EUREKA EXPRESS

VOL XXXIV No. 4 Circ 295

MAY 2013

The Eureka Express Committee

Invites You To Attend A FREE



CPR Practical Night

Monday, 10th June 2013 Eureka Hall 6:30pm to 8:00pm Drop In When Suits

All Welcome

Full Details Inside

GUEST EDITORIAL

An editorial is a little out of my comfort zone, so you will have to allow me the indulgence of a little farming talk. It's a case of returning to what you know.

It seems, for us at least, that the drought of 2013 is over. Nature, as it has a habit of doing, is giving back and Eureka farms are again thriving. Due to the early drying off on our farm we now find ourselves with more grass cover going into winter than we have had for many seasons. We are feeling strangely empowered by the experience – having struggled through, learning new strategies and banking knowledge along the way. We have a sense that we should be able to handle what nature next throws our way. It can't get much worse.



My focus lately has been attempting to tidy up our farm removing a tree line and altering the landscape of our little part of Eureka. Our little band of roadside chickens was less than



impressed. Hours after completing a section of new fence a car flew over the railway crossing at the intersection of Waverley and Holland Roads and took out posts and wires. Happily for the occupants of the vehicle they were obviously uninjured and were able to drive themselves out of the farm, leaving the gate to the road open behind them. This is the 3rd time a car has gone off the road at that intersection in less than 2 years. Obviously there are some signage issues for cars coming down Waverley Road and over the railway.

While we have this platform at our disposal I'd like to raise the issue of farm access and paper roads. Since we first moved to Eureka we have sensed a strong interest in this topic. Fiona, with her experience gained in her former life working for the Department of Lands and Survey, assures me that no paper roads exist on our farm. Just because a farm race runs directly from a dead end road, does not mean that it should in future become a road. No matter how much some people would like it to be so. On a lighter note reasonable access for numerous reasons has always been granted to polite requests, and always will be.

Drive safely, stay on the road, and enjoy your winter sports.

Peter Scatchard

RAINFALL

	April 2013	Year to 30th April
Total (mm)	121	194.5
Average (1994-2013)	94	318
Difference	+27	-123.5



Rainfall recorded on 18 days.

SNIPPETS



WELCOME TO EUREKA to Simon Johnston and Clare Bracey who have bought Colin's house next to Eureka Motors. Simon is an electrician and Clare a nurse and they hall from Hamilton East. A warm welcome to you both. Phone 824 1928.

WELCOME to a new columnist for the *Eureka Express*, Leanne Hilder. We are delighted that another member of our committee has come on board with a regular and interesting column on her speciality, Interior Design, and I feel sure you will enjoy her interesting articles. Thanks you Leanne

SUCCESSFUL YOUNG SWIMMERS

At the Hillcrest Swimming Club end of season presentations **Trinaka Kenny** received the Trophy for most points received in the Club Championship. Trinaka also received numerous certificates for individual events.

And at the Ace Swimming Club end of season presentations **Taylah Buckley** received a trophy for style and performance.

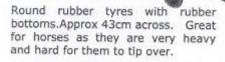
Well done girls. Congratulations.

Sincere condolences are extended to Gordon and Ngaire Griffin and family of Manor Park on the death of Gordon's mother, Mrs Phyllis Griffin, in New Plymouth on May 6th.

MARKET PLACE

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Horse rubber feed bins.



They weigh about 12 kgs. \$30 each. Phone Michelle 834 4817

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FAREWELLS

Another year has flown by and sadly it is that time of the year again when we must bid farewell to farming folk who are moving onwards and upward with their lives and careers. Our good wishes go with you all.

- It will be the end of an era when half of the Duncan land that has been in the family since 1918 when John and Colin's grandfather, Robert Orr Duncan, first bought land in Eureka, changes ownership on 1st June.
 John died 7½ years ago and his wife Ana has continued to farm there since, Ana
 - John died 7½ years ago and his wife Ana has continued to farm there since, Ana having lived in Eureka for more than 25 years and raised their family there. Ana is not moving far, to Marshmeadow Road, and we wish her well for the future.
- The Willis farm, corner SH26 and Tauwhare Road, has also been sold. Brian and Judith have been farming there for the past 15½ years. They are moving into Hamilton city but will maintain their interest in farming through their South Island farm. All the best to you both.
- On Waverley Road it is farewell after four years to Jody Thomson who is leaving Buckley's farm to go back up north to farm near Whangarel.
- Also on Waverley Road it is goodbye to Brad and Crystal van Hellemond and family
 who are off to their new farm on the Hauraki Plains after three years on the Mace farm.
- To Eureka Road where Jimmy and Waiata Moke and family are moving on from the Hinton farm. All the very best with your health, Jimmy.
- Leaving after four years on the van de Pas farm on Hooper Road are Olin and Anna Greenan. Olin and Anna are heading to Clevedon and stepping up to 480 cows.
- On Morrinsville Road, on Colin Duncan's farm, it is farewell to Joseph Roskam, his partner Vicky and baby Kayley, who are heading Matamata way. Joseph has worked for Colin for six years.
- Moving from Colin's Eureka Road property are Rod and Karen Hudson and young Jason.
- And Nick Hows is off to Western Australia to try his luck. Nick, an electrician, has been renting Ace and Vicki Dance's house on Eureka Road for a few years since they moved in to their new home.

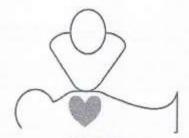
Good luck to you all. We trust you leave with happy memories of your time in Eureka and may your moving day be fine.

EUREKA EXPRESS

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Classified Advertisements Small Business Advertisements × x 10 insertions One Third Page Advertisement × x 10 insertions One Half Page Advertisement x 10 insertions	Free \$10 imonth \$80 year \$15 month \$120 year \$20 month \$160 year	Gall Mayall (Editor) 70 Eureka Road Ph 8241 758 Fax 8241 028 e-mail: editor⊕eurekasxpre≤s.co.nz	Gayle Orr (Treasurer) 1139 SH26 R D 6, HAMILTON 3286 Ph 8241 713 e-mail: sorr@xtra.co.m

The Eureka Express Committee

Invites You To Attend A FREE



CPR Practical Night

Monday, 10th June 2013 Eureka Hall 6:30pm to 8:00pm

Drop in when it suits

All welcome. Children of all ages can be trained too

Come along and update your skills in CPR with trained

Ambulance Officers

Spare 15 minutes of your time – that's all it takes. You never know when you may be in a position to help save someone's life.

The Eureka Express is covering the cost of this event.

Tauwhare School



TRIP TO CHINA



I was very fortunate to be able to go to China to see through some schools and to see firsthand why China, particularly Shanghai, is doing so well in the international league tables. I had an amazing time in China and saw some wonderful sights. The schools I visited were different from ours in many ways - but similar in others. The Chinese educational leaders are realising that, while they achieve in tests, they have lost thinkers and entrepreneurs.

I am even more convinced that we must fight to keep our world-class education system and not bow to demands to simply concentrate on testbased systems.

I will write up my experiences and pop them onto the website for anyone interested in reading them. I have come back buzzing with new ideas@.

KIWIANA TILES
Each child in the school painted a tile celebrating Kiwiana. These tiles are to be displayed on the outside of one of our new classrooms. They are so bright and colourfull Thank you to Mr Quenby for leading this project and to Miss Wrigg for all her help





LIC COMPUTERS IN SCHOOLS

Thank you so much to Livestock Improvement Ltd who has very kindly donated 20 Dell Desktops, Keyboard, Mice and Cables to us for our new school room. These computers will be a huge help to us as our roll has grown so much and we are now very close to our goal of one computer between every 2 children throughout the school





TRIP TO MOTAT

As part of our whole school focus on Science we loaded 156 children onto 4 buses and headed to Auckland's Museum of Transport and Technology.

We had such a great day. Teachers, children & parents learned something new. And some of us revisited 'old technologies' from our past; such as the dial telephone. The children were most intrigued with these!!

NEW CLASSROOM Number 7
Thanks to Tuku and Candice Wheki, our beautiful new classroom has been blessed and is now in use. What a lovely classroom it is! The year 2 children, and their teacher Kirsty Gilroy, look quite at home already.

IPADS in Class

Thanks to LIC supplying so many computers to us we can now explore the use of I Pads in classrooms. Each class has one Ipad already and these are already proving so popular and useful.

Phoenix Electrical Ltd

07 824 0824 Work 0273 490 603 Mobile davep.phoeno@gmail.com 17b Glen Ida Way Taushare Hamilton

Thank you Dave for supporting Tauwhare school. Dave charged nothing for his work on our recent refurbishment in the office.

WRITING BY Year 2/3

Coral

Softly waving like leaves on a tree. Starfish go cling, cling, cling on the pongy coral. Stiff long tentacles jerking in the water. Rough hard skin. Gloomy shadows appear when divers zoom past, By Joshua Hogarty



Coral

Coral looks like a winter tree under the deep deep sea. Little and big branches disguised in the sand. Squids playing hide and seek in baby branches. Fragile coral in the heavy sea.

By Rory Needham

Coral

Star fish clinging Squids hanging Swaying side to side Stiff still starfish, By Ben Newman

NOTICE OF OUT OF ZONE ENROLMENTS

Applications for out of zone places are now being invited for those students who will become eligible for enrolment between 28th June 2013 and 19th

December 2013.

The Board of Trustees has determined that there are 8 places for children between Years0/1 and Year 4 The deadline for receipt of applications for out of zone applications is 21st June 2013.

If a ballot for out of zone places is necessary it will held on **June 25th 2013** and parents will be informed by the following day.

Tauwhare School **Board of Trustees Election**

Declaration of Parent Election Results

At the close of nominations, as the number of valid nominations was equal to the number of vacancies required to be filled, I hereby declare the following duly elected:

Dean-Speirs, Tracie Evans, David Kay, Jane Morton, Greg Savage, Chris

Signed,

Paula Brown Returning Officer





Greetings from the School

Well, it has been a busy start to the term already!

It is anticipated that families have had a relaxing and enjoyable April holiday break. The children have shared some wonderful news about the last two weeks with their classes. Welcome back to the new term; we have another busy and interesting ten weeks are ahead.

Historical Plaques

The school has a rich history dating back to when it opened in 1890. A Captain Runciman, owner of the Marshmeadows Estate, donated 20 acres of land for a school and he was instrumental in having a building erected. We have named the Learning Needs room to recognise the significance of his gesture.

In 1990, the school celebrated its centennial. The organising committee erected a wall to create a library courtyard. The association of several early settler families to Newstead School was indicated by plaques located along this wall.

As the layout of the school environment has changed, the wall was taken down. The plaques are now attached to the office wall. This has become a striking feature and effectively keeps to the fore the contributions of pioneer families.

There are several other areas of historical interest in the playground. The swimming pool area: Scott Ferguson Memorial Tree.

Important events for this term:

important events	for this term:
22 May	BOT Meeting @ 7pm
24 May	Hui @1.45pm (Kiwi & Ruru)
29 May	Rugby Day @ Hillcrest
31 May	Arbor Day
3 June	Queen's Birthday
7 June	Jump Rope for Heart Day
14 June	Hui @ 1.45pm (Tui & Tiwaiwaka)
20 June	6-A-Side Football @ Matangi
27 June	Grandparents Day
4 July	Seven Aside Tamahere
5 July	Hui @ 1.45pm (Kakapo & Kereru)
12 July	Term 2 Concludes



Its OXFORD PIE Time Again!

29 July

An Order form was sent home this week with your kids for yummy pies! This is an annual PTA fundraiser, with \$1 from each pie going towards buying cool stuff for our kids. Yay!

So please ask your friends/family/workmates if they want to order a ple, or fill your freezer for those colder months! Great, easy hot lunch on a winter Saturday after soccer/netball/rugbyl

Please return pie orders and money to the office by FRIDAY 17 MAY.

Term 3 Commences

Delivery is on Wednesday, 29 May 2.30pm, in the Eureka Room.

The PTA thanks you for helping with this fundraising effort.

Contact: Anj Wallace (027 659 0235) for any queries.

WAIKATO EXPRESSWAY: PAMPHLETS ARE AVAILABLE IN THE SCHOOL OFFICE REGARDING THE HAMILTON SECTION OF THE EXPRESSWAY.

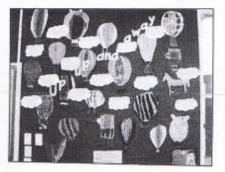
Classroom Work...











CHILDREN'S PAGES



My Mum
Year here is a bit cony and straight
Like a bright colourful sumy raintees.

Marc's eyes are brown. Like checelate:

Vice split is As wide at a bancon.

Music hands are as self!
As a snagply blanket.

My more helps nor do ny homework? And I lose her So, as, so, mich

Love Hannah.





Mate operally in you'lly



Mum

Any where that should become their that nickles any neck when she hopf met. Any movement has dight about area that source is the hight, and a proposal anoth, it's always nice to have her hough. Any Alaim's should have been in the maticle.

Any Alaim's should have been in the schole unite who would.

Any Alaim's the best Marm in the schole unite wood.

Any Alaim's Alaim's Alaim's Alaim's the best Marm in the schole unite wood.

To mum
I will lave you for ever
and you will always
be the best mother in
the world, I love
you:)

Love from Renee

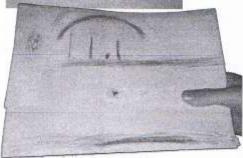
My mum is as pretty as colouring

My mum is as auddly as a piriou pet,

My mum's eyes are brown like a kit kat.

My mum is as special as my lego and my bike.

Brad



Mothers' Day Verses

My mum is as cuddly as my blanket.

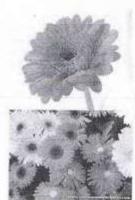
My mum's eyes are as green as the trees in summer.

My mum is as special as my baby Cat Bruce.

Ben



Mode especially for you by: Danielle





Dear Muni

Happy Mothers day

Raining with joy, happiness and lengther like a diamond. Amoring at everything and strething you do

Choesial about everything

Age doesn't matter when you hole or young

Ergoys having a go at everything

Loving all the time there's not a second when you've our

Love From Danielle













Agri-Kids Grand Final 2013

After winning our Waikato and Bay of Plenty Regional final of Agri kids, which is part of Young Farmer Contest, we were off to Kumeu to compete in the Grand Final. My team mates of Ethan Morris and Jason Barker, farming friends from Paeroa and I were excited and curious about what we would be up against. Our day started at 6:30, we left the hotel to go to kumeu show grounds for registration at 7:15. At 8:00 we were off on an orienteering round, answering questions about the top 7 young farmer finalists like what region they are in, what age they are and when they started modules etc.

identifying pictures from New Zealand like Lake Taupo and the Christchurch Cathedral, different breeds of sheep and cattle. Modules were fun, we started with native tree naming and putting into wetlands, cowshed and made a line of trees to go down a race, by creek, identifying where they go.

In cooking we made lunch for (imaginary) John key using lamb, I manned the BBQ while my team mates made the salad. We sorted wool and named where the wool comes from on the sheep. We also had to tell what wool is made into, and knit a few rows. For the electricity module we made a Square pen with a portable electric fence, say what conducts and insulate electricity with the materials supplied.

Chemical Module, we fertilised and limed a section of paddock, set up an irrigator and measure minerals for a cow trough.

Our last module was a vet one where we counted faecal eggs through a microscope to see if the cow had worms and a quiz to match up broken bones in a x-ray machine with names on a sheet. By 12 we had finished and it was time for a well-earned American

hotdog and chips before the finalists were announced. Yeah!!! We got through and racing in 5th lane.

Race off started with a sack race then shaking cream to make butter and making a marmite sandwich which we had to eat before we could start arranging flowers and foliage in a gumboot. We ran down and took a tyre off a four wheeler, then ran back and nailed three insulators into a post before we had to strip corn cobs off old plants

and using our teeth or hands fill up a cup with the kernels. We made up time here and filling a bag with potatoes. Last task was putting up a Tee Pee with a balloon tied to the top. Yeah we came third in the race.

It was a nail biting wait to find out we didn't make the top three but placed well between 4th and 7th out of the top 20 teams in the country. We got great prizes and had loads of fun.

By Cameron Mayall and his Mum







TAUWHARE INDOOR BOWLING CLUB

The news this month contains many bits and pieces which is a great indication that the Tauwhare Club is very active and caters for social interaction, as well as serious bowls. If you would like to have a try at bowls you are very welcome to join us on THURSDAY EVENINGS AT TAUWHARE HALL, 7:20pm.

Visitors and new members are always welcome. Please contact Robin Bargh on 824 1819 for more information.

Clare, Bronwyn and Amber McNally and Melita Bargh played in the Waikato Junior Rep team, in the annual Ross Arndt Trophy Challenge at Otorohanga – Waikato won the cup. The contest consisted of teams of 10 players from Tauranga, Taranaki, North Taranaki and Waikato. Each player played three games of Singles and three games of Pairs. Well done girls – you were an inspiration to us all!!

The annual Burnside Trophy match with Matangi resulted in a win for Tauwhare. One of Tauwhare's senior members likened the victory in the words uttered by St Edmond Hillary when he reached the summit of Mount Everest in 1953. The cup was first played for in 1950 and over the years has been contested by Eureka, Newstead, Matangi and Tauwhare.

Other news

- Walkato Indoor Bowling Centre has appointed Jack Hooper as Junior Vice President Congratulations
- Runners up at the Eastern Waikato Rinks Championship J Hooper, J Bargh, R Coxon, H Bargh Well done! Tauwhare members to qualify in the Eastern Singles Championships were K Williams, Andrew & Bronwyn McNally.
- A Tauwhare team played in Ngaruawahia's May Open Tournament. The bowls left a bit to be desired, however they each won a raffle not such a bad night after all!!
- Bronwyn McNally was selected to play in the Owen Montgomery Memorial Trophy team (Walkato top 8
- ladies). The match was played in Auckland, with Waikato winning the trophy. Well done. Five players B Meads, A., B., and C. McNally and R Bargh played in the Matangi Tauwhare Greenfield Shield team (eight ladies). Their challenge against Beerescourt was, by a small margin, successful. Their next mission will be to sustain a challenge from Tatuanul.

From the records:

- Committee meeting 26.9.54 It was decided that championships be held for Rinks, Pairs and Singles. It was resolved that the money donated by Mr Coles be put towards a Rinks cup Mr T P Coles was elected the club's first Patron in 1954.
- AGM 4.10.75 Ivan and Delia Pizzini wished to donate two trophies for two new championships Twos -Leads and Threes - Skips. Accepted with thanks by President Mr George Langley.

 - Ivan and Delia are present day members. They were elected Life Members in October 2004.

18.4.13 - Skips & Threes

Winners Jim Bargh, D Appleton Runners Up I Spencer, E Morris Twos & Leads

Winners C Olsen, N Stolwyk Runners Up

D Miller, John Bargh

25.4.13 - Club Night

Winners R Coxon, R Arnold, Grant Goodare Runners Up J Bargh, K McNally

2.5.13 - Rinks Winners

L Grieveson, B Meads, B Grieveson, G Goodare J Hooper, C McNally, J Cottle Runners Up

9.5.13 - Club Night

Winners Jim Bargh, L Verner, C Bargh Runners Up R Bargh, H Bargh, D Miller

16.5.13 - Pairs Championship

B Meads, K McNally Winners Runners Up J Arnold, N Stolwyk

Up & Coming Events

6.6.13 Esme Pope Memorial (Handicap Singles)

13.6.13 Club Night (Progressive bowls)

Open Singles (four games qualifying) START 7:00pm 20.6.13

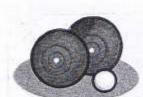
27.6.13 Club Night

4.7.13 Mens and Ladies Singles (four games qualifying) START 7:00pm

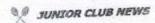
The NZ National Bowls Championships are taking place in Rotorua this year. Best of luck to the squad taking part this year - J & R Arnold, the McNally Family and B Meads. Hopefully we will view some of the finals on TV in late June or in July. Que will be the channel to watch, so keep an eye on the TV programmes.

Well that is the "Robin's nest" cleared out for this month, but fear not she will return next month.

Good Bowling everyone - Robin Bargh - Phone 824 1819







We have started the season off great. We have had new children start and they love it. It is also great to have our existing players back for another season.

Please come down and join us on Wednesday Nights, 6.00-7.30 in the Matangi Hall. Vanessa Mason 829 5314



Piako Toastmasters

Become the speaker you want to be We meet at the Senior Citizens' Association Hall at 42 Canada Street, Morrinsville

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On the home front.....

Winters on it way and for a lot of us we are thinking warmth around our homes by looking at heating systems, curtaining, and flooring options. Flooring is not only a statement in some homes it has a big impact on luxury, comfort and warmth no m.



some homes it has a big impact on luxury, comfort and warmth no matter what your budget or purpose choosing a carpet with the right features and benefits makes all the difference.

Wool: Mostly a natural resource, wool is naturally flame resistant which is a real benefit but static maybe a problem for some and less common some can be allergenic. The fibres are 35% absorbent so staining can be challenging to remove due to this.

Nylon: Is a synthetic carpet fibre, great resilience to abrasion, easy to clean, a huge colour range.

Everstrand: Made from recycled bottles this product has a great range of colours, and styles to choose. Environmentally friendly and affordable range.

Smartstrand: This carpet is derived from a combroken down to a product called smart strand, its long lasting guarantees, fade resistances and stain resistant quality's is what makes this carpet often known as the rhino carpet.

Smart strand Silk: This product has the same properties as the above smart stand but is 3 times softer providing amazing softness and luxury, making it a must to look at and feel the difference.

Don't forget underlay: If you are going to the effort of putting down a carpet you would pay to spend some time looking at your underlay options, these come in different thickness, density and quality. Some being non allergenic and mildew proof while providing great insulation and last the life time of your carpet.

Leanne Hilder

LADIES A PLATE

MUMS PUMPKIN SOUP:)

1/2 a pumpkin (not to big)

- 4 kumara
- 4 carrots
- 4 potatoes
- 1 large onion
- 1 leek

6 cups of water mixed with 1 chicken stock (mum uses real chicken stock)

Cook all ingredients together for approximately 15 minutes or until soft then cool,

Put through a whiz, add a pinch of nutmeg and curry (optional).

Serve and enjoy



PINEAPPLE AND PASSIONFRUIT BUTTER CAKE

1 x 450g can crushed pineapple in syrup (drained)

- 125g butter at room temp
- 1 teaspoon vanilla extract
- 1 cup castor sugar
- 3 eggs
- 1 cup plain flour
- 1/2 cup self-raising flour
- 1/4 teaspoon bicarbonate soda
- 1/2 cup milk

Passionfruit pulp to decorate

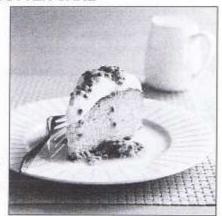
Grease a deep 20cms round cake tin. Squeeze excess liquid from pineapple. Beat butter, vanilla extract, sugar, eggs, flour, baking soda, and milk in a bowl until Ingredients are mixed welf. Stir in the drained pineapple.

Cook at 160°C for about 1 1/4 hours

CREAM CHEESE ICING

125g cream cheese softened 25g butter at room temp

1 1/2 cups icing sugar



Beat all ingredients in a bowl until smooth. Spread over cake and drizzle the passionfruit pulp over the top

IN YOUR GARDEN

Yes, we've had the rain, and doesn't everything look lush, but, and there is always a but. With the unusually warm temperatures for this time of the year, you need to watch out for fungus infections in plants and shrubs and it is vital to keep up regular spraying of citrus trees. Generally a basic spray with copper is a good insurance. Also with these weather conditions, flys are still a problem, but there is a greater problem in the form of the great white butterfly; it looks similar but twice the size of the regular white butterfly and has a voracious appetite reducing the plants leaves to just a skeleton. It lays clusters of eggs on host plants such as honesty, nasturtiums, and the brassica vegetables, these include cabbage, cauliflower, broccoli, Swedes, brussels sprouts and turnips. This disastrous pest could have serious consequences for the survival of many of New Zealand's 79 native cress species.

Things slow down this month, but don't give up, plant more seedlings of broccoli, cabbage and cauliflower, lettuce, spinach, sillverbeet and spring onions, and radishes. It's not too late to plant broad beans, but this is your last chance to sow garlic and shallots. It's time to thin out carrots but too late to plant seed unless you keep them under cover. Celery prefers cool moist conditions and hates to dry out. Plant seedlings now and feed regularly with liquid fertilizer. Wait for frost to sweeten Swedes, yams and parsnips. An icy spell converts the starch in these root vegetables to sugar, that's why they taste better down south, so don't harvest them until after a good frost.





Prune hedges now as hedge plants grow up and out in search of light. Trim with whatever tool you choose taking care to step back regularly to assess how well they're shaping up and remove trimmings immediately. A good feed won't go amiss.

If you want your parsley to thrive, pick regularly to give it reason to respond, rotate your picking so that each plant has new and fresh growth. Feed with

diluted liquid manure. Add a dose of matured manure to rhubarb and mulch, liquid seaweed is good too, leave plant to rest over winter.

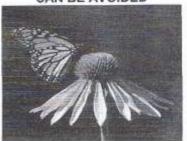
Finish digging any main crop potatoes and store. Brown paper bags are good for keeping out light but if you use sacks, they must be kept in a dark place.

Prepare ground for the planting of bare root fruit trees, apples, pears and plums. Dig and fertilize now ready to plant in August. Don't forget to put frost cloth on young citrus trees.

All for now, keep busy and Happy Gardening, Jennifer

Colds and Flu

CAN BE AVOIDED



CHERYL MCFARLANE

Every winter people brace themselves for the inevitable invasion of coughs, colds and flu viruses and subsequent infections that disrupt their lives. Even with advanced technology and the amount of money going into medical research, there is no medical cure for the common cold.

Why do some people avoid the flu virus and colds whilst others are affected yearly? Often this cycle is hard to break and the result creates a dread of weather or climate change. You know the symptoms, feeling tired, stressed, suffering from poor sleep, dark rings under the eyes, runny nose, low libido and no energy. Very quickly you realise the body's defence mechanism is down.

One has to wonder, how is this possible? After all we live in a more hygienic environment than our forefathers and medical science has leapt ahead....yet the number of colds and flu are still all around us. The pre-winter government flu warnings, "get your flu vaccine to be protected", yet the flu cases do not decline, in fact quite the opposite, more hospital cases coincide with the flu shots. The number of health workers with colds and flu complications has risen 50% in the past 10 years (ref. Australian medical journal).

The flu or virus moves quickly amongst those who already have low immunity with internal pollution, parasites or toxicity. An acid body receives a virus far more quickly than an alkaline one

BUILD YOUR IMMUNE SYSTEM

The major nutrients found closely linked with proper functioning of the immune system include vitamin A, B5, B6, C, E, folic acid, zinc, iron glutamine and Co Enzyme Q10. Reducing inflammation, associated with any type of infection, produces significant relief of symptoms. Use oils such as cod liver oil and omega oil, vitamins C and E and quercetin, acting as anti-inflammatory agents to relieve cold and flu symptoms. Better still, start taking them now to build your immune and hopefully avoid any illness.

Foods that contribute are GARLIC, raw egg yolk, hot chicken soup, LEMON AND HONEY

DRINKS and even a tot of rum.

There is good evidence that Echinacea and ginseng boost the immune system. Italian

researchers found the Echinacea and vitamin C (200mg) reduced the length of colds by 25%. Propolis has been used for millennia as a natural healthcare product, as it is rich in flavonoids which are well proven to promote wellbeing. Propolis has both antibacterial and antiviral activity and is also active against fungal and protozoan infections, justifying its historical use in improving the body's ability to fight off a broad range of disease.

THERE IS ONLY ONE PERSON RESPONSIBLE FOR YOUR HEALTH YOU! Do yourself a favour and build your IMMUNE SYSTEM.

GOOD LUCK

Farm Discussion Group Report

Well it has been a while since our last group our Martin and Mark Sings. At this group we had some really good information from Dairy Base comparing 2 farms side by side. One farm being a large herd with a fairly large amount of bought in feed and the other a one man unit with relatively low amounts of bought in feed. Dairy Base is a really good way of comparing these differences and points out the profitability of each system. It was shown that both farms were running high profits and a similar profit per hectare on a good grass growing season.

There was also the topic of the drought which is all but forgotten with all the grass around that we have now. We talked a lot about grass seed, types of seed rates to sow it at and how much under sowing to do. Their farm looked in good condition considering the weather and it was obvious the right decisions were being made at good times.

As a drought breaker we organised the fishing trip for the 16th of April but of all things it rained and the wind blew so we rearranged it for the following week. We were on an ex mussel barge again but unfortunately the fishing was not as good as other years. It was a beautiful day up the Coromandel so it was still a great day out and enjoyed by all. We went back to Dan Hintons chiller and had a cook up of fresh snapper and trevally and a bag of mussel on the bbq. All went home with a feed of fish and mind refreshed ready to tackle the promising autumn.

Our next group is on the 18th June and to be held at a Dairy N.Z. research farm

Cheers Brett Gordon

Pukeko Preschool

Pukeko Preschool was closed during the school holidays and the teachers and trust board members worked very hard giving the centre a facelift and changing things around. Clare Kinney has been appointed as head teacher and caretaker manager while the Board undertakes the recruitment process to appoint a new centre manager. Nola Herrmann is our educator on Wednesdays, Thursdays and Fridays and Vanessa Mason is relieving on Mondays and Tuesdays.

The children have been very interested in boats and fishing lately – there have been lots of discussions about summer fishing trips and the fish that were caught!

As part of looking at the world around us, if there are any people in the community who have talents they would be willing to share with the children (eg. musical instrument, flax weaving, story teiling) we would be very grateful.

The Trust Board are considering extending the hours of operation of the centre, and would welcome community feedback in order to investigate this further. Please feel free to contact us with your thoughts on whether the hours should remain as they are (8.45am – 1.15pm) or extend to 8.45am – 2.45pm. There is also the option of running split sessions with the choice of 8.45am – 1.00pm or 8.45am – 2.45pm. Or we could run extended hours on certain days of the week.



Our roll is filling up fast – we currently have one space available. We have some spaces becoming available in June and July. Call in and see us at Pukeko Preschool, on the grounds of Tauwhare School, or contact us by phone 824 0860 or email pukekopreschool@xtra.co.nx

NOSTALGIA FREE FLIGHT MODEL FLYING AT BUCKLIN FARMS.

About a dozen aeromodellers of all ages enjoyed a days flying their older Nostagia F/F model designs in perfect conditions at the Buckley farm on Piako Rd. on the 12th May

Free Flight model aircraft are the original type of flying models whose origins go back at least 150 years, although the real surge in model design and and flying took place after Charles Lindberg's successful solo flight across the Atlantic in 1927. By 1935 there were thousands of aeromodellers, particularly in the U.S.A., and from that date until the attack on Pearl Harbor in 1941 development in model design and flying skills was dramatic. Development has continued apace since those early days Modern composite materials like Kevlar and Carbon Fibre have replaced the traditional balsa and tissue at the top levels of competition, and some of the miniature engines used in competition now produce more power for their size than a Formulae 1 motor. There are F/F aeromodellers in all countries and competition at International events is of a very high standard.

Despite the popularity of models fitted with modern proportional Radio Control systems there are many who still enjoy the challenge of Free Flight models where there is no control by the owner once the model has been launched. There are three main types of model; Gliders, Rubber Powered and Power models which are fitted with small diesel or glow-plug engines. Models are built by the modellers from plans and using suitable materials, commonly balsa and tissue or synthetic plastic covering materials.

They are then tested and adjusted (trimmed) until they perform to the standard required for their class. At a competition models are flown for usually three timed flights and the winner is the one who has the highest aggregate time for those three flights.

The competitions at Buckleys Farm was for older designs covering the Vintage period to 1950, the Nostagia period from 1950 to 1960 and also the Classic era from 1960 to 1970.

Rex Bain Ph 07 8551118 mobile 0210735349



CO Comment

Didn't I tell you so? What phenomenal growth we have had since the last edition, It always seems to happen after a prolonged dry period but this time more so than I have ever seen. Some of you may even have had faster growth in late April, early May than you had in the spring.



The contributing factors as I see it are:-

- warm & moist soils (obviously) but helped also by the fact that the pasture was ready to grow having already a green tinge to it
- 2) huge nitrogen fertiliser responses
- responses to the protection of over grazing during the summer. Pastures that had not been hammered through over grazing really responded quickly and grew fastest.

It certainly made predicted feed budget deficits look a bit silly in a matter of weeks. It's a lesson also about how to respond to a budgeted feed deficit after a drought. Rather than secure feed for 100% of the deficit immediately, leave some slack in case of better than expected growth and fill 1/2 to 2/3 of the deficit immediately and the rest if needed later.

If you were growing at 60kg DM/Ha/Day and pasture demand was at no more than 30Kg/Ha/Day, then average pasture covers were building at 200Kg DM/Ha/Week. So in 3 weeks the necessary lift in pasture covers by calving were achieved for many. We even had discussion at groups recently about how to deal with the flat feed wedge and paddocks already over 4,000.

As I write this I am in the middle of 10 days of travel around NZ, in a team of 3, judging the Farm Manager National finalists (regional winners) for the NZ Dairy Industry Awards. A previous National winner is an avid reader of the Eureka Express. He tells me he makes up 33% of the readership of my column. I wished I knew who the other 2 were. Olin, we wish you all the best for your move to south Auckland on a bigger Sharemilking job.

Please put in your diary Tuesday June 18th as an event you should attend. DairyNZ is holding a Waikato wide discussion group Open Day at Scott Research Farm. This gives you an opportunity to see and hear first hand some of the most relevant research trials being undertaken. Several relate to pasture persistence and improvement, including pasture herbs management. The high diversity pasture research is fascinating to see also. The P21 trial is looking at ways we may have to farm in the 21st century to keep production and profit up while leaving a lower foot print on the environment. There will be a filer out shortly and if you're a member of a discussion group you should receive a text. I hope to see you there.

Phil Irvine Senior Consulting Officer DairyNZ 0264839820





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Taking Care of Your Old Dog

As we age, we find that the cold days slow us down and we just want to wrap up warm and stay inside. Much the same can be said of our aging pets. There are many things that we can do to help our older pets and we will try to cover just a few important issues.

Exercise



The mind is willing but at times the body is not. You might have noticed your dog being a little stiffer in the legs in the mornings; that they take a little longer to get up and get going. It might be the morning after a long walk on a beautiful autumn day that your dog is sore and finding it hard to get up.

Arthritis is a common problem in the older pet. There are many treatment options available to help with this painful condition, ranging from tablets, injections and food supplements all the way through to hip replacement surgery.

Bearing this in mind, it is far better for your dog to have daily gentle exercise, rather than nothing during the week and then a big long walk at the weekend. Daily walks, even short ones, can help sustain muscle mass and joint mobility.

Bedding

Make sure your dog has a soft supportive bed to ile on, foam is a good insulator and is comfortable too. Also make sure that the bed is away from draughts and, if possible, off the floor.

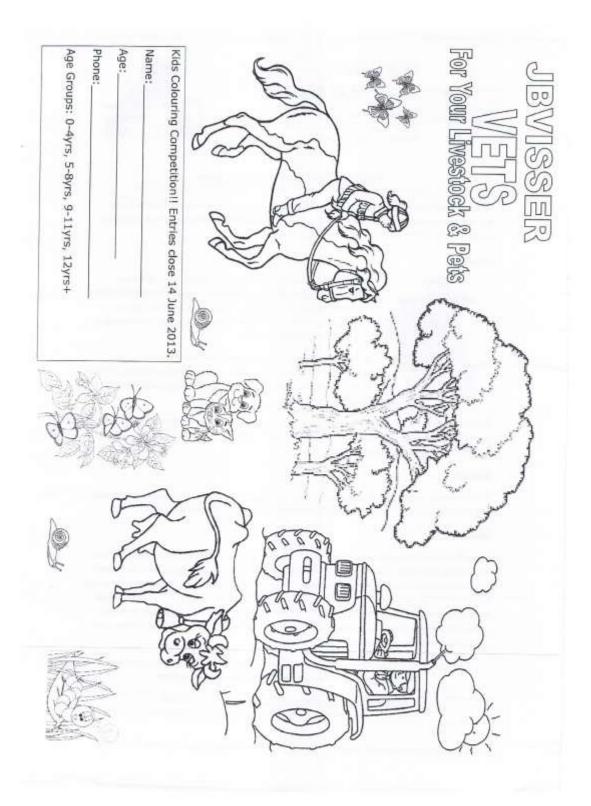
Food

Older dogs benefit from senior dog food. These preparations have higher amounts of anti-oxidants and generally are lower in calories to reduce weight gain. An over weight dog will have more strain placed on to their heart and joints which leads to health issues developing unneccessfuly. If your dog has arthritis there are foods designed which can help, eg Hills J/D and Eukanuba Joint diet, which have increased levels of omega fatty acids and L-carnitine. If your dog is showing signs of senility, then Hills B/D, with increased anti-oxidants and fish oils, has been clinically shown to improve some signs of senile behavioural changes.

Finally, please remember that as dogs age they can be less tolerant of young dogs and young children, so please always watch any interaction between them.

> Newstead Veterinary Clininc Competition – Win an iPad mini Pop in to the clinic for your free entry into the Red Dog Competition

WANTED: Any old newspapers that you do not need would be greatly appreciated. Thank you.



NEWS FROM YOUR WAIKATO DISTRICT COUNCILLOR

Four meetings have now been held to form committees to review the **Community Plans** – Eureka, Matangi, Newstead and Tauwhare. The Eureka Committee has now met twice and has drawn up an excellent list of strategic items for further consideration. They would welcome your continued support with further ideas and suggestions.

Last Sunday I spent the morning with the **Matangi Committee** – we walked around the village familiarizing ourselves with the facilities and discussing various issues for Matangi – the village in particular at this stage. The Committee has started a Facebook page to encourage residents to contribute ideas and comments re their Community Plan. **Newstead Committee** invited representations from Tainui Group, NZTA and a consultant from Opus to their first meeting to hear first hand what the impact of the Expressway and the Inland Port will have on Newstead. The **Tauwhare** community meeting was held on 8th May and they will get together shortly for their first committee meeting.

Two **new appointments** have been made to Council's Management Team and both Managers took up their positions in April,

- Tim Harty General Manager Service Delivery which includes roading, infrastructure and community facilities e.g. community halls.
- Sue Duignan General Manager Customer Support

We have also employed Clive Morgan as Council's **Economic Development Manager** to guide discussion around economic development for Waikato District. He has completed an economic audit of the District Plan.

A prospectus will be put out which will aim to:

- · Attract and inspire business investment to the Waikato
- Inform business investors to what the Walkato has to offer
- · Support tourism industry to attract visitors to the Waikato and
- · Create a Waikato offerings resource for use by us and others.

Clive is available to discuss any possible projects and to assist communities with moving projects forward. His contact details are clive.morris@waidc.govt.nz

This week we are hearing submissions to the **Annual Plan** – around 280 submissions were received. We should have finished the process by Thursday (23rd) with the final plan out by the end of June.

Last month I mentioned the *impact of the drought on the District's roading infrastructure*. Estimates to date for rehabilitation of the four roads in Eureka Ward is \$1,055,000. The Seddon Road project will be undertaken in the 2012 / 13 financial year and the other affected roads (Holland, Piako and Waverley) in 2013 / 14 financial year.

Waikato Regional Airport Ltd is performing well despite the loss of their international carriers. The Authority is very keen to extend the runway to attract new customers, be it internal or export business. They already have the resource consents in place to extend the runway and own the land.

The company is also exploring the possibility of providing a backup airport facility for Auckland. This is being driven by the concern about the risk if Auckland airport has to close for any reason. The other alternatives such as Tauranga, Ohakea and Wellington are all limited by distance from Auckland or runway length.

The industrial park at the airport is starting to fill up after a slow start in attracting businesses.

Rob McGuire - Councillor Eureka Ward Ph. 824 3696 / fax 824 3645 / Mob 0274 970 966 email <u>robmcguire@xtra.co.nz</u>



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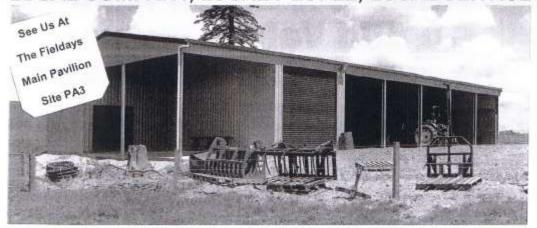
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