

Eureka Express

Vol XL No. 7 Circ 320

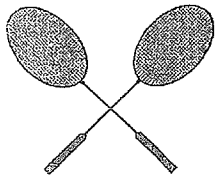
August 2018



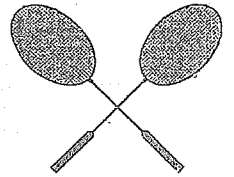
Daffodil Day 31st August

RAINFALL

Weather for July 2018		
Rainfall total	82.2mm	
Rain Total for year	675.3	
Rainy days	24	
Most daily rainfall	19.4 mm	15 th
Highest wind speed	43.6 km/hr	9 th & 15 th
Temp high	16 C	30 th
Temp low	-1.2 C	6 th



EUREKA BADMINTON CLUB



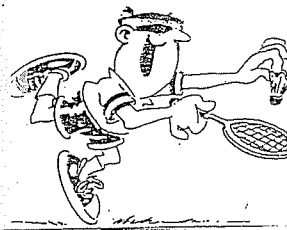
JUNIOR NEWS

Junior Badminton is underway at Matangi Hall
every Wednesday 6pm to 7:30pm

New players welcome. Racquets available

From about 8 years upwards. Come along and give it a try

For further information please phone Bryce on 07 824 0699



Church Services

St Andrew's, Tauwhare Village

First Sunday of each month Kids for Christ (KFC) 9:30am

Third Sunday Social Sunday (see T Trader FB page for details)

Fourth Sunday Family Service 11am after morning tea at 10:30am.



COMMUNITY COMMENT

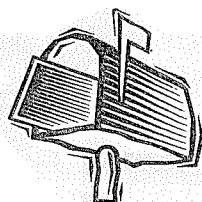
Many years ago, Eureka was a thriving community. It was a typical farming community, with hard workers who all knew each other and socialised often. It had a school, a hall, a garage and a shop. Sadly the school was closed due to dwindling numbers, but the hall and garage remained. The hall was always the hub of the community and was used for a variety of social and non-social events.

Over the years people in the community have moved on or passed on, and new people have moved into the community. Every month I read with interest the editorial in the Eureka Express, and the writer usually mentions that they love living in Eureka.

There are 2 small groups of people who still care a great deal about the community and are trying really hard to keep the community spirit alive. These 2 small groups are the committees for the Eureka Express and the hall. The majority of these small committees are made up of people who have been on them for a very long time and if they stood down we would lose 2 very vital parts of our community spirit. The Express would no longer arrive in your letter box every month and the hall will go back to Council control.

I read recently that local councils are looking hard at local halls in their area to make sure they are worth keeping and spending money on. Some have already been sold off and many more will follow. Some reasons for this sad end to the halls, are lack of upkeep and interest from the community. The Eureka hall is great facility to hold events in, a social occasion, a meeting, a training session, a family celebration. As rate payers and part of your yearly rates, you pay money towards the upkeep of the hall, so you all have a vested interest in it, why not use it. Think about how you could use it, do you have a group looking for somewhere to meet, would you like to start a group and share a hobby you do? Have you got a family celebration coming up, too many family members to fit in your home? The hall will accommodate them. It would be great to have the hall used again. Over the last few years it has had a new paint job, the trees have been tidied up, the committee are just in the process in purchasing new chairs, the blinds have had a clean and repair. That is what the committee do. We only meet about 4 times a year for about an hour and half to discuss the upkeep and maintenance to be carried out. The AGM was held a couple of weeks ago, and we only got one new member to join us. I know everyone is busy, but then we could all use that as an excuse, and while hiding behind that excuse our community and the community spirit will disappear for ever. By joining one of the committees, you actually gain more than you give. You meet people, have fun and also be part of moving Eureka into the future.

Let's not be a casualty of suburbia, we need new blood and new ideas. If you want to join us, please phone Gayle Orr 078241713 or Gail Mayall 07 8241758 to find out how.



Snippets

BIRTH: NEW BABY CONGRATULATIONS: to Renee and Ash Roberts of State Highway 26 on the birth of their beautiful daughter, Rita Isla Grace, on Thursday 23rd August. A precious little sister for Cohen and Eli. Very best wishes to you all.

ENGAGEMENT CONGRATULATIONS: to Jared Wilson, only son of Ross and Lynda Wilson of Eureka Road, and Hannah Rout of Whangarei. Very best wishes to you both.

CONGRATULATIONS TO:

-**Nicola Orr** who has passed her finals and gained a B. Nursing degree after 4 years of study. Nicola's partner, Steve Carrol and parents Lionel and Gayle Orr, are very proud of her achievements, all while raising two small children, RJ, 5, and Charli, 4. Nicola has now gained a permanent position at Waikato Hospital in the NICU (Neonatal Intensive Care Unit). Well done Nicola.

-**Dylan Kenny** on his 3rd place, at the Waikato Men's Tough Guy Competition. He then went onto the New Zealand finals held at Helensville finishing 8th overall.-12kms of mud & tough hilly terrain. Well done Dylan!0

-Also in the Kenny household **Trinaka** has been selected for the Waikato /Bay of Plenty representative 14 year old girls Football team. Trinaka will play in the National 4 day tournament in Wellington. All the hard work has paid off! Good luck at the Nationals, Trinaka!

LOCAL PHONE LIST: The Eureka phone list is due for updating in September. If you need to correct your listing having cancelled your landline, wish to have your mobile number listed, or wish to cancel or correct your listing for whatever reason, please phone John and Sue Marshall on 8241141 or Gail 8241758.

Death Notice:

Leslie William Kane, much loved husband of Marie Kane, died 07-08-2018 of pancreatic cancer. Les is survived by two children, Roland and Janine, and step-children, Lynette, Robert, Jeanine and Alaina. Awaiting the Resurrection.

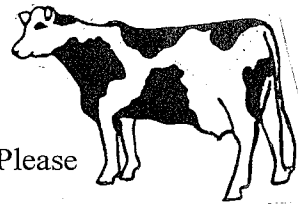
Sincere condolences are extended to Marie and all the family. Les and Marie are long-term Eureka residents having lived next door to the hall for many years.

Deepest Sympathy is extended to Alison Yuill and family, Katrina, Gary, Mark, Heather and Kristina, their partners and grandchildren, on the sudden death of their dear husband, father and grandfather, Jim Yuill on Sunday August 27th.

Sadly, the family are also still grieving the sudden loss to cot death in May of their precious grandson, 3 month old Jaxson Henwood, darling son of Kristina and Mike, and wee brother of Charlotte.

Jim and Alison are very long-term residents at 1 Eureka Road and our thoughts are very much with all the family at this sad time.

MARKETPLACE



RELIEF MILKER AVAILABLE: Very experienced, Reliable, Flexible. Please phone Frank 8241897 or 0276758845 or 0274241897

TUTORING: If you're feeling the exam pressure and would like some tips on technique and preparation call Nola Herrmann on 0274171305 or 8592259 to arrange a booking (or email: noladean@xtra.co.nz)

Cost: \$30 per session (50 mins)
Venue: St Andrew's Church lounge, Tauwhare Village
Preferred times Thursday and Friday afternoons.

BOOK FAIR

\$2 Book Fair
Eureka Hall
September 14 to 16th
9am to 6 pm.



PROPOSED WAIKATO DISTRICT PLAN.

You can make a submission on the Proposed Waikato District Plan until Thursday 9 October, 2018

Community drop-in sessions are being held around the district throughout August and September, so make sure you pop along and speak with the team.

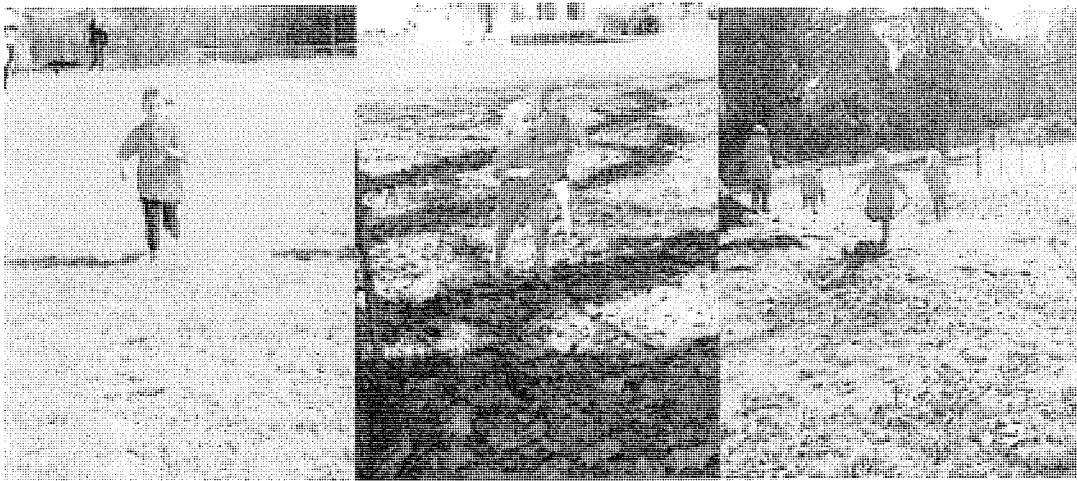
An external Expert will also be on hand to help you make a submission if you need it.

Meeting at Tamahere Community Centre on Monday 3 September and Tuesday 4 September 11am to 7pm.

As a reminder, lots of information relating to the Proposed Waikato District Plan is available on the website: www.waikatodistrict.govt.nz/pdp including FAQs and the ability to look up your property to see the proposed changes.

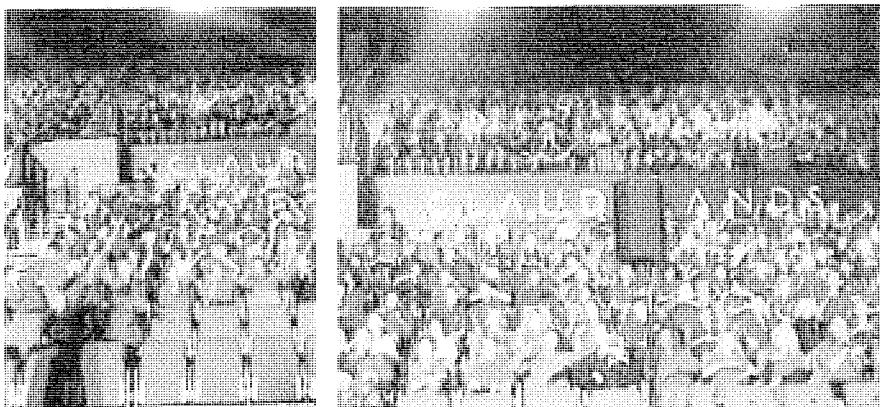


Last Friday was our annual School Cross Country Day. The weather was kind to us which made for an enjoyable afternoon for everyone. Cross Country is a great opportunity for kids to build up those important skills of goal setting, perseverance and resourcefulness. That's why we have days like this. It was great to see everyone giving it a go and meeting their personal goals, whether it be getting a placing, running the whole course rather than walking it, or just completing the course.



Kids 4 Kids

Last Thursday evening, our choir performed at the annual Kids 4 Kids concert, which was held at the Claudelands Arena. Over one thousand school children participated. Samara Cribb was chosen to do a solo performance and was outstanding. Well done to all the kids who participated and to Nikki Woodland-Douglas and June Malcolm for leading the team.

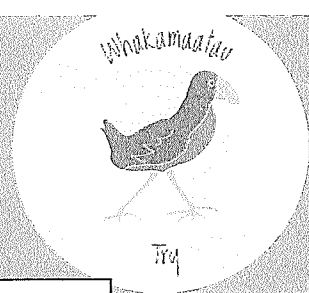


Shakespeare Rocks!

The school is busy rehearsing for our school production, Shakespeare Rocks will be performed in week 10 over three nights, (24-27th September). Please ring the school office for any further details.

Tauwhare School

PO Box 100, Hamilton 3207, New Zealand
Administration: 07 824 0864
07 824 0864



Roll: 155

Accomplished Learners Striving for Success in Tomorrow's World

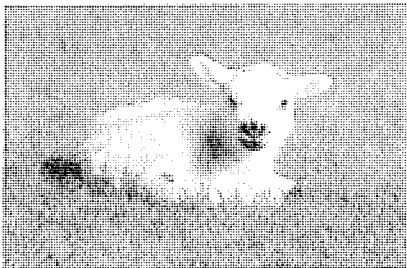
I love it when the first day of the new term is sunny and warm! As I walked into classes and saw teachers laughing and chatting with their kids I can honestly say I love coming back to work, and I feel so blessed to have such incredible teachers in our school.

We welcomed 3 beautiful 5 Year olds to Room 7, Laura Sinclair, Phoenix Low and Kyle Elliott. We welcome Viv McDonald as a fulltime teacher aide to work in Room 7, along with Tori Gilroy who works in there during the morning. Mrs Keyser has Mrs Mitchell in with her as a teacher aide and Mrs Cook has Mrs Vink helping her. Mrs Morris is the teacher aide for the senior school.



Congratulations to Heikura Wheki who was awarded the Sir Peter Blake Young Leaders' Award. Heikura displays integrity in her actions and enthusiasm and engagement in whatever is happening in the school day. She knows how to lead from the front as well as how to step back and encourage others to take the lead; she shares her knowledge and skills with others in such a way that they feel empowered to take risks in their own learning and development of skills and to believe in themselves. Heikura is a talented sportsperson and a capable student with an intrinsic desire to achieve; yet despite her successes she is very humble and unassuming. Heikura always shows compassion, empathy and kindness towards others.

CALF CLUB UPDATE



Our cluster of schools has confirmed we will not be having calves at this year's Calf Club and Group Day.

Our own Ag Day will still go ahead with lambs and kid goats.

After consulting experts, and speaking with our Calf Club organisers, we will be taking extra



precautions around biosecurity this year. This will only affect the layout of the event rings and surrounding areas. Calf Club Day will be Friday 19th October 2018.

Room 5 Writing

"When are we there yet?" I groan as we swiftly drove across the bumpy road. "We're here!" a soft calm voice called. I barged open the rusty door and sprinted to the field. I ran like a cheetah. "My legs are dying" I moaned.

Is everyone here? Tauwhare Storm kneel down and listen carefully and stay focused. I stayed at the wet, soggy sideline. Be aggressive, stick together the coach said.

We burst onto the field and got messy and muddy and scored. Whooooo we roared and celebrated for our muddy victory. We got into lines and shook dirty disgusting hands. That was fun.

I felt happy, focussed and funned out.

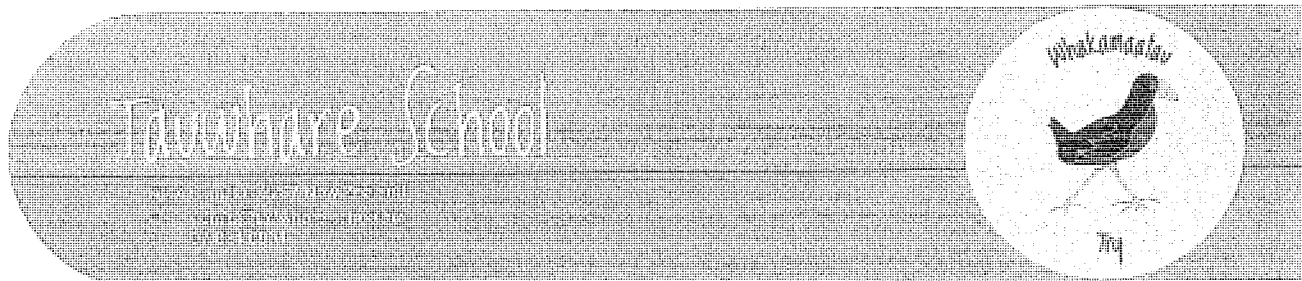
Harrison White 7yrs old

BOARD CHANGES

We reluctantly said farewell to David Evans as Board Chairman and to Jane Kay as Treasurer last night.

David and Jane have given over 9 years of dedication to our school team and have achieved some wonderful things in that time. We cannot let them go without a proper send off and thankyou which we are planning for 9am Friday 17th August You are welcome to join the staff and children in thanking them.

We welcomed Pippa Berry-Cope and Jay Whitiora onto our Board and we thank them for filling our vacancies so willingly until the full Board stand for re-election in May 2019.



Dear Parents/Caregivers,

Congratulations to all students who participated in our school cross country last Friday. The weather was stunning, and it was fantastic to see all the children trying so hard. Well done to Matthew Sinclair who took out the Cup race this year, Finn Bell 2nd and Liam West 3rd.



Our children did extremely well at the Country Cluster races also. Congratulations to:

Delta Downing 2nd Yr 4 Girls David Sinclair 1st Yr 4 Boys
 Tyla Jackson 2nd Yr 5 Girls Finn Bell 1st Yr 5 Boys
 Alison Brunton 2nd Yr 6 Girls Matthew Sinclair 3rd Yr 6 Boys

KAPA HAKA

After weeks of practice our kapa haka group is ready for their public performance at the Te Tai Ohinga Festival being held at Hillcrest High School this Friday from 9am. Our children will join with the other 8 schools in our Kaahui Ako and will sing a waiata and perform a haka specially designed and composed for the occasion. There will be high schools from around the greater Waikato performing and Tauwhare will be one of only 2 Primary Schools to take up the challenge. We perform at 10.10am should you wish to see our performance. Thanks to the work with their teachers Kirsty Gilroy and Emma Elliot, and to the wonderful team of parent helpers – Whaea Nikita Whaitiri, Matua Iwa Puru, Whaea Mihi Riki, Nanny Boss Koroheke, Nanny Bully Wheki, Teina Teriaki and Ruth Raupita, their performance is polished and incredibly stirring. The Festival will be streaming live on Radio Tainui.

FAREWELL TO LONG SERVING BOARD MEMBERS

David Evans and Jane Kay have given 10 years of service and dedication to the Tauwhare School Board of Trustees. There has been a huge amount of change in that time and Jane and David, as Treasurer and Chairman, have been at the forefront of it all. We thank them for their expertise and their dedication to our children.

Tip Top Fundraiser - First in, first served! Limited Stock!

If you wish to order Tip Top icecream for our camp fundraiser. Stocks are going well with some items already sold out. We cannot thank **Ellie McLeay** and the **Boyd family** enough for the organising, running around freezers, and spending Saturday delivering. Your support for Tauwhare School is wonderful.

VERY limited stock is available.

Send Order Forms to School BUT do not pay until Mrs McLeay has contacted you to confirm your order.

Please make cheques payable to Tauwhare School or
 Internet Bank Account No: **11-5700-0022836-11**, Code: Tip Top and Family Name

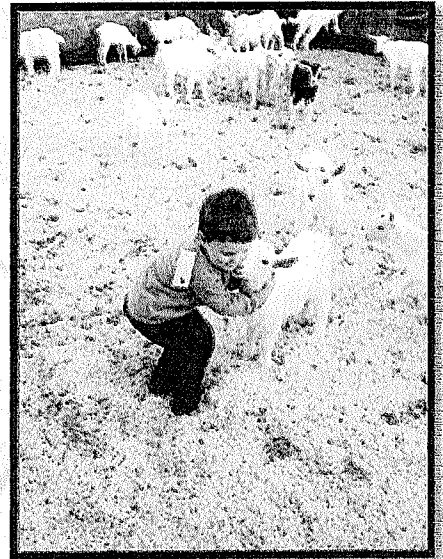
(One Internet Banking Transaction Per Order)

Name:	Room	Contact Number:	_____
Product	Price	Quantity	Total Price
Tip Top Birthday Cake 2L Tub (retailed at \$7)	\$5		
Trumpet Mini M&M Cones (4 pk)	\$5.50		
Fruju L&P Sticks (8 pack) (retailed at \$9)	\$7		

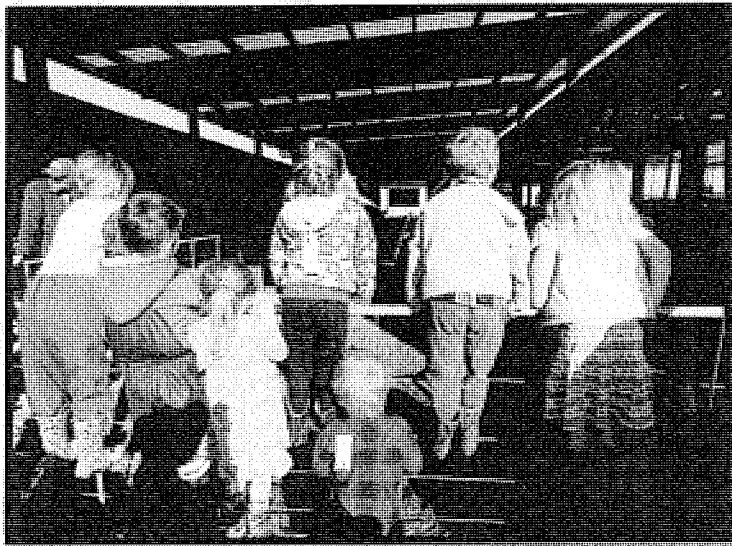
Pukeko Country Preschool

Preschool Trust Board 2018-2019

We welcome our new Trust Board members Alena Sampson and Katherine Shepherd, who join our returning board members Emma Elliot, Pippa Berry-Cope, Kim Garland, Talia Neels, Suzanne Collis and Layla Rawnsley. We thank them all for the work they continue to do for the preschool.



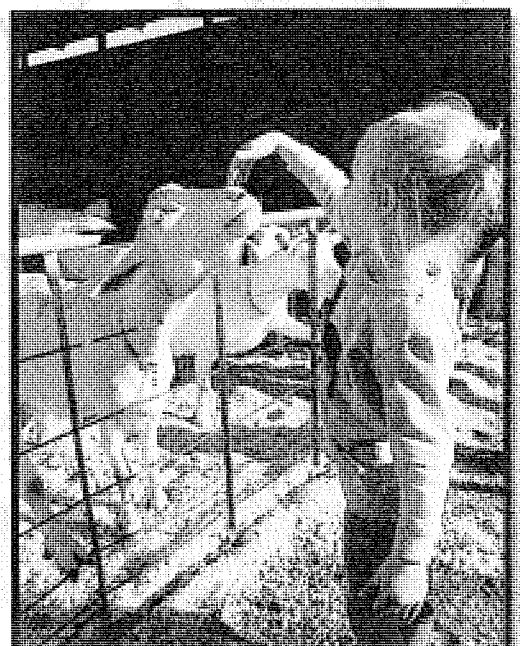
Our trip to the goat farm was made extra special as we were able to observe the children sharing it with so many parents and grandparents. We want to say a big thank you to the Savage family who opened up their farm for us and allowed the children to get hands-on during our visit. The goat farm trip is a wonderful way to introduce our tamariki to the idea of caring for an animal in the lead-up to Calf Club day at Tauwhare School, as many of them have older siblings who will show their animals on that day.



About Pukeko Preschool

We are a small rural preschool situated in the grounds of Tauwhare School on Scotsman Valley Rd. We are open from 8am – 4pm and licensed for 17 children. Session times are 8.45am – 1.00pm, 8.45am – 2.45pm, or choose your own hours for bookings over 6.5 hours. We welcome children from 2 years of age. They need to be toilet-trained (or close to it) as we do not have nappy changing facilities (we will have these in our new centre).

Limited spaces are available – call in and see us, phone 824 0860, or email pukekopreschool@xtra.co.nz. We offer 20 hours Free ECE (NO extra charges for these hours) and you may also be eligible for the childcare subsidy. Contact us for more information, check out our website www.pukekopreschool.org.nz, or find us on Facebook 'Pukeko Preschool in Tauwhare'.



Tauwhare Playgroup

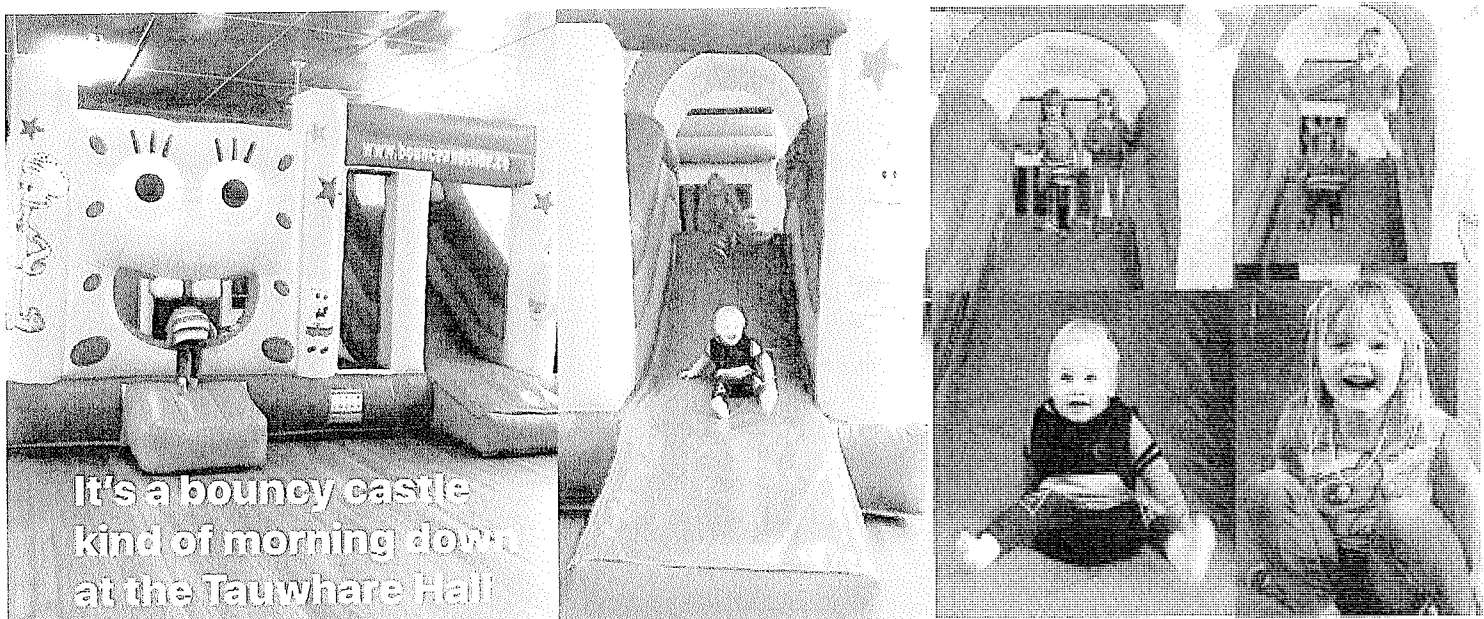
For the last month we have had a range of activities available for the children. Making bracelets with beads proved popular, especially with my own daughter who wanted to make one for every member of our family, including the dog! At the beginning of the month we hired a bouncy castle and had our playgroup session at the Tauwhare Hall. The kids had a great time as there was plenty of space, which was handy as the bouncy castle was HUGE! We tried marble painting but literally lost the marbles so we borrowed some of hubby's golf balls and the children had fun creating masterpieces which I am sure every parent would love. We have been offering the opportunity to make Fathers Day cards and gifts including pasta picture frames, and will continue this until the end of August.

You can keep up to date with what we are up to via our Facebook page as this is updated weekly with proposed activities or outings.

We are also on the lookout for anyone who would like to help co-ordinate some playgroup sessions. Please let us know if you are interested, even if its just one session a month, we would love to hear from you. Or if you have any ideas that you think our playgroup members would enjoy, please let us know.

Tauwhare Playgroup is a friendly and fun group where babies and children with their parents, grandparents, and caregivers meet in a relaxed environment. We meet at Tauwhare School's multipurpose room between 9am-12noon every Thursday during term time. You don't have to stay all morning, you are free to arrive and leave when it suits you. We hope you can come and join us, even if it is only for half an hour or so, to say 'hi' and have a play. We would love to see you. Please bring a small plate of food for the children's shared morning tea. Hot drinks are provided for parents and care-givers.

Any questions, please contact Kim on 027 765 1020.



TAUWHARE INDOOR BOWLING CLUB

Welcome to August club news.

We continue to get reasonable number attending bowls on a Thursday evening and still being thoroughly being enjoyed by those that attend.

We are fast coming to the end of the season but if you are keen to give bowls a go and hopefully get a feel for the game, it is never too late to come along and give it a try and then hopefully see you next season.

If you are keen, then come along to the Tauwhare hall on a Thursday evening – start time is 7.30pm and names in by 7.20pm. There are plenty of club members willing to help new players. All that is required is that you wear shoes that have a flat sole. Please text Bev if you would like a copy of our program for the 2018 season.

Contact numbers if you need more information are:-

Jim and Rosalie Arnold	07 887 4832
Bev Meads	07 824 1941 or 021 172 7822
Kevin Williams	07 824 0728

The Eastern Champion of Champion single were played on the 27th July and Bev Meads was the winner. The Eastern junior singles were also played on the same night and the winner was Emily Stevens also from Tauwhare. Bridget Stevens and George Singers put up a great effort that night and all the juniors need to be commended for the quality bowls that they all played.

George and Bridget were selected to play in a junior ref game for Waikato on the 5th August and although Waikato didn't win they both played bowls that they can be proud of.

On the 17th August the Eastern Triples Championship was played at Matangi and the winning team was Jim Arnold, Bev Meads and Rosalie Arnold and the runner up team was Jack Hooper, Jim Bargh and Robin Bargh.

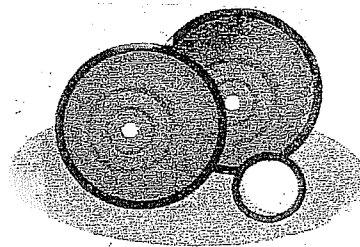
Saturday 18th July saw Peter Stanaway and Rosalie Arnold win the Waikato Champion of Champion pairs. It was Rosalie's 2nd Waikato title and Peter's first.

The Sattrup Trophy has been played with the winning team being Bev Meads and Rosalie Arnold and the runner up team was Jack Hooper and Kevin Williams.

A successful month for many of our club members.

Up Coming Events for September:-

06.09.18	Burnside challenge against Matangi
13.09.18	President and Vice Presidents Night
20.09.18	Patrons Night
27.09.18	AGM and Prize giving



COME ALONG AND GIVE BOWLS A GO – THURSDAY EVENING AT THE TAUWHARE HALL 7.30PM

DIETITIAN AT YOUR TABLE

NZRD P 027 530 4102

W: www.dietitianatyourtable.nz

E: info@dietitianatyourtable.nz



Hi, I'm Anna, a New Zealand Registered Dietitian (NZRD), Dietitian Prescriber and member of Dietitians New Zealand.

I graduated from Otago University with a BSc in Human Nutrition and a Postgraduate Diploma in Dietetics in 2006. I have since worked in a variety of clinical specialties (including Diabetes, Cardiovascular, Weight Management, Gastroenterology, Oncology, Neurosurgery), providing evidence based nutrition support and educations. I did my postgraduate training at Waikato Hospital and worked there as a clinical dietitian from 2006 to 2013.

I started my dietitian private practice 'Dietitian At Your Table' in 2017. It is something I have always wanted to do, and also provides flexibility with a young family (we have two young sons, Jack and Noah; 4 and 2 years). My husband is a dairy farmer and this June we moved to a 650 cow sharemilking job near Morrinsville (we have previously sharemilked in Eureka so know the Eureka Express well!)

Why should you see a dietitian? Did you know, in NZ, Dietitians are the only nutrition health professionals regulated by law? So, when you see a NZ Registered Dietitian, you can be reassured you will be receiving the most up to date, evidence based dietary advice.

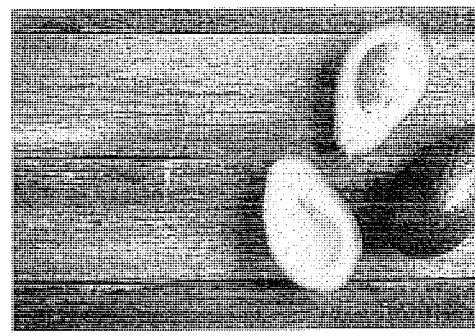
At Dietitian At Your Table, we're firm believers of 'Everything in Moderation'. We don't do 'fad diets' but rather help people to manage their nutrition for their individual medical conditions/dietary requirements. We help people to understand what 'healthy eating' looks like, so they can eat well, forming healthy habits for life. 'Healthy eating can be delicious and enjoyable as well as nutritious and good for you' – we want to get this message out there.

Dietitian At Your Table has recently opened clinics in Morrinsville and does Skype consults Waikato and NZ wide. Open Mon, Tues, Thursday, 9.30am – 2.30pm. Clinics at Morrinsville Community House, Canada Street, Morrinsville. Skype consults may also be available in evenings on request.

We offer individualised nutrition advice for a wide range of medical conditions, including dietary management of diabetes, heart health and weight management (weight gain and loss). We also offer general healthy eating advice and practical tips to lead a healthy lifestyle for you and your family.

You can get in touch via the website: www.dietitianatyourtable.nz, phone: 027 530 4102, email: info@dietitianatyourtable.nz

Alternatively, follow us on Facebook (@dietitianatyourtable) and Instagram (dietitianatyourtable)



Eat Well – ‘At Your Table’

The dining table. A central place where family and friends come together - for meals and celebrations or to catch up over a cup of tea or glass of wine.

What a great place to create healthy habits for life and role model good eating behaviours.

Research shows, eating together as a family can help to improve overall dietary intake and food choices, improve social skills and help to reduce behavioural issues in children/adolescence. These are such important areas to nurture but can be quickly lost in today's fast paced society if not prioritised.

So, if you don't already, why not sit down at *your* table to share some meals with family and friends. Have a chat, laugh, make memories and create some great healthy eating habits along the way.

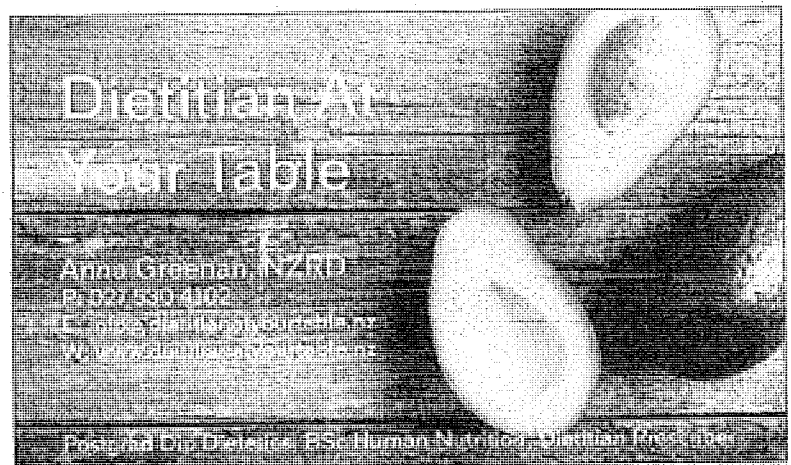
Here are some simple things to try:

1. **Eat slowly**, relax and enjoy the company as well as the food.
2. Choose a colourful mix of (non starchy) **vegetables** that you love to eat (for example, salad greens, tomato, green beans, capsicum, mushroom). Fill half your plate with these vegetables. Then add smaller portions ($\frac{1}{4}$ of your plate each) of **protein** (lean red meat, chicken, fish, tofu, egg etc) and **carbohydrate** (rice, pasta, starchy vegetables (potatoes, kumara, corn), bread, bread rolls, wraps etc).
3. Drinks - **water is best**. Other good alternatives are sparkling water or soda water. Get creative and add fresh lemon, mint, cucumber and/or fresh ginger. If you are drinking alcohol, drink in moderation and add a few glasses of water between drinks. NZ Ministry of Health guidelines for alcohol are, no more than 3 standard drinks per day for men, no more than 2 standard drinks per day for women, with at least two alcohol free days a week. Examples of a standard drink are one 330ml bottle beer or 100ml glass of wine.
4. Be **mindful** and aware of your **hunger cues**. Stop eating when you feel satisfied/comfortably full (eating slowly will help with this).

Remember, healthy is a lifestyle. Make it simple, sustainable and enjoyable.

Create healthy habits for life.

Start, '**At Your Table**'.

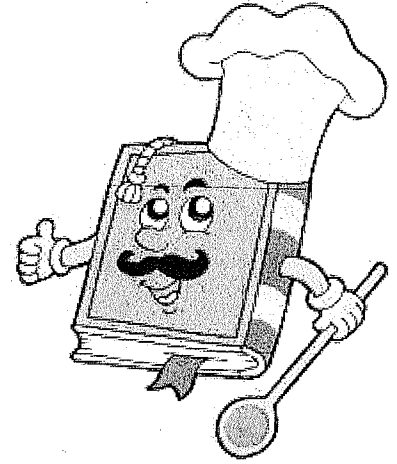


TASTE BUDS

Tea Riffic Chicken

8 chicken pieces, either breast or legs
4 tbs honey
2 cups hot tea
4 potatoes
2 garlic cloves grated or chopped fine

1 onion sliced
4 tbs soy sauce
Black pepper to taste
2 tbs butter
salt/pepper to taste



Method

Place chicken and onion in a large fry pan, brown. Combine all ingredients and pour over chicken, reduce heat, then boil gently till chicken is cooked and liquid has reduced. Thicken with corn flour if desired. Serve with lightly roasted potatoes in butter, grated garlic, salt and pepper to taste. Any veg goes well with this meal.

Lemon Curd Meringue

2 large free-range eggs separated
55 g self-raising flour
1 lemon grated rind and juice

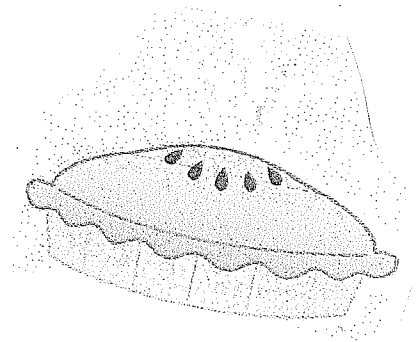
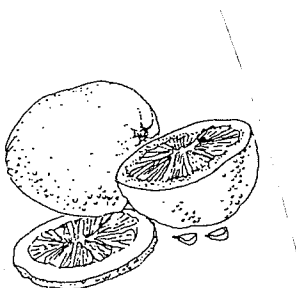
55 g butter
285 ml milk
115 g sugar

Method

This is tasty and dead easy to make. It looks good cooked in a Pyrex dish, as it goes into layers as it cooks, with a sort of lemon curdy custard at the bottom and a spongy meringue top.

Preheat the oven to 200°C/400°F/gas 6. Cream the butter, sugar and lemon rind in a mixing bowl. Add the egg yolks and flour and beat in, then add the milk and 3 tablespoons of lemon juice and mix well.

Whisk the egg whites in a separate bowl until stiff, then add the rest of the mixture. Mix it all well but don't over-mix it; you don't want the air to come out of the egg whites. Pour into a buttered ovenproof dish, stand the dish in a roasting tin about a third full of water, then bake in your preheated oven for about 45 minutes until the top is set and spongy and it's a nice golden colour.



IN YOUR GARDEN

Well as usual this time of year Christmas is just around the corner...where does the time go.

It's planting time, we have milder weather and grass is trying to grow... Spring is here!

All salad crops could be planted now as long as you don't live in a low lying frost area. If you are in a frost prone area you could plant tomatoes in a plastic or glass house, as we could get a light frost at the end of September. Avoid planting very frost tender plants maybe till Labour Weekend.

When planting veges or making a vege box, don't fill the area with compost at the bottom, fill with stones, old soil etc, then 30cm from the top put in compost, as veges only need to grow about 20cm into the ground, compost below this level will not be reached by the plant roots.

Most of don't have much time for gardening etc. If you can put a couple of hours into forming a vege garden, plant, and in a few weeks when you're harvesting and enjoying your fresh spray-free veg you'll be happy you put the time in.

Bark is a good weed suppressant around large trees and shrubs but if used on a garden with flowering plants, small shrubs and the like, bark will leach the nitrogen from the soil.

Daffodils are looking great in most gardens at the moment, remember when flowering has finished don't cut back but leave the stems to die off and this encourage new bulbs to form.

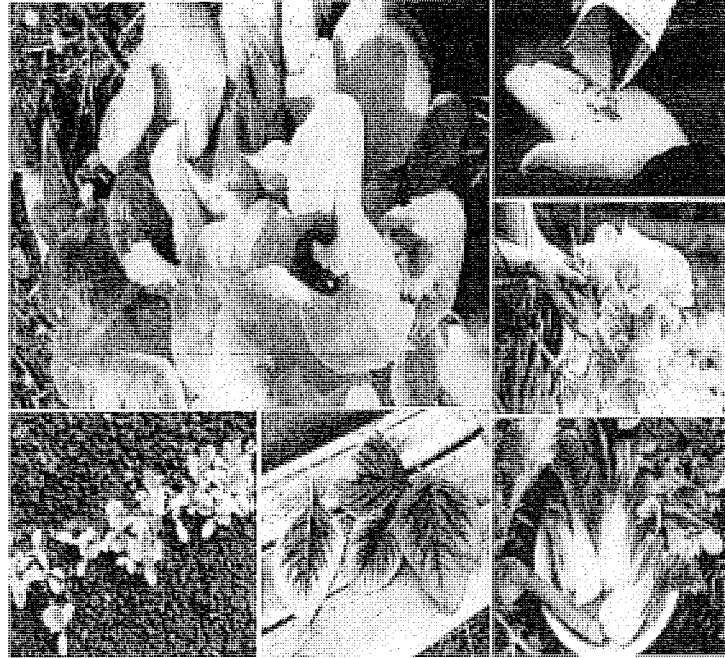
All roses and fruit trees should be pruned as we discussed last month, if not do it as soon as possible.

Roach's in Schollum Rd have a good range of vege seedlings, potted colour, fruit trees including hundreds of frost hardy citrus.

Farmers and people on the land all have ups and downs in business. Think of the good years and be positive, keep your head up and things will improve.

Happy Gardening
Mike Roach

Get your bark free, guaranteed weed free mushroom compost by the bag or the trailer from Roach's at Schollum Road





The trials and tribulations of Windows 10

So, by now you've probably had some experience with or know someone who has had some experience with, Windows 10. They skipped 9, heading straight from Windows 8 to 10, which makes me think, how does Bill Gates tell time? Does he ever get up at 9am or is that just not an option? It's probably good that they skipped the 9, mind you, because that might've meant they would've had to put more time into developing their ideas, instead of giving me something that I have to fix.

Literally every second call I get nowadays is about a problem relating to Windows 10. It used to be viruses. It used to be people deliberately trying to cause harm, instead of a silly company managing to incapacitate vast swaths of computers by doing things without checking first. Arguably, Windows 7 was the same in it's infancy. But Win10, bless it's ephemeral heart, keeps putting out a new version of itself every six months, forcing customers to upgrade and experience the same growing pains over and over again, whilst supplying new features that only an infinitesimal fraction of the population use.

How sad. It's telling, perhaps, that in the years since the release of Windows 8 the desktop market share of Windows has shrunk by 10%, while Apple's share has gone up 10%. Do I recommend Apple? Not particularly. They're great when they're working, but once they break they're designed to be chucked away, as they're generally very difficult to take apart. And having recently spent 2 hours on their customer support line, being passed between 7 people, to get a refund for a customer due to an ordering bungle on their part, let me tell you, their staff are not exactly 'geniuses'.

Something else you can't rely on is Windows 7 being around forever; security patches for that operating system cease in January 2020*. And believe me, with the huge amount of vulnerabilities that are being uncovered in computer chips at the moment (google "Foresadow intel" for a more recent one), you can't really afford to be online and unpatched. Which is another reason to upgrade from Windows Vista and XP, if you're still using either of those*. Installing Linux instead is an option, but only if you're doing basic web browsing and email checking, and know a friendly IT person who can sort out your issues for you.

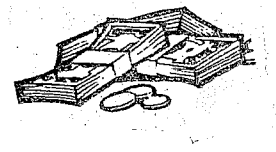
So what do I recommend if you already have Windows 10? Grin and bear it. If you have problems, write feedback to Microsoft through the Feedback Hub app in Windows 10, or call them out on twitter publicly. If you have the 'pro' edition of Win10 you can also delay the OS 'upgrades' by up to a year through the settings, avoiding many teething problems. Hopefully at some point a bright spark within that company will wake up and say: "I know what's wrong - we should've been making a solid product, rather than a broken yearly service!". Then perhaps we'll get an operating system which doesn't make me money. I mean, I *guess* I hope that happens?

** Windows Vista and XP have not been supported by Microsoft for many years now and are not patched against any of the newer security vulnerabilities. Do not use them on the internet, though offline is fine. BTW, though the 'free upgrade' period for Windows 7 to Windows 10 has technically passed, any computer with a valid Windows 7 license can still be upgraded to Windows 10 for free by doing what is known as a 'clean install' using the Windows 7 key; a beyond-novice-level procedure, but certainly doable with the right IT person. Hint hint.*

- Matt Bentley is the computer repair guy running Waikato Home PC Support.
Email info@homepcsupport.co.nz or phone 0211348576.
www.homepcsupport.co.nz



Waikato Home PC Support



KEEPING SCAMMERS AT BAY

Technological advances have opened up endless possibilities and not all of these are good. With increased ability to connect with others, some of those with whom you are connecting might be scammers.

No one is invulnerable to being a target for fraud, or 'profit motivated crime'. The word 'scam' can trivialise the crime.

Figure out if you are being scammed:

Has someone contacted you unexpectedly?

Have they promised you something?

Have they asked you to do something?

Someone may be asking you to:

- Pay in advance for something e.g. a holiday, large pay-out or exciting advantage. This is advance fee fraud.
- Give them remote access to your computer. This is a technical support scam.
- Enter details into a website (you've been directed to). This is phishing. Banks, other financial institutions or Govt. Agencies never contact you by email to confirm personal or financial information.
- Pay upfront for an unexpected offer e.g. a product, experience or membership. Similar to an advance fee fraud.
- Invest money after approaching you about a scheme, property, managed fund or business venture. Finance and investment frauds come in many forms.
- Buy crypto-currency e.g. Bitcoin, Ethereum. Buying crypto-currencies or using crypto-exchange can put you at higher risk of being the target a scam or fraud.
- Pay an invoice sent via email or letter. Could be an invoice scam
- Provide details for a survey. Could be gathering information and building your trust for a future scam.
- Enter your credit card details, account number or PIN. Phishing scams attempts at identity theft, and fake websites are all scams that could ask for credit card or banking details.
- Pay to recover money lost in a scam. Called a recovery scam.
- Start a friendship or relationship. Affinity or romance scams rely on your good nature to build a relationship before asking for money or involving you in crime without your knowledge.
- Pay them after responding to your advert. One of many types of advance payment and advance fee scams.

- Take a job where you receive money, keep a portion and then send the rest. A money mule scam.

So take care!

It is important to be suspicious because scammers have ways of making their offers seem real and can come from within New Zealand or internationally.

Some Security tips.

- Review your credit card limits, and lower these if you can. Keep a credit card with the lowest possible limit just for online transactions.
- Check your bank statements carefully. If you notice even a tiny amount you can't identify, contact your bank immediately. A fraudster could be testing you!
- When travelling, don't leave your boarding pass in the plane. Dispose of it securely. There is a great deal of personal information on a boarding pass.
- Burn or shred all documents such as old bank statements. Don't put them in the normal rubbish. They contain personal details which could attract fraudsters.
- Be careful what information you share in surveys. Again, you could be asked what might seem innocuous questions, but any personal information could end up in the wrong hands. Don't be afraid of saying 'no'.
- Don't be afraid of putting the phone down on unsolicited callers, especially if they are asking for personal information.
- Never give out your credit card number to unsolicited callers.

If you think you might have been a victim of a scam, it is recommended that you take the following steps:

Stop all contact with the scammer

Stop all payments

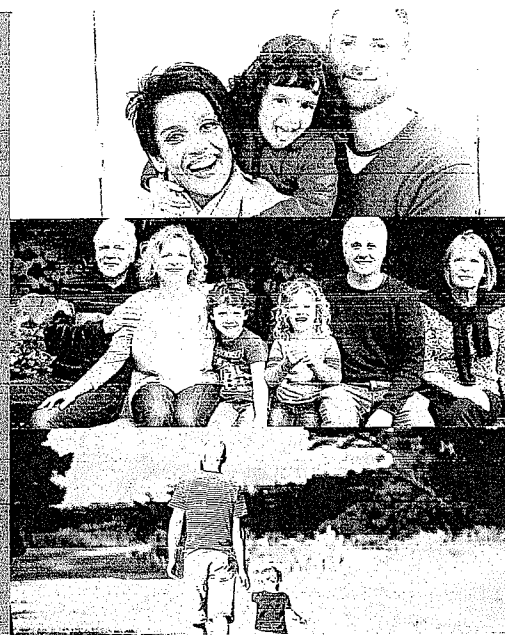
Contact the bank or service you make payments through and inform them of what has happened.

Report the scam to 0508 NETSAFE (638723) or email: help@netsafe.org.nz or CERT NZ (Cyber Emergency Response Team).

Read more on how to identify and protect yourself from scams on:
www.consumerprotection.govt.nz



HELP CHANGE YOUNG LIVES FOR THE BETTER



Fostercare Opportunities in Waikato, Hauraki and Coromandel

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- Clinical supervision from a team of social workers or psychologist.

We are looking for people from all walks of life: couples, singles, families, city and rural dwellers. Providing connections to culture is vital so we are looking for caregivers for a range of cultural backgrounds, who can provide care for children aged 8 to 18 years who have experienced loss and trauma in their lives.

The types of care our children need are:

- Daytime care
- Home for life
- Respite care
- Long term
- Weekend care
- Short term
- Emergency overnight care

What do you need to be a caregiver?

There is no certificate that says you would make a great caregiver. Most importantly you need to have:

- an empathetic nature
- tolerance to cope with distress
- be a good listener
- be able to work as part of a team
- a full driver's licence preferable
- good health
- good relationships with others and have ability to develop a relationship with the child.

Voice of a Child:

Children are our future. In order to ensure positive outcomes for kids like Connor below, they need to feel safe, loved and cared for, by people like you.

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– Connor, 27.

If you would like to know more, please contact:

Joel Hastings, 029 341 3765 or Joel.Hastings@ot.govt.nz or 0508 (FAMILY)

Rhonda Mitchell, 029 472 7371 or Rhonda.Mitchell@ot.govt.nz or 0508 (FAMILY)

Or contact the team on RegionalLCaregiving_Team@ot.govt.nz



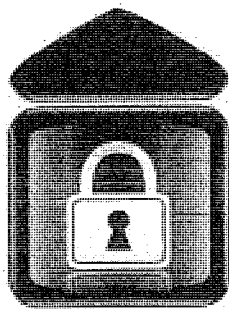
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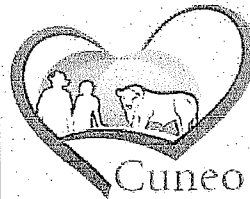
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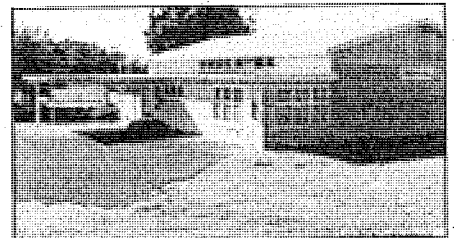
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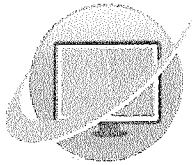
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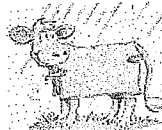
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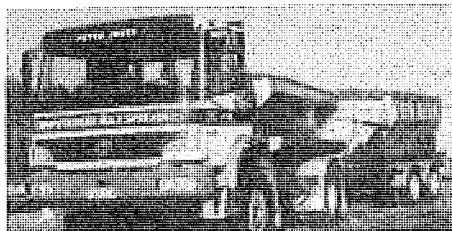
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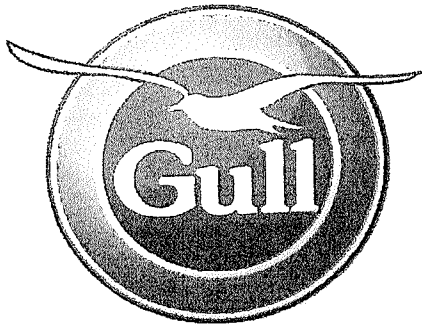
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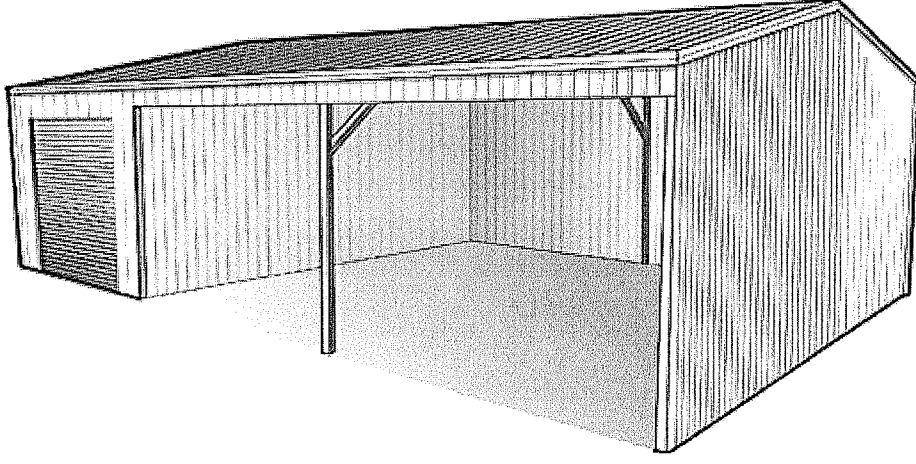
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