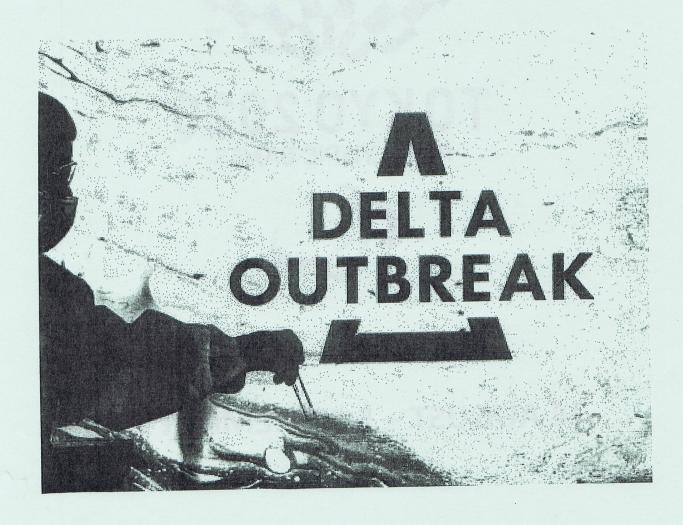
## Eureka Express

Vol XLII No. 7 Circ 315

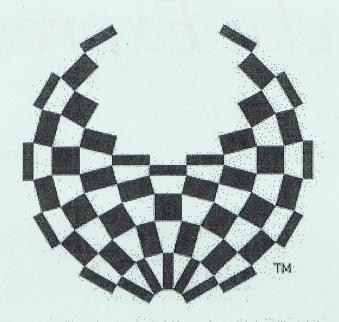
August 2021

www.eurekaexpress.co.nz

editor@eurekaexpress.co.nz



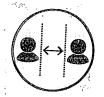
Stay safe, New Zealand.



## TOKYO2020 PARALYMPIC GAMES



24 AUGUST - 5 SEPTEMBER 2021





#### EDITORIAL

#### Perspective - Tony Lee

1939 – War with Germany. People are drafted to fight and die to protect their Country and families. They don't have a choice.

2021 - "You can't make me wear a mask. It's against my rights"

#### How quickly we forget.....

- 1970's People have to get vaccinated before heading overseas, otherwise they aren't allowed to travel.
- 2021- "I'm not getting vaccinated but how dare you discriminate against me by not allowing me to go to a vaccinated only event.

How quickly we forget .....

- 20<sup>th</sup> Century Vaccines virtually eradicate Polio, Tuberculosis, Rubella, Measles, Smallpox, Tetanus, Hepatitis, Mumps
- 2021 "Vaccines are a waste of time, they don't work"

How quickly we forget .....

2021 – We all carry cellphones that track our every movement and we use apps and websites that sell all our information to advertising companies

Also 2021 - "The Vaccine is a conspiracy. The Government wants to microchip us so they can track us".

#### How quickly we forget .....

- 2021- "Mmmm, this V drink tastes great. It tastes even better when you add it to alcohol. I'd better finish my Mc Donalds so I can then have my double shot coffee as I need my caffeine hit".
- Also 2021- I'm don't know what's in the vaccine so I'm not putting it in my body. It's can't be good for me'.

How quickly we forget .....

Future – "One of my parents died during the Covid 19 pandemic. Why didn't the Government do something about it?"

How quickly we forget......

Disclaimer: The statements expressed here reflect my personal views and do not necessarily reflect the opinion of the Eureka Express – Tony

#### **Snippets**

- **DONATION THANKS** to all the kind people who donate through the box at Gull Eureka. Your support is very much appreciated
- 21st BIRTHDAY CONGRATULATIONS TO: Harrison Whiting, only son of Brent and Jane Whiting of Eureka Road, who reached this milestone on Sunday 22nd August. Sadly we were in lockdown! We hope you can enjoy a celebration soon, Harrison.
- WELCOME TO EUREKA TO: Two new couples on Hooper Road who have purchased the Dunn property. James and Sam Palmer are ex-Tauwhare, James being an electrician and Sam a nurse. Ph. 0277566804. In the house next door are Connor Brennan and Abbey Webbon. Connor is a sheet metal engineer and Abby is studying Psychology.

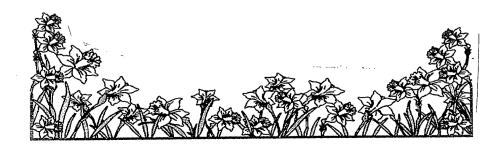
A very warm welcome to you all.

- **FINAL FAREWELL:** Ron and Karen Spyve have made the decision to sell their property in Platt Road. They have relocated to Whitianga but once again wish to thank all their local friends and clients for their much appreciated support over the past 41 years. Go well, Ron and Karen.
- FAREWELL TO EUREKA TO: local personalities on Eureka Road, Mike and Joy Stokes. Back in November 2001 Mike and Joy moved from their farm on Seddon Road to live on Eureka Road having purchased Gary and Marilyn Ayres property. Over the 20+ years they had lived on Seddon Road, Joy and Mike had become actively involved in the Puketaha and Eureka communities but we were happy to claim them in 2001, and they were always great supporters of Eureka. We wish them both well in their move to the Linda Jones Retirement Village near Flagstaff but are pleased they are not yet selling on Eureka Road.
- **LOCAL TELEPHONE LIST UPDATE.** Presently an updated list is being prepared for circulation in September. If you have cancelled your landline and wish to have your mobile number listed, could you please text or call Gail on 021 2113348. Thankyou.

#### In Loving Memory

Sincere condolences are extended to Gayle and Lionel Orr and family on the death of Gayle's mother, Mrs Lorna Adams, on Thursday 19 August in the loving and devoted care of her family. Special thoughts also to granddaughter, Nicola, her husband, Steve Carroll and great grandchildren Adam, RJ and Charli.

Sadly, Covid has impacted on farewells for Mrs Adams. Our thoughts and heartfelt sympathy to all.



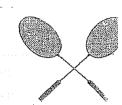
#### **WEATHER**

Weather for July 2021		
Rainfall total	73 mm	
Rain Total for year	383 mm	
Rainy days	9	
Most daily rainfall	20 mm	26 <sup>th</sup> July
Highest wind speed	43.6 km/hr	
Temp high	17 C	18th July
Temp low	-3.1 C	4 <sup>th</sup> July





## EUREAA BADWATON CUB



#### JUNIOR BADMINTON

Play will resume on Wednesday nights 6-7.30pm at Matangi Hall.

Just as soon as Covid-19 levels allow.

The season will draw to a close at the end of school term 3,

at the end of September.

For further information please phone Bryce 8240699

#### ADVERTISING RATES

Classified Adverts

**Small Business Adverts** 

- x 10 insertions

\$10 /month

\$80 /year

**One Third Page Adverts** 

- x 10 insertions

\$15/month

\$120 / year

**One Half Page Adverts** 

- x 10 insertions

\$20 / month

\$160 /year

#### CONTACTS

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Glenys Middlemiss (Treasurer)

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Email: tres.eurekaexpress@gmail.com

## TAUWHARE INDOOR BOWLING CLUB

Welcome to August club newsletter.

We are now getting well through the bowling season for this year.

Our numbers on a club night are relatively stable at about 10 to 12 but even as low at 8.

Although our numbers are definitely down on last year we still enjoy what we are doing.

The Sattrup trophy was played for recently. The winning pair was Bev Meads and Robin Bargh. The runner up team was Rosalie Arnold and John Cottle. It came down to the last bowl to determine the winner.

Tamahere visited us a few weeks ago and we had a very enjoyable evening. It is nice to have a social night with another club.

We are always looking for junior players so if you are keen, then come along and of course bring mum and/or dad with you. It is never too late in the season if you want to come along on a Thursday evening and have a go at Indoor Bowls. As the year is nearly finished keep us in mind for next year as we really do need to try and increase our club number.

If you have not played bowls before but would love to give it a go then come to the Tauwhare hall on a Thursday evening. There is always someone from the club there that can show you We start at 7.30pm but names need to be in by 7.25pm. We are a friendly, sociable club and will always make people feel welcome.

This is what is on our programme till the end of September, assuming we get back to bowls this year:-

President and Vice Presidents Night

Patron Night

Burnside challenge against Matangi

AGM and prizegiving

If you would like more information then do not hesitate to contact one of the following people:-

Kevin Williams Jim and Rosalie Arnold 07 824 0728 07 887 4832

**Bev Meads** 

021 172 7822

#### SERIOUS LOCK DOWN ADVICE



Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my Pepsi, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!!

Certainly couldn't share with the fridge, cause he's been acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will get ironed!

The vacuum, however, was very unsympathetic... told me to suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!!

You can just about guess what the curtains told me: they told me to "pull myself together!"

#### We will survive!!



Pass it on - gotta keep the humour!



#### KOOKING WITH KAZZA

#### TANGY LEMON SLICE

200 gm butter

3 tbsps golden syrup

½ cup sultanas

1 1/4 cups flour

1 tsp baking powder

1 cup coconut

½ cup sugar

1 ¼ cups crushed cornflakes

Lemon icing

Melt butter and golden syrup. Add sultanas, then sifted flour and BP and other ingredients.

Press into greased 20 by 30 cm sponge roll tin.

Bake at 180 approx 15 mins until golden. When cool ice with lemon icing and cut into squares.



500 gm pork pieces

2-3 kumera or parsnip cut into chunks

1 large sliced onion

1/4 cup vinegar

1/4 cup brown sugar

2 tbsps lemon juice

1 tsp mustard

1 tbsp Worcester or soya sauce

1 small tin of pineapple pieces

2 tbsps cornflour blended with ½ cup of water

Salt and pepper



Brown the pork pieces and put in casserole dish with onions and kumera. Add other ingredients mixed together.

Cook 1 1/2 hours at 175 deg.

Serve with rice and green vegetables.

#### Humble little Garden on a plate - September

Hopefully everyone has been keeping well and has managed to stay well throughout recent Covid lockdowns. Sadly it seems we are becoming accustom to the 'Lockdown 'way of life and it reminds us the importance of knowing where our food comes from and possibly looking at what we can do to extend our self-sufficiency to ensure what we feed our families remains safe healthy food, and we are reducing reliance on outside services which also in turn reduces the pressures and risk to food supply essential businesses during these times.

Many of us are very blessed with our gardens, despite the hours that go into preparing, maintaining, and growing them such efforts have great rewards and in moments of 'Lockdowns' it is reassuring to know there is always a meal not too far away to be had, and such reassurance creates a deepened gratitude for having the space to create these outdoor pantries, and for being able to live such a wonderful lifestyle on the outskirts of city life.

Lockdowns seem to be possibly a way of the future for some time so if you have not yet managed to begin your very own humble little garden and with spring finally here there seems to be no better time, to begin developing you very own personal gardening guru from within!

New Zealand's mental health awareness week is just weeks away and with all of us experiencing and adjusting to our new Covid worlds it seems it a great opportunity to remind and encourage more people to get into the garden. As I have mentioned before gardening not only can help financially by reducing your weekly grocery bill, but it can also help improve and support your mental and physical wellbeing dramatically.

Gardening helps us to commit to healthy eating by enabling us to have a reliable supply and selection of fresh vitamin rich vegetables to enjoy at any time. If you are wanting to increase your 'eating for purpose' selection consider including the below, all types of vegetables mentioned below offer high levels of vitamins to support your health.

Super foods such as **Kale** are easily grown and can be paired with more traditional leafy greens such as silver beet or spinach when cooking or can be cooked alone. A squeeze of lemon, or dot of garlic butter is a great way to enjoy this vitamin rich vegetable. Red Russian Kale is one of our favourites and tends to have a softer leaf than some other varieties, to harvest just pick the leaves you require and you will be surprised as to how long the plant will continue to produce. There is no need to remove the whole plant when getting the vegetables harvested for a meal, this practise also reduces a lot of waste, and eliminates having to locate storage in the fridge. Kale is king when it comes to choosing crops for boosting your health, as it is packed with benefits, such as Vitamin A, K, C, B6, Manganese, Calcium, Copper, Potassium, Omega -3 and Vitamin B's.

Parsley is a simple staple to grow in the garden if looking at increasing your wellbeing. Not only is parsley great for the traditional uses but try adding it into each meal, steaming with other leafy greens, adding into your mash potatoes. Parsley helps to reduce bloating and lower blood pressure. Parsley is loaded with Vitamin K which helps with bone health and some studies indicate a link to protecting against osteoporosis.

Beetroot is a definite favourite! I love grating raw beetroot into salads fresh from our garden with a vinaigrette in summer. Beetroot adds an amazing colour to any meal, roasting, bottling I just absolutely love beetroot! Beetroot is easy to grow and if you stagger plant you will have a seamless supply to enjoy anytime. Beetroot can help lower blood pressure, fight inflammation, as well as they can support the prevention of cancer. They are rich in vitamin C, fibre, Manganese, potassium. The leaves can be eaten in salads and contain their own array of benefits including vitamins A, C, B6 and can help boost your immunity.

Other vegetables to consider in your spring line up this year when planting for purpose are;

Carrots, spinach, Broccoli, Peas, Sweet potatoes, and micro greens!

Asides from the well understood supply of vitamins gardening can provide to your health, a multitude of studies have also shown that gardening in general can help reduce blood pressure, increase fitness, Flexibility, reduce stress, increase memory, improve your mood, improve motivation, improve self-esteem, alleviate symptoms of dementia, and improve concentration.

Gardening helps create a sense of mindfulness, and promotes a sense of purpose and satisfaction. As little as 20 minutes a day twice a week is all that is needed to help improve and support your wellbeing and lower stress levels. It is scientifically proven that working productively in your garden can increase serotonin levels in your brain and this is what supports improving your overall mood helping to create a happier you through-out the day with reduced stress levels; and this is what we could all benefit from. Just imagine a world of fulltime gardeners!

So for anyone that is needing a boost to their wellbeing, or even to improve their work life balance consider dusting off the spade this spring and try a little gardening and before you know it you will be reaping the rewards and benefits in many ways for you and your families.

Happy gardening everyone!

### CHILDREN'S PUZZLES FOR LOCKDOWN

## Create your own Rosie!

Follow the instructions to create your own model of Rosie - the New Zealand Dairy Industry's Cowbassador.



#### Who owns which dog?

#### **FIND THE HIDDEN WORDS**

ILAZSD YGWSOH BQ BZAFRME RVGZKAF OGOR VZRRXD JKOEWUGEF

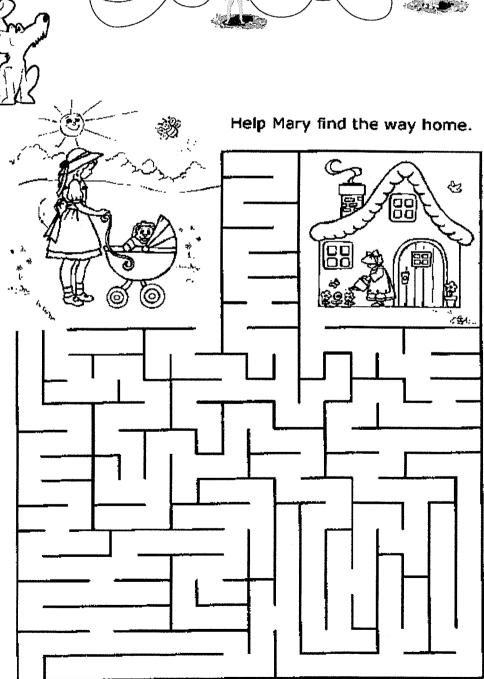
LAMB **LIZARD ZOO** DOG

**FROG FARM** MOOSE **OWL** 

Fill the grid with the numbers 1 to 6 so that each number is only used once in each row, column and region

	5			2	
	·	2	5		
			4	3	
4				5	6
2		5			1
	6	1	2	4	

	4	5	6		2
6	2				
	5	6	1	-	3
		2	5		4
	3				
2		1	3		5



## Resurce's

**Farm** 

Grass

**Beetrice** Gumboots

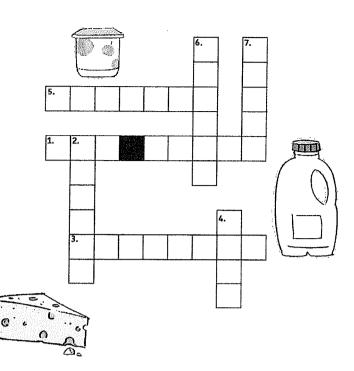
**Dairy** Rosie

Cow

**Tractor** Milk

What has a face and two hands but no arms or legs? A clock

### crossword

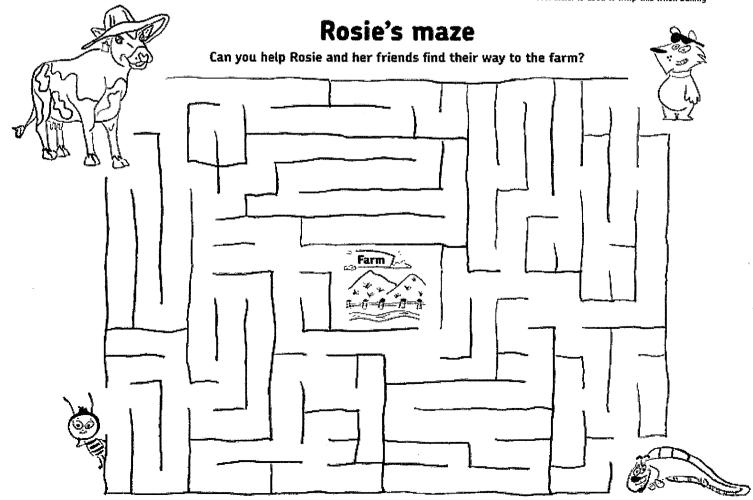


#### Across

- 1. A frozen dessert made from milk
- 3. A healthy drink often made with fruit
- 5. A lunchbox snack in a small tub

#### Down

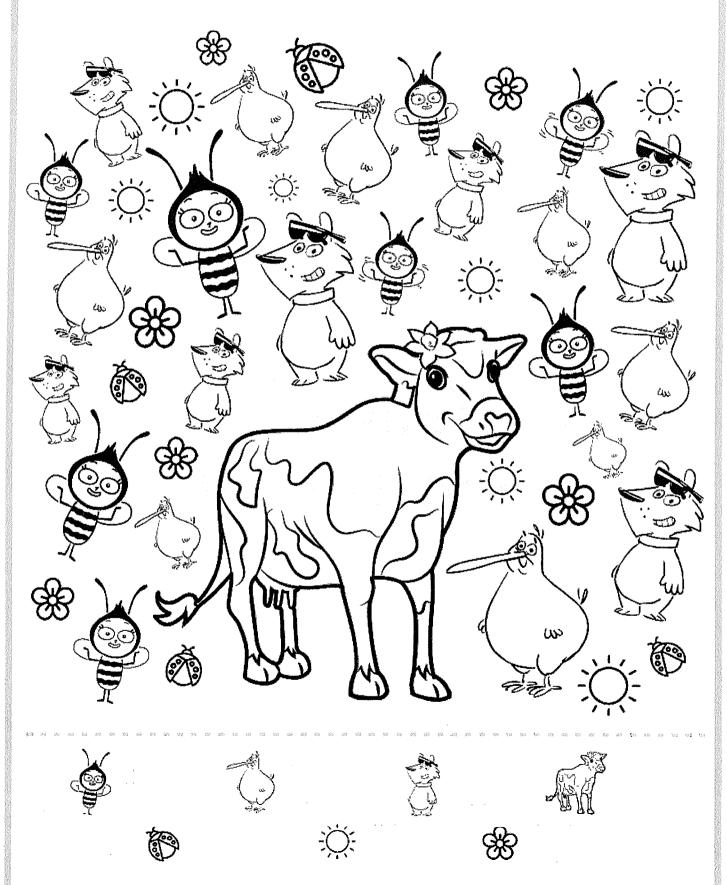
- 2. A snack that goes well with crackers
- 4. One glass will give 30% of your daily calcium needs
- 6. You have this on toast with a favourite spread
- 7. A mixer is used to whip this when baking



#### **PUZZLES FOR CHILDREN**

## Count & colour

How many friends of Rosie's are there?



#### Commonsense Tip of the Month

#### Don't flush Consumer Wipes!

You might think that it is only large items such as plastic jugs that can clog up wastewater pumps but small items, such as dental floss and the ever-present consumer wipes are just as much of a problem, which can lead to expensive unclogging operations.

Consumer wipes are any sort of product that is designed to wipe on or off and intended for one-time use only. This includes things such as baby wipes, pet-care wipes and moist towelettes. The consumer wipes market continues to grow with new items such as polishing and cleaning wipes for the home and car and various beauty wipes, such as facial refreshers and one swipe foundation applicators, being introduced on a regular basis. However, despite their tissue-like appearance, consumer wipes are NOT suitable for flushing not matter whether the labels on these products indicate otherwise.

60% of adults admit to using household cleaning wipes according to MarketResearch.com. If you must use a disposable wipe, please consider our waterways and place used ones in the bin. Better still keep your use of these products to a minimum.



Monthly meetings, garden visits, guest speakers and more.

Find us on Facebook - search for 'Tauwhare Garden Club', or contact Pippa on 0272935184 for details







#### The best web browser addons

You might not know this, but most modern web browsers come with the ability to use external extensions, or 'addons'. These can do anything from translate a webpage into the faux-english spouted by the Swedish Chef from The Muppet Show (showing my age here), to downloading youtube videos. In this article I'm going to step you through some of the better addons to use for your web browsing, and the caveats involved. I'm not going to cover how to install the extensions, as this differs from browser to browser, but it is usually relatively straightforward and only involves clicking on a link on a web page. All of the addons below are available for both Google Chrome and Mozilla Firefox. I don't know about Microsoft's Edge browser though.

The first is "Ublock Origin". You may've heard of ad-blocking addons before, but this is the only one I recommend. It has a relatively low performance impact compared to the others, and minimal memory usage. It used to be that some websites would stop working properly if you had an ad-blocker installed, but this has become almost unheard-of nowadays. This is largely because website designers know that some people will be using ad-blockers, and check that their sites are working fine in that context. I guess the ethical question is though, given that most companies on the internet rely on advertising as their source of revenue, do you feel comfortable not viewing their ads? I can offer one answer to that in the form of a question, which is "were you ever going to click on those ads in the first place?". If, like me, the answer is no, then it becomes relatively straight-forward ethically, in terms of blocking something which was never going to provide the website with click-for-cash funds anyway. And you would be amazed at just how much less cluttered and irritating the web is without ads.

The second has a cute name, "I don't care about cookies". You may not know what cookies are in the context of the internet; they are innocuous (usually) bits of information in which a website stores information about you after you leave it, and in some cases they also collect information about the other websites you visit. They are used for everything from remembering that you've logged into a website before (eg. facebook) so you don't have to log in again next time you visit the site, through to more nefarious user activity monitoring (eg. again, facebook). They are necessary and almost every website uses them. Unfortunately some time ago the European Union passed a law stating that websites had to ask permission for cookies (which sounds silly when you say it aloud), which is why all websites have that annoying box that pops up asking you if you accept cookie usage. "I don't care about cookies" means cookies are automatically-accepted and those boxes never show up. Done.

The last-but-not-least addon that I recommend is called "ShutUp comment blocker", because, you know how stuff.co.nz and youtube are immeasurably improved by the random comments of a thousand internet nobodies? Yeah, me neither. This one blocks out all comments from all websites (though it keeps track of which websites you *Don't* want comments blocked for too).

Internet getting you down? Email Matt at **info@homepcsupport.co.nz** or phone **0211348576.** \$60 per hour, or \$50 for drop-off-to-workshop services.



### NEWS FROM YOUR WAIKATO DISTRICT COUNCILLOR - 25 AUGUST 2021



Submissions to the **Draft Representation Review Proposal** closed at 5pm on 20<sup>th</sup> August. At 4pm on that day Council had received nearly 200 submissions and approximately 15 submitters via the phone system, implemented because of the Covid lockdown, so the final number will be over 200 – an increase of 25% from the last review. Thank you to the four Community Committees in Eureka Ward who consulted their communities and put in a submission.

\*\*\*\*\*

The "not if but when" Covid spread into the community arrived last week but it still caught us all on the hop. I feel the Government made the right decision to go into immediate level 4 lockdown and I think most of us have adapted back into the stay at home regime. However I have noted much higher traffic volumes compared to last year's lockdown.

Council, and Councillors, continue to work. Councillors are meeting via Zoom and receive regular updates from our Executive Leaders Team. Our offices are closed with most staff working from home but still carrying out all normal work except for on site visits — planning applications etc continue to be processed. Our teams are doing urgent maintenance and infrastructure repairs when needed. If you see any issues needing urgent repair please put in a service request via Council's website or phone me.

Rubbish and recycling will be collected as usual – please clean all recycling to keep our contractors safe. However all tips and transfer stations will be closed through Level 4 lockdown.

Parks are open in the district but playgrounds are closed – dogs must be on leash at all time. Stay local for exercise, no water based activities are allowed and the Hakarimata track is closed.

All community halls are closed until further notice and are unlikely to reopen until the Waikato goes into Level 2 and only then with strict guidelines on numbers who can attend a function and the necessity for rigorous cleaning and sanitising regimes.

A comprehensive update on Councils response to the latest Covid 19 outbreak can be found at <a href="https://www.waikatodistrict.govt.nz/your-council/covid-19">https://www.waikatodistrict.govt.nz/your-council/covid-19</a> On this page you can also find a link to a document (Covid 19 Support contact card) that gives full details of people and agencies who can give a wide range of support and services. Please reach out if you, friends or family need assistance. Up to date information can also be found on our Facebook page. Today The Waikato Group Civil Defence organisation has been activated to support the Ministry of Health (DHB's) and MSD in responding to the current Covid outbreak.

\*\*\*\*\*

You will have received your latest **rates notice**. A Rates rebate scheme is in place and details can be found at <a href="https://www.waikatodistrict.govt.nz/services-facilities/rates/rates-rebates">https://www.waikatodistrict.govt.nz/services-facilities/rates/rates-rebates</a>

So If you, or someone you know, is experiencing hardship, please contact Waikato District Council by email to <a href="mailto:rates@waidc.govt.nz">rates@waidc.govt.nz</a> or phone 0800 492 452 to discuss and arrange a payment plan or apply for assistance through the rates remission/rates rebate.

Forms for the remission/rates rebate are also available from all Council offices, including the new office at Tamahere located off Airport Road/Wiremu Tamihana Drive. However during lockdown I suggest you phone Council to ask if a form can be emailed or posted to you.

#### **Eligibility and benefits**

- The maximum rebate for the 2021/22 rating year is \$655.00
- ●The Gross Income threshold starts at \$26,150.00 (if you earn more than \$26,150.00 a year you could still be eligible)
- The additional income allowance for dependents is \$500 per dependent.

Contact me any time Rob McGuire – Councillor Eureka Ward
Ph. 824 3696 / Mob 0274 970 966 / Email: rob.mcguire@waidc.govt.nz



## FLUSH YOUR WATER TAPS EVERY MORNIG

The Ministry of Health recommends that you flush a large glass of water from your drinking water tap each morning before you use any water This helps to remove any metals that may have dissolved from your plumbing fittings.

New Zealand's water can be slightly acidic. Acidic water can dissolve metals, and this is known as plumbosolvent water. If water stays for several hours in our household pipes, it can dissolve heavy metals in the pipes such as lead or copper. Small amounts of these metals may then enter your water supply.

The Ministry of Health recommends flushing a tap as a simple precaution for all households, including those on public and private water supplies. The health risk from your drinking water is small, but a build up of heavy metals in your body may cause health problems.

Plumbosolvency is not about the quality of your drinking water but about whether the water has prolonged contact with metals. We continue to meet the requirements of the Drinking Water Standards for New Zealand 2005 (revised 2018) and deliver safe water that you can enjoy from your taps each day. You can read more about water supply on our website under the Three Waters page

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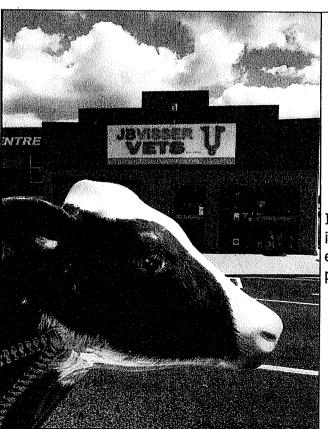
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When were yours last cleaned?

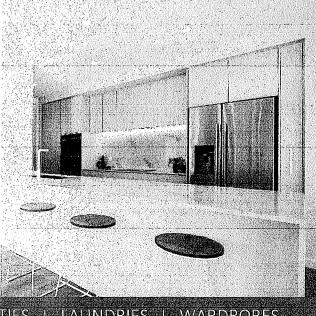
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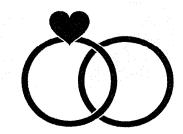
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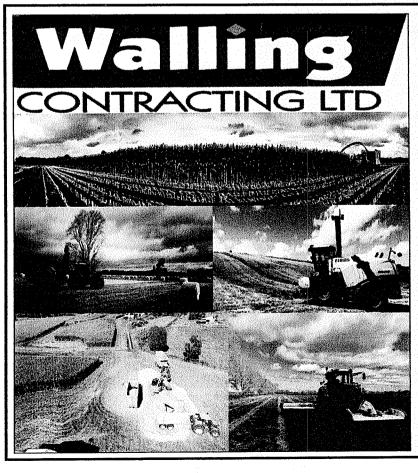
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walling.contracting.ltd@gmail.com

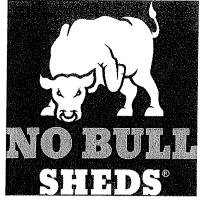


## Local Company based at Eureka

Our sheds are all made from NZ Steel and certified NZ made so by purchasing from us you are supporting more than one New Zealand Business

Lifestyle Rural Industrial Habitable Sleepout

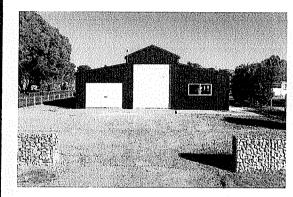
# No Bull **Sheds**218 Hunter Road Eureka 07 824 1045 Enquiries@nobullsheds.co.nz www.nobullsheds.co.nz

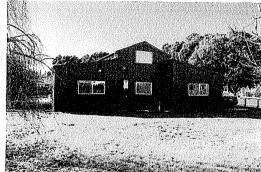


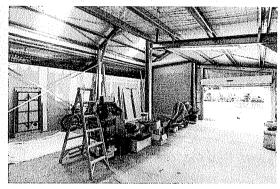
## Walau Valley Kitset

Use our Architect or choose your own to design the internals for your habitable shed We supplied this shed as a Kitset and the owner has done a tremendous job with the build. The Internal Fitout (in one side) is flawless and looks as good as any modern home.

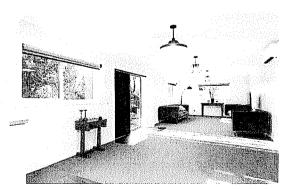
.... and guys, just look at all of the storage space





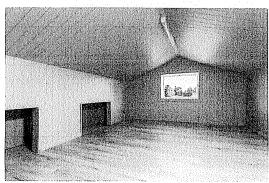














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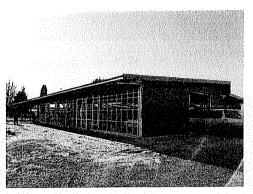
#### Waikato Shed Company

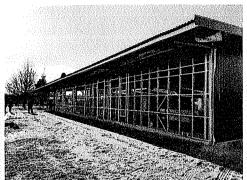
218 Hunter Road Eureka 07 824 1045 Enquiries@waikatosheds.co.nz www.waikatosheds.co.nz

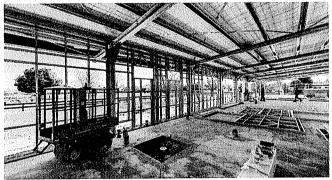
### WAIKATO SHED

great sheds, done right!

What a difference a Day makes!







I was gone from work for 1 day (working from home) and when I returned this long wall had been framed thanks to the hard work of Paul and Stan. In actual fact, this wall was erected in 1/2 a day I'm told.

We are all getting excited to see the shed taking shape and to see the spaces that we will have the pleasure of working in

The decision was made to build our shed with a variety of internal finishes that are popular with our clients and most commonly used in our designs. Ergo, our office will also be our showroom and we want to encourage people to call in and check out what we have to offer.

After much thought Brian opted for steel framing for the external walls and thanks to SteelHaus Ltd we received the panels pre fabricated, ready to stand and fix in place

#### DID YOU KNOW...

Silver conducts electricity better than any other metal

Brass is an alloy made from zinc and copper

Pure gold is too soft for many things so most gold is combined with other metals to make it stronger

Iron is galvanized by dipping it into molten zinc. The galvanization process helps prevent rust