling does not get collected?**

- Non-complying materials will be left in the container with a sticker explaining the reason for non-collection. If you believe that the collection has missed your property phone Council 0800 492 452.



## “Tauwhare School Quiz Night”



Picture by Rachel Rm 3

What a fabulous evening was had by all at the PTA Quiz Night. The hall was a buzz of laughter, hilarity, concentration and a couple of very memorable moments.

The best dressed team was won by “Kiss” and the best dressed table “Tauwhare Fishing Club”.

The overall Quiz winning team was “Father Ted”.

A special thank you to Jodie Terry for keeping the evening moving smoothly and entertaining us as MC.

Thank you to the PTA Committee and all who helped to organise a fantastic evening, without you all such a big event could never be possible.

As always our Principal Fiona gave the PTA wonderful support which enabled us to raise \$5,000 to go towards our new School Pool.

We would also like to thank following businesses for their generosity with sponsorship and donations. Please help us support the following businesses.

### Local Businesses

Eureka Motors – Colin Duncan

Tauwhare Home Kill – Leonie & Trevor

K&M Distributing – Marion Rodgeron

Scanlon & Jones – Justin & Brendon

Smile Inflatables – Stacy & Lee

The Beauty House – Jacqueline Jones

Zee Zee Merino – Becky Sharman

Roaches Nursery – Schollum Rd

### Cambridge Businesses

Amcal Chemist

Beaurepairs

Betta Electrical

BNZ

Flight Centre

Flower Boutique

Sportsworld

Tyre and Alignment

Comins Care

Farmlands – Hautapu

Giltrap Agri Zone

Hautapu Vet

Hotshots To Go

Leamington Cycles and Mowers

Mitre 10

Xpressions Floral Design

My Style NZ

Phillips Equine – Matangi

Prince Albert Bar & Restaurant

RD1

Repco

Rouge Café

Saddlery Warehouse

Simply Devine

Super Cheap Auto

The Cow Vet

The Stables Bar & Grill

Wrights Book Shop

### Hamilton Businesses

Liquor King

Lonestar

Lifestyle Farmer Magazine

Thank you again for a wonderful night and we look forward to organising another great evening in the future.

Tauwhare School PTA

## WELCOME TO NEWSTEAD!

We have had a very exciting term so far with lots of fabulous learning opportunities for us all.

Rooms Kereru and Kakapo have been exploring the concept of Sound and have discovered how our ears work and we have even made our own ear models and telephones. We looked at telephones from long ago and were amazed how they had changed.

Rooms Ruru and Kiwi have been involved in several out of school activities at the local Arbour Day with many other Hamilton schools. Lots of fun was had and lots of dirty hands were seen!

The children and parents involved enjoyed the chance to put something positive back into the environment. These classes have also taken a trip to MOTAT in Auckland in relation to their innovation concept.

Rooms Tui and Tiwaiwaka have been learning about the Waikato River and have just taken a trip to both the Waikato Museum and the river itself to further their learning

**NEWSTEAD FOOTBALL** had training with Katie Hoyle, (Jacob's older sister) who is a NZ Football Fern. Katie took time out from her Olympic training to come and train with the kids.

This was a real privilege to have someone of her caliber at Newstead School.

There were four Newstead teams involved - The Strikers, Tigers, Ferns and Shooters. We all had heaps of fun and learnt some new drills.

Thanks Katie, and all the best for London we will be cheering for you.



# TAUWHARE INDOOR BOWLING CLUB

## Results-

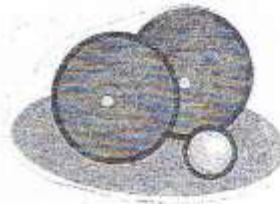
17.5.12 Progressive Night win skips J Arnold  
win twos L Verner  
win leads J Payton

24.5.12 Open Tournament win G Membreys team (Matangi)  
R/up B Blissetts team (Orini)  
Best performing Tauwhare team - I Billings, G Mayall, Gr Goodare

31.5.12 Pairs Championship win An McNally, B McNally  
R/up J Arnold, C McNally

7.6.12 Esme Pope Memorial win K McNally  
R/up B Grieveson

14.6.12 Club Night win E Morris, C McNally  
R/up L Verner, Gr Goodare



## Out and About

For the second year running Eastern Waikato has won the Moore Cup with I Billings, A McNally, J Hooper, J Bargh playing for Eastern.

## Upcoming Events

- 28.6.12 Brown Bowl Challenge against Matangi club
- 5.7.12 Mens and Ladies singles 4 games Qualifying 7 PM start
- 12.7.12 Club Night
- 19.7.12 Three Bowl Triples
- 26.7.12 Open Tournament Triples

We are a great little club who always welcome new members, if you would like try bowls all you need is a pair of soft soled shoes.

Robin Bargh Ph 8241819  
Ivan Billings Ph 8241832



### *Notice of Annual General Meeting*

The AGM of Pukeko Preschool, your local community-run preschool on the Tauwhare School Grounds, will be at 7 pm, Tuesday 10th July 2012. All welcome.

We welcome all community feedback and interest, on day-to-day ideas for the children and educators, fundraising, or as governance support on our Trust Board.

Pukeko Preschool is licensed for children over 2 years old, and we have spaces available right now on Tuesdays, Thursdays and Fridays. Please call in and see us, phone 824 0860, or email [pukekopreschool@xtra.co.nz](mailto:pukekopreschool@xtra.co.nz) for more information.



## LADIES A PLATE

### Kumara Soup

#### Ingredients

4 tablespoons 75g butter  
2 cloves garlic minced  
1 onion chopped  
1 teaspoon finely minced ginger  
½ to 1 teaspoon curry powder  
500g kumara chopped into small pieces  
1 cup vegetable stock ( good with chicken stock)  
3 cups milk (about)  
Salt and pepper to taste  
¼ cup cream or coconut milk to garnish



Saute the onion, garlic and curry in the butter in a large saucepan on medium heat until onion is transparent. Toss in the chopped kumara and cook for 1-2 minutes without browning it. Add the stock cover and cook for 10 minutes until tender.

Puree the soup, solids first, and then begin to thin with milk. When pourable, return to the pan and continue adding milk until soup is in good consistency.

When ready to serve, reheat then ladle into bowls. Swirl a tablespoon of cream or milk into each bowl.

### Saucy Silverbeet

Most people like it, but there are a few who can't stomach it. So for those who have memories of waterlogged, boiled silverbeet, here's a recipe that adds a bit of sauce to a garden stalwart and may entice those who turn up their noses to at least try!

#### Ingredients

One large bunch of silver beet – at least 10 good size leaves  
Three to four onions  
1-2 cloves garlic  
One tblspn oil  
One tblspn butter/margarine  
Two heaped tblspns flour  
One to one and a half cups milk  
Salt, pepper  
One dessertspoon pre-mixed mustard  
One cup grated cheese



Make a white sauce in the microwave – whisk flour and about half cup of milk until paste-like, give short, 30 second blast in microwave then add further half cup of milk and whisk. Microwave about one to two minutes, stop and whisk again. Do not over cook or sauce will form lumps. After whisking, microwave further two minutes, then add rest of milk, mustard, butter, good dash of salt and pepper, whisk again and keep microwaving in short one to two minute bursts, whisking frequently until sauce thickens. When done put to one side. Slice onions finely and crush the garlic, panfry both in the oil until onions are lightly browned. Drain off any excess oil put to one side

Place finely chopped silverbeet in pot with just a smidgen of water, bring to boil and boil fast for one to two minutes, drain. Silverbeet should be cooked through but still slightly crispy. Place layer of silver beet in dish (a high sided soufflé dish is ideal, not too big) Then add layer of onion, then a layer of sauce, repeat the three layers. Cover with grated cheese. Pop under grill until cheese melts and browns

**Variation:** add a little curry powder to the white sauce

## IN YOUR GARDEN

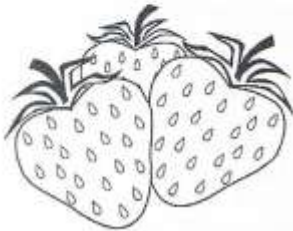
Hello there, it is now an ideal time to assess how your plants are truly performing, and if necessary, make some ruthless decisions about what needs to go and what needs to be moved, divided or pruned. The most exciting part of this exercise is working out where new trees, shrubs and perennials can be planted, then making haste to the nearest nursery to purchase your choices.

At this time of the year it is also timely to look at what plants can provide colour to brighten up the garden on dull winter days, Helleborus, winter roses, are in flower from mid June onwards, they quickly form robust clumps and are easy to grow in a shady spot. Evergreen Azaleas are also reliable for flower colour in winter.



Deciduous trees, such as Idesia, or Crab Apples, whose bare branches have bright red fruits that last well into winter. For something a little bit different, consider the evergreen shrub Sarcococca, a real shade lover that has black shiny berries sitting amongst the glossy green foliage. And no winter garden would be complete without the exquisite fragrance of a Daphne bush in full bloom, either pink or white.

Viburnums are easy shrubs to grow and give wonderful colour in the winter garden over a long period of time. Plenty of Viburnums flower in spring but there are varieties that flower in early autumn, they last right through winter, and the scent is divine. Most flowers are deep pink in the bud, fading to a lighter pink and they cover the whole upright shrub in winter. (*Viburnum bodnantense* "Dawn")



Now don't forget the Strawberries, the important thing really is, that it is time to get them in so they make an established plant big enough to produce juicy berries. Apart from being interesting, strawberries like a good rich position with lots of compost. Plant them 30 to 40cm apart on slightly mounded rows and use pea straw, or similar, to help keep the fruit clean. Plant rhubarb in the same manner.

With much haste, you garlic lovers need to plant your cloves of garlic before the shortest day. It is essential to feed garlic weekly in the early part of the season so that they get all the energy they need to develop good energy bulbs. Mulch to keep weeds down, barley straw is best. From early November, cut back on the use of any nitrogen rich fertilizer, as they promote soft leaf growth at the expense of bulb development.

It's time to spray fruit trees. Spray now to kill bugs and lingering spores. Use a fungicide such as copper now and then a winter oil such as Conqueror about a fortnight later.

Take hardwood cuttings now for free plants. Grapes are among the easiest hardwood cuttings to strike. Snip a 10 – 15cm length and stick it in the ground where you want it to grow. Dab one end when you cut so you know it's the right way up.

Change your slippers for gumboots and go to it.  
**Happy gardening Jennifer**





## An Introduction to **Herbalism**

Herbal medicine is one of the oldest skills still being practiced today. Just about every human culture in history has used herbs as medicines.

The plants still work in the same way they have for thousands of years and herbalists still have the same respect for the wonderful natural healing powers of the body.

People are becoming more dissatisfied with orthodox medicine, the often high cost, the chance of recurring symptoms and the increasing number of unpleasant side effects.

Many of the drugs used nowadays were originally discovered in plant material, the drugs have been isolated and extracted from the plants and given as single substances for their therapeutic actions. The main problem in doing this is that all the other valuable therapeutic properties of the plant are ignored. There may be several similar substances in one plant which contribute to the overall action of the plant.

There is an emphasis in herbal medicine on using the whole herb rather than isolating single constituents.

Our bodies are well adapted to processing plant material - we eat it every day. What is beneficial to the body is absorbed and used and what is not needed is eliminated.

Herbal remedies work in a completely different way from drugs, rather than being a single chemical which has only one specific effect on the body, herbs have a more general effect on the body, providing whole nourishment at a cell level and having the ability to return the body to a normalizing or balancing state of health, called 'homeostasis'.

Herbalists do not primarily treat symptoms that the patient might be suffering from but look for the underlying disturbances that could be causing the problem, by treating the cure first this in turn will relieve the symptoms.

Herbalists provide treatment which will assist the bodies own functioning in the process of healing itself.

Herbalists see a state of health as a far more positive condition than a mere absence of disease. The physical, mental and spiritual aspects of a person must be at their optimum to enable the full enjoyment of life. This is a holistic view of maintaining good health.

Along with a herbal treatment it is important to look at how the patient can help themselves by taking care of themselves through exercise and a sensible diet of whole food rather than processed and refined food.

It is important to know what herbs to eat when you are well, herbs are food and when eaten every day they will act as preventative medicine. They not only contain medicinal value but are abundant in minerals and vitamins, which nourish the body and increase its vitality and resistance to infection and disease. We are thoroughly indoctrinated and conditioned to believe that 'someone else knows best'. Who else is more in touch with our bodies than ourselves. By using herbs in your daily diet and to treat minor ailments at home will help develop your instinctive knowledge of what you need to do to keep well.

Remember... herbs are preventative medicine!

Begin by including them in your daily diet and your health will improve, don't wait until you are sick, start by adding some parsley, chickweed and young dandelion leaves to your salads.

Cheryl McFarlane

**"Let food be thy medicine,  
and medicine be thy food"**

— Hippocrates, Father of Medicine



## EUREKA FARM DISCUSSION GROUP

Our last group was held at The Buckley Farm on Waverley Road. There was a great turnout of about 40 people to this group. The farm has had a big turn around since the last time we were at this farm with extensive regrassing programme underway cropping 20% of the farm annually. The pastures on the Bull block were looking great. Scott was having success with Matrix and Trojan species of grass. A lot of under sowing has happened in the last 2 seasons which has helped the property grow a lot more grass which has meant lower brought in feed and better condition cows. We looked at 2 mobs of cows one were scored at over 5 condition score and the other about 5 score. The cows were springing up nicely and had a few calves. The farm was on a 80 day round had a milking mob of about 300 cows, a mixture of empty carry over cows, late calvers and fresh calvers. The late calvers were to be dried off shortly as the rest of the herd was due to start calving on the 25<sup>th</sup> June.

The farm has been put under a lot of pressure over the last few seasons and Scott was very happy with his team of people that work on the farm and looking forward to the continual improvement of the farm. Steve attention to detail on such a large dairy farm is to be applauded. John has had a huge task on his hands getting the pastures to where they are today and the farm will reap the rewards of this in the coming years.

Westpac provided us with a great lunch of sausages and steak sandwiches and light refreshment and that was much appreciated, thank you Westpac for that.

We finished the group with a short discussion about Trading Among Farmers with a brief overview from Neil Maclean. Neil answered all questions and I hope this clarified any grey areas for some farmers. The biggest point was to make sure everyone votes. Have your say as every vote counts. It will be interesting for the co-op from here whichever way we go.

Next group is to be held on July 10 at Frank Portegys on Scotsmans Valley Road.

Cheers all. Happy winter holiday's for some. For some the milk is already starting to flow for another season. Brett Gordon

Any new Farmers to the area can phone me on 8241108 if they want to know any more about the Group



### **Eureka Discussion Group**

The Eureka Discussion Group continues to be a strong community event. 40 people attended the last meeting on June 12<sup>th</sup> hosted by Scott Buckley on Waverley Rd and when I went through the group list there were a lot of regulars that weren't there also.

We had previously met at the Buckley's just over 2 years ago. At the time the farm was struggling due to the recently purchased bull farm not pulling its weight. In effect the farm was overstocked for the total amount of feed it was growing.

It was a totally different situation this time as a result of a number of things that had changed. 1) Heavy liming, pasture renewal and the passing of time had really got the pastures on the 'bull block' performing to expectation. 2) a new team of people headed by Farm Manager, Steve Taylor, seemed to be working well with good attention to detail. 3) Scott had got the new Farm Consultant to model some scenarios through Farmax Dairy to help decide on an appropriate farm policy particularly in the areas of stocking rate, calving date, maize growing and bought in feed policy for the farm.

It was a really positive story and great to see a large farm humming along.

The next meeting of the Eureka Discussion Group is a visit to the farm of Frank Portegys, 182 Scottsmans Valley Rd (OCC253) on Tuesday July 10<sup>th</sup>. Frank won a couple of awards at the recent Ballance Farm Environment Awards. Frank is an ex Ballance Fert Rep and DairyNZ Consulting Officer. He has a split calving herd. The session will be run by Duncan Smeaton as I will be honeymooning!

### **NAIT**

I trust you have all registered with NAIT by the July 1<sup>st</sup> deadline? If not go to [www.nait.co.nz](http://www.nait.co.nz)

### **Farm Tour**

On June 18<sup>th</sup> & 19<sup>th</sup> I took 12 of my Benchmarking DG on their annual 2 day trip away, this time to BOP and Central Plateau. These trips are very educational, inspirational and fun, including for myself.

One visit, for example, was to a farmer who had just taken possession of his 8<sup>th</sup> farm. 100% borrowing and yet he expected it to make a 9% - 10% return on investment. A good margin on top of his 4.8% interest cost! How does he do it? He applies his recipe of farming. High stocking rate (4 cows/ha) to harvest maximum pasture, close attention to grazing residuals and pasture quality, maximum days in milk, high nitrogen use and filling the feed gaps with the cheapest form of feed available at the time.

The farm he bought did the opposite to that. 2.2cows/ha, high per cow production and lots of bought in feed. By redesigning the fencing and raceways and applying his farming recipe outlined above he expects to take the farm from its average of 250,000 kg MS/yr to 400,000 kg MS in one year.

The other thing that became very clear was the importance of below average costs of production if you want to be in the top 30% for profitability.

You might not have had the opportunity to go on that trip like that but you do have the opportunity each month to attend the Eureka Discussion Group. Make the most of the opportunities.

Wishing you an excellent calving! I say it slightly guiltily as I will be sunning it in Europe while you do.

Phil Irvine  
Senior Consulting Officer  
DairyNZ  
027 4839820



## THE BEAUTY HOUSE

Personalised, friendly service

**[[New treatment!!** Vitamin C infused facials using sonophoresis & complimented with a soothing marine mask, brightens skin & provides nutrients needed for cellular repair, cell turnover & sun protection **ONLY \$50!**

\*Manicures/Pedicures includes free Orly Polish (\$30)

\*Eyelash/Brow Tint & Shape (\$30)

\*Glycolic Peels – a great way to get your skin feeling smoother & softer (\$40)

***LASH PERMING & LASH TINT ONLY \$30!!***

GIVE A GIFT VOUCHER

(Eft-pos available)



Tauwhare Village, 1092b Tauwhare Road

Ph: Jacqueline 8240950 or 0274 853985 Email: [thebeautyhouse@xtra.co.nz](mailto:thebeautyhouse@xtra.co.nz)



The Beauty House



## \*\*\*\* NOW IN EUREKA \*\*\*\*

Plus MORRINSVILLE & HAMILTON

### 2012 CLASS TIMETABLE

### PRICES

Mon 6.30 – 7.30pm <b>Eureka</b> -Eureka Hall, SH26	Casual	\$10
Tues 7.30 – 8.30pm <b>Hamilton</b> – St Peter's Hall, 51 Victoria St CBD	Student/Pensioner	\$ 6
Wed 6.00 – 7.00pm – <b>Morrinsville</b> – Senior Citizen Hall, Canada St.	Concession Cards –	
Fri 6.00 – 7.00pm – <b>Morrinsville</b> – Methodist Church, Thames St	(for 10 Classes) \$70 (3 months)	
	(for 20 Classes) \$120 (6 months)	
	Family Pass	\$20 (2x adults
	and 2x children (under 14 yrs)	

**FIRST TIME IN CLASS ONLY \$4**

Join Zumba instructors – Megan Hyland, Sarah Rasmussen, Marcia Davie  
Phone: 021 905335 (Megan) 027 3871333 (Sarah) Email: [megan.zumba@xtra.co.nz](mailto:megan.zumba@xtra.co.nz)

## belles & brides



Hair – Makeup – Beauty Therapy

[www.bellesandbrides.co.nz](http://www.bellesandbrides.co.nz)

Ph (07) 8241852 or 0226717588

Belles & Brides is the Waikato's most comprehensive mobile beauty service. We offer a huge range of beauty services including amazing discounted pamper packages and at-home pamper parties!

Jump onto our website and visit our facebook page to see our upcoming events, current specials and our full range of services!



## 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.**

**JBVISSER VETS**  
For your Livestock & Pets

07889 0414  
0800 VISSER

[jbvisservets@xtra.co.nz](mailto:jbvisservets@xtra.co.nz)

See Us For All Your Animal Health Needs Including:

- \*Farm/In-Calf Consulting
- \*Trace Elements
- \*Dairy Management Advice (Cows & Goats)
- \*Scanning Dairy Cows
- \*Lame Cows
- \*Animal Health Products (drench etc)
- \*Soil & Pasture Analysis
- \*Lifestyle Block Service (all animals)
- \*Pet Consultation/Vaccination
- \*Pet De-Sexing
- \*Pet Nutrition
- \*Pet Dental

SERVICING MORRINSVILLE, EAST HAMILTON, GORDON TON  
ORIN, TE AROHA, TAUWHARE, TANGIHERE, PATE TONGA  
AND EVERYWHERE IN BETWEEN



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

- 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

Ph 824 1186  
 Brent 0272 432 011



"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](http://www.Alert-Me.co.nz)
- YouTXT – Operate your own TXT shortcode using our TXT system for free. Go to [www.youtxt.co.nz](http://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](mailto:grant@ctas.co.nz)








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



**SPYVES PANEL SHOP**  
for all  
Panel and paint requirements



**AUTOROBOT CHASSIS  
and  
ALIGNMENT MACHINE**

Ph Ron or Karen 8241 890  
Fax 8241 892  
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**

**TREVOR & LEONIE BRUNTON**  
1126 TAUWHARE ROAD

PH: 07 824 0880  
FX: 07 824 0809





## 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

## Do Business Locally and Keep Locals in Business



Local builder  
Tauwhare Road resident  
Registered Tradesman



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

30 years building experience

Craig Griffin Builders Limited

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

## 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

nzgardensheds

*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

ENQUIRE FOR A BROCHURE NOW

## 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

## Scanlan & Jones

Specialists in:

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

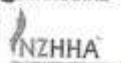
Registered Installers  
Over 17 Years Experience  
Free Quotes



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

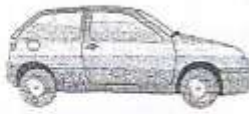
95 HOOPER ROAD

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



## EUREKA MOTORS

COLIN DUNCAN (PROP). SH 26, 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)**



# BUILT TO LAST THE DISTANCE

*"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



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.

FARM • INDUSTRIAL • LIFESTYLE

**WAIKATO SHED**  
C O M P A N Y ✓

great sheds, done right!

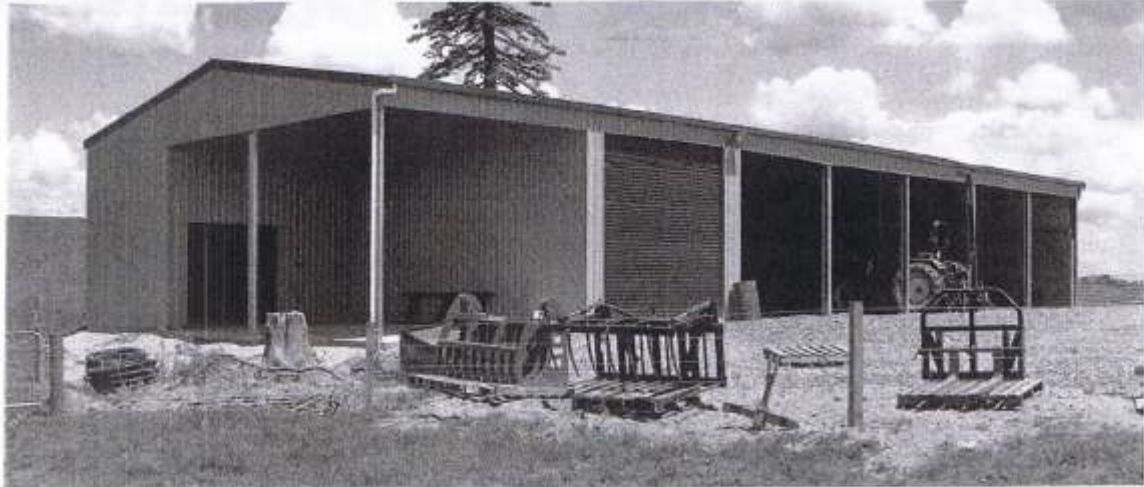
Hamilton • Taupo

[www.waikatosheds.co.nz](http://www.waikatosheds.co.nz)





## LOCAL COMPANY, LOCAL PEOPLE, LOCAL SERVICE



## FULL DESIGN & BUILD OR KITSET ONLY OPTIONS



## FREE, NO OBLIGATION DESIGN & QUOTE SERVICE

If you need a shed that's built to last from top quality materials you can't go past our sheds. With heavy duty steel framing and Zinalume or Coloursteel cladding you will get the strength and durability that lighter steel and timber framed buildings simply can't compete with.

It's not enough too just have a great building system. You also need professional people with the knowledge & experience to deliver a great shed, done right. Being backed up by an international company means Waikato Shed Company is supported in their delivery of high quality building solutions. The end result is that you can have total confidence in the building design, construction process, & the people you are dealing with. It's the strength of our "chain" that is our advantage.

To discover the benefits of owning a Waikato Shed Company shed visit our website now.



Freephone **0800 555 147**  
218 Hunter Road, Eureka  
[www.waikatosheds.co.nz](http://www.waikatosheds.co.nz)

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