

EUREKA EXPRESS

VOL XXXI No. 5 CIRC 285

June 2010



CALVING TIME AGAIN!

GUEST EDITORIAL

We have been here 22 years now and Eureka is very much considered home now even though we still acknowledge our Thames and Hauraki beginnings. Being so close to Hamilton, Cambridge and Morrinsville is like living in the centre of three thriving communities. So much we take for granted that we often don't notice what we have. I was at a job at Orini last week when there was great excitement because of a hot air balloon going over and maybe landing nearby but it seemed a bit of old hat for us as we can often look out to see three or four at a time and landing here is regular. I know most people in the district do have busy lives and Eureka does have community groups which must be supported and everyone should belong to at least something local. For my part I participate in indoor bowls at Tauwhare with quite a few others from Eureka with most people who join enjoying the social atmosphere more than anticipated. The club has members of all age groups who all enjoy the evenings each week. So if you are not participating in a group get out and join something local, this is your community.



We came here after a period of farming while our children were young which was preceded by Building Contracting since leaving school so it was a natural progression back into building again. We can only blame the bloodlines as builders in the Billings family go back through every generation to at least my great grandfather. Now we have Billings Builders with son Elliot doing housing and farm buildings and Billings Construction with son Ryan doing erection of Waikato Shed Co buildings, reroofing, and farm buildings too. In both companies we strive for a high standard of durability and finish. We are also fortunate enough to have our eldest son Nathan as an architect available for the now extensive plans requirements from Councils. Even though based in Wellington with the use of internet and email communication, planning issues are easily dealt with. I am often asked my thoughts on the leaky home situation in NZ at present. Personally I have little sympathy for the owners of these homes as history will show that the cheapest price was taken which usually means the shoddiest workmanship as well. The bitter taste of a shoddy job lasts a lot longer than the sweetness of a cheap price applies here I think.

With our new home now under construction, (between other people's needs), we intend staying in Eureka for quite a while yet.

Ivan Billings

RAINFALL

	May 2010	Year to 31 st May
Total (mm)	128	462.5
Average (1994-2010)	109	426
Difference	+19	+36.5



Rainfall recorded on 19 days.

LETTER TO THE EDITOR

I would like to express my sincere thanks to all my friends and neighbours who phoned following my brief article on Alzheimers in last month's *Express*. The reason for my writing of some of my experiences was to try to impress that ALZHEIMERS is not just a loss of memory but is much more than that.

When I was very young these Institutions such as Rossendale were known as LUNATIC ASYLUMS. Thankfully today, with a greater understanding and the use of drugs, things are not as bad as they used to be. Although a quick trip through an advanced dementia unit to hear and observe the behaviour of the residents would soon convince you of the injustice of our so called humane society towards these poor souls.

Over the years I have had to make the decision to end the life of a much loved dog, cat and horse with extreme distress and heartbreak but always knowing I have made the right decision. I can only feel a deep resentment and anger that the Powers-that-be can dictate to us that we must keep our loved ones in a state we would not inflict on our animals. Given the choice Jack, and countless hundreds like him, would have no desire to live out their remaining years in a pathetic non-existence.

In the meantime I thank you one and all for your very kind thoughts and would urge you to transfer your sympathy from me to Jack and those afflicted like him.

Jeanette Broome

SNIPPETS

NEW GRANDCHILD CONGRATULATIONS to Brian and Yolande Insoll who welcomed their first grandchild, a beautiful grandson, on June 16. A bonny son, **Samuel**, for Amy and John Elworthy of Whakamaru. Best wishes to all.

NEW COLUMNIST. Welcome and a big thank you to **Sharon Laurent** who has taken over as our *Ladies Take a Plate* column from Gayle Orr. A big vote of thanks goes to Gayle who has done a sterling job over the last few years and who has now taken on our Treasurer's role.



MARKET PLACE

WANTED - HOUSE TO RENT

In Newstead / Eureka / Tauwhare area. Three or more bedrooms. Please phone Cherle or Matt 834 0206

FOR SALE

Purebred chocolate Labrador puppies. Regularly wormed and will have their first vaccination. Mum and Dad great family dogs. Ready end of July. \$600 each. Contact 8241 804 or 027 318 9239.



WELCOMES

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

- On Waverley Road working for Brett and Rachael Gordon it is hi to South African couple **Gerhard and Daleen Slabbert** who are ex Te Aroha. Gerhard and Daleen have two children, **Arlize 6 and Rastin 2.**
- Also working on the Gordon farm now it is hello to **Stephen Barnard** who has come from Te Kauwhata.
- To the Mace farm where it is greetings to new sharemilkers **Brad van Hellemond and Crystal Duggan** who hail most recently from Paeroa. Brad and Crystal have a daughter **Billie** aged 4. Phone 8241 034.
- And working for Brad and Crystal are **Darryl and Emma Meredith** who also hail from Paeroa. Darryl and Emma have three children, **Chloe, Jack and Caleb.** A warm welcome to you all. Phone 8241 098
- On to Eureka Road to Geoff and Diane Hinton's farm where son Daniel has taken up the farm reins. **Daniel and Abbie** have moved along the road from where they have been living at Dance's and are wished all the best in their new venture. Phone 8241 113.
- Working for Daniel and Abbie and living in the cottage are **Shaun Gould** and his **partner Toby** who are ex Pickering Road. Welcome to you and welcome also to **Mitch Sedgwick** who is a Wellingtonian in his first farming job and living with Daniel and Abbie. Phone Shaun and Toby 027 722 0080, Phone Mitch 027 777 7330.
- Moving on to Morrinsville Road to Ana Duncan's farm where it is welcome to **Dave Moodie.** Phone 8241 933.
- On to Troy and Michelle Hinton-Bosch's farm where we say hello to **Thomas Hill and Belinda Millow** who are ex-Otorohanga. Phone 8241 172.
- Along to the cnr SH26 / Tauwhare Road to the Willis farm where it is greetings to new staff member **Rob Fenton** who will be helping Darren Collins. **Rob and his partner Natasha** have three young boys, **Phoenix, Ashton and Corbin.**
- And more new arrivals on Eureka Road, on Ace and Vicki Dance's property it is hello to **Nick Hows and Kat Johnstone.** Phone 8241 689.

A warm welcome to you all. If we have missed anyone do please be in touch.

CLUB LIST 2010

Badminton – Junior	Trisha Bengé	829 5531
Bowls – Tauwhare	Robin Bargh	8241 100
Eureka Express	Editor - Gail Mayall gailandbarrv@slingshot.co.nz	8241 758 8241 028 Fax
	Treasurer - Gayle Orr	8241 713
Newstead School		8565 946
Tauwhare School		8240 864
Pukeko Pre School Tauwhare		8240 860
Farm Discussion Group	Brett Gordon	8241 108
Hall Bookings	Gail Mayall	8241 758
Matangi Cubs & Scouts	Dave Malcolm	8295 761
Newstead Veterinary Services	Small Animals	8564 522
Visser Vets	Large Animals	0800 847 737
Waikato District Councillor Eureka Ward	Rob McGuire robmcquire@xtra.co.nz	8243 696 8243 645 Fax
Drainage – Environment Waikato	Steve Edwards	021 941 080
R D 6	Sally & Erna	8546 532
R D 7	Gary Self	0274 557 768
Justices of the Peace	Kerry Clarkin	8241 870
	Gail Mayall	8241 758

EUREKA EXPRESS

ADVERTISING RATES		CONTACTS – Gail or Gayle	
<i>Classified Advertisements</i>	<i>Free</i>	Gail Mayall (Editor) 70 Eureka Road Ph 8241 758 Fax 8241 028 e-mail: gailandbarrv@slingshot.co.nz	Gayle Orr (Treasurer) 1139 SH28, Eureka R D 6, HAMILTON 3298 Ph 8241 713 Fax - e-mail: eorr@xtra.co.nz
<i>Small Business Advertisements</i>	<i>\$10 / month</i>		
• x 10 insertions	<i>\$80 / year</i>		
<i>One Third Page Advertisement</i>	<i>\$15 / month</i>		
• x 10 insertions	<i>\$120 / year</i>		
<i>One Half Page Advertisement</i>	<i>\$20 / month</i>		
• x 10 insertions	<i>\$160 / year</i>		

ST FRANCIS CO-OPERATING PARISH

MANSEL AVENUE, HILLCREST

ANGLICAN – METHODIST- PRESBYTERIAN

Country Services: Matangi
Tauwhare

2nd Sunday of Month @ 11.00am
4th Sunday of Month @ 11.00am

KFC Kids for Christ

1st Sunday 9.30am @ Tauwhare Sunday School

Ministry Team Contacts:

Tony Wescott 8565110



www.eurekaexpress.co.nz

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

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

editor@eurekaexpress.co.nz

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

LOCAL HISTORY

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

TURLEY MURPHY BUS TIMETABLE

Leaves Morrinsville at 7:30am, 10:00am, 10:35am and 4:35pm
Allow approximately 10 minutes to reach Eureka. Stand on any corner of SH26 and the bus will stop. Buses are scheduled to arrive in Hamilton approximately 20 minutes later.

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

Buses leave Hamilton at 9:00am, 3:35pm & 5:15pm
A Coromandel bus also leaves Hamilton at 1:20pm
(10:35am above from Morrinsville is the Coromandel bus too).

Phone 07 884 8208

EUREKA HALL



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

For bookings and hireage costs please phone Gail Mayall 8241 758 or



www.tauwhare.school.nz

EDUCATION REVIEW OFFICE
TE TARI AROTAKE MATAURANGA

NORTHERN REGION
TE TAI BARI
FLOOR 4, ASB BUILDING
314 COLLINGWOOD STREET

To the Parents and Community of Tauwhare School

These are the findings of the Education Review Office's latest report on Tauwhare School.

Tauwhare School is located in rural surroundings close to Hamilton, Morrinsville and Cambridge and caters for students from Years 1 to 6. The school recently celebrated its 125th Jubilee. Since the last review the school roll has continued to grow and at the time of this review in April 2010 the roll was 117 students, 27 of whom identify as Māori.

The school continues to provide high quality educational opportunities for students. A significant number of students are achieving at or above national expectations in aspects of literacy and mathematics. The school's overall achievement information shows that all students are progressing in their learning.

Significant strengths include:

- effective educational direction provided by an experienced and well-informed principal, ably supported by senior leaders who continue to set high expectations and provide valuable guidance for trustees, staff and students;
- school staff working collaboratively as a team focused on providing quality education opportunities for students;
- learning environment and resources that offer a rich range of learning opportunities for students in relevant and meaningful contexts;
- positive and respectful relationships among students and teachers;
- teachers using a variety of learning strategies underpinned by current research and best practice to promote student learning and engagement;
- a strong reflective culture informed by student achievement information that has been thoroughly analysed and interpreted; and
- valuable partnerships developed with parents, whānau and community.

Trustees are well informed and focused on providing holistic educational opportunities for students. They have ensured that the school is well maintained and resourced to benefit students' learning.

Students continue to enjoy learning in an attractive, caring, rural environment where they are developing confidence and the necessary competencies to succeed in life.

Future Action

ERO is likely to carry out the next review in four to five years.

THE LEGEND OF TAMARERETI

Retold by students of Room 4 – Newstead School



Tamarereti the warrior

It all started with tamarereti the warrior. In those days they were trapped in darkness. Tamarereti was hungry so he looked in his storage supply but his food supplies were low, so he decided to go fishing in his waka on Lake Taupo. He soon caught three fish but then he fell asleep. Soon the wind picked up when he was asleep, and his waka drifted all the way to the other side of the lake.

When he woke up he was very hungry so he made a fire. When he was eating his fishing he remembered that the taniwha might eat him. The Taniwha is a fearsome creature that will eat anything that comes near them. Then he caught a glimpse of shining pebbles and he had an idea. Soon he was in his waka in the water and he threw the pebbles up in the night sky. Somehow the pebbles stayed in the night sky and they were still shining. When he got home he realised that he did something bad to Ranginui the sky father but Ranginui said "you have not done anything bad. In fact you made the sky look beautiful. Can I take your waka for a memory of you?" Now the waka is the milky way in the night sky.

By Calllyn

THE LEGEND OF HOW THE STARS GOT IN THE SKY

Once upon a time years and years ago the night sky had no stars. In that time there was a famous warrior called Tamarereti. A village where he lived was in danger. Every night the taniwha would come out and eat people. Tamarereti woke up and checked his food supply. He realized that he was low so he went in his waka and sailed out. He caught three fish but the wind died out so he knew that he could not get back safely. So he decided to sleep. When he woke up he had drifted to the other side of the lake. It was getting dark so he chose to cook his fish. On the side of the lake there were glistening pebbles. This gave Tamarereti an idea. He fit as many of the pebbles as he could and and threw them up into the sky. That had scared away the taniwha. The pebbles are the stars. He had a visitor waiting to see him. It was Ranginui. Tamarereti knew that he would be in trouble for he put lights in the perfectly dark sky. But Ranginui said nothing. Instead he thanked him. He asked if he could cast his waka in the night sky. And Tamarereti said "Yes". You can still see the waka. You can tell by the three stars shaped as an arrow and the two stars that represent the line. This is the anchor on the waka.

By Lachlan

How the stars came to be...

One day a warrior called Tamarereti awoke to find his food storage was low as he was hungry. He went to Lake Taupo and fished in his waka. Shortly after dawn he caught 3 fish. The wind had died so he had no way back. He slept. He awoke just before sunset. Tamarereti was scared. In those days the taniwha was around and ate people at night by the lake but it was scared of light. He decided that first things first so he made a fire and cooked his fish. The fire light made the pebbles shine. Tamarereti had an idea he filled his waka with the glistening pebbles and rowed casting the pebbles as he went they hang there till this day. The pebbles became the stars and their light frightened the taniwha away. After a long day rowing Tamarereti slept he awoke to find Ranginui the sky father. Tamarereti ready himself for serve punishment, because he had filled Ranginui's black night sky. But instead Tamarereti was reward by having his Waka cast into the heavens to become the star cluster Matariki

Matariki Belief

Once upon a time there was a warrior called Tamarereti. One morning he was hungry he looked in his food storage but there was hardly any food left. So he took his waka and went fishing on lake Taupo.

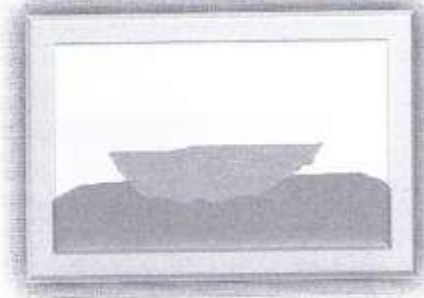
After, he caught three nice fat juicy fish. But he realised that the wind had died down. It was only mid day so he decided he would have a nap in the bottom of is waka.

When he awoke it was nearly dark he realised that he had drifted to the other side of the lake while he was asleep. He got scared because at night the Taniwha come out of the lake and eat people. But he did what was best and made a fire and cooked his fish because he was really hungry. He looked around there just in the shallows of the water were some glowing rocks. He had great idea. He filled his waka with as many rocks as he could. He got in his boat and paddled further into the lake. Then he threw the stones up into the sky and the sky lighted up and frightened the Taniwha away. He paddled all the way home.

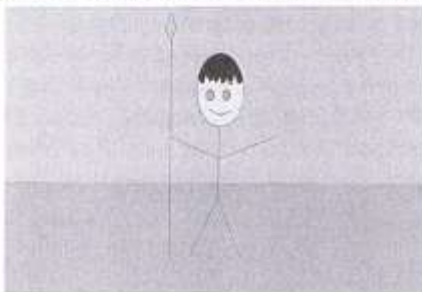
He saw ranginui was there waiting for him. Tamarereti prepared himself for what could only be big trouble. Because had just ruined the perfectly black sky. But he was wrong when he got to Ranganui he did nothing instead he thanked Tamarereti "thank you, you have made the land more safer and the sky more beautiful thank you" he said. " may i cast your waka up in the skies so we can all remember you".

" sure" he said. The waka up in the sky is what we call today the Milky Way.

By Emma



The saviour of the night sky



One day Tamarereti, a great warrior came back to his hut. He felt very hungry, so he opened his food cupboard, but he had no food...so he set off on a fishing trip out on Lake Taupo in his Waka!!!

He caught three big fat juicy fish. Tamarereti was pleased, so he had a nap. Suddenly he awoke to the sound of waves against his waka. The wind blew his

Waka all the way to the other side of lake Taupo it was dark so Tamarereti decided he should go and cook his

fish. Once the sun went down all the pebbles around Tamarereti started to glow very brightly.

Almost immediately he had a mind blowing idea. Soon he set off back to his village. Tamarereti chucked the glowing pebbles into the night sky. Tamarereti slept all the way back to his village in his Waka. As soon as he woke up he was face to face with Ranganui. Tamarereti thought he was in deep trouble for bringing light to the peaceful night sky. Ranganui just smiled at Tamarereti and said "thank you for lighting up the sky and for saving all the tribes from the Taniwha" .Ranganui just said one more thing, "may I place your Waka in the night sky to symbolise what Tamarereti did!!!

The Waka is now known as the Milky Way!!!

By James

2010 - 2011

EUREKA GIANT PUMPKIN EXPRESS

\$10.00 for growing instructions and Plant.

10 Prize Categories

1st Heaviest
2nd Heaviest
3rd Heaviest
Average Weight
Best Pair
Best Colour/s
Most Unusual
Youngest Gardner
Oldest Gardner
Pumpkin closest to Judges Weight?????



Seedling distribution date: 23rd October 2010
Weigh in date: 28th March 2011
Venue: Eureka Hall
Time: 11.00 am to 1.00pm
\$10.00 for growing instructions and Plant.

WEIGH IN DAY SAUSAGE SIZZLE



All proceeds to the EUREKA EXPRESS

TAUWHARE INDOOR BOWLING CLUB

News for this month is fairly brief and a bit of a mixture.

In addition to Jack Hooper competing at the National championships Jim and Rosalie Arnold participated.

Get well wishes to Delia Pizzini and Amber McNally. Our thoughts are with you and we wish you both a speedy recovery.

Tauwhare combined with Matangi to challenge St Andrews (Hamilton) for the Devon Art Cup. Well done! Our team won and they will be challenged by B.H.P. (Cambridge) in the near future. Tauwhare players in the team were – R Arnold, H Bargh, I Billings, J Hooper and J Arnold.

Congratulations to I Billings and B Meads for winning Eastern Waikato Pairs Championship.

Results:

Pairs Championship 20 May 2010

- Winners L Grieveson, Grant Goodare
- Runners Up E Morris, H Bargh

Club Night 27 May 2010

- Winners I Spencer, K Williams
- Runners Up I Billings, Grant Goodare

Open Tournament 3 June 2010

- Winners G Membrey's Team (Matangi)
- Runners Up J Neill's team (Puketaha)

Esme Pope Memorial (Handicap Singles) 10 June 2010

- Winner D Hughes
- Runner Up R Hughes

Progressive Night 17 June 2010

- Winners L Verner, E Silvester, Glenda Goodare

Up & Coming Events:

- 1 July Club Night
- 8 July Mens and Ladies Singles – **7:00pm START**
- 15 July Club Night
- 22 July Open Tournament (Triples). **A plate please**
- 29 July Three Bowl Triples
- 5 August Drawn Pairs

Until next month – good bowling everyone.

Any enquiries re membership or if you would like to try a new sport and have a game of bowls phone Robin Bargh 8241 819.



2010 National Country Music Awards

Saturday 14 August 7.30 Founders Theatre

Top Twins, James Ray, Tami Neilson, Cameron Clayton, Kaylee Bell, Daniel Cosgrove, Saelyn Guyton, Tonielle Neda, and Tim Pekamu.





EUREKA BADMINTON CLUB



JUNIOR CLUB NEWS

20.6.2010

Wednesday nights are very busy in Matangi with approximately 20 juniors playing each week. We held a Yankee tournament in May; as usual this was fiercely contested with everyone trying to get the highest scores. As parent supervisors our job is to make sure we add scores correctly as the kids are very quick to spot our mistakes! This month the winners were Emily Hallam and Cameron Mason. Congratulations!

We had an evening of coaching provided by Glen and Amanda Brown, both Glen and Amanda re ex Eureka juniors and have both gone on to play for Waikato. The children really enjoyed trying out their skills and were keen to get points in order to beat Glen and Amanda and also to get the lollies they had provided. Thank you Glen and Amanda we hope you can come down again.

Eureka club was well represented at the Waikato non rep tournament on 20 June. Josh, Matthew, Giles, Whiti, Cameron, Brandon, Matt and Uira were all ready to test their skills. The under 13 boys championship was won by Josh Beattie and runner up Matthew Graham. Being a Eureka final was awesome so congratulations to you both. Josh and Matthew went on to win the under 13 boys championship doubles with Whiti Kairau and Giles Lusty winning the plate. Well done to you all and thank you for representing the Eureka Club.

Children are welcome to come down and play; casual rates are \$2 per night. Any enquiries contact Trisha Bengé 829 5531.



INTRODUCING...

Craig and Jackie and their 3 children have been living in Eureka for 2½ years. Their Children Libby & Emma are attending Tauwhare School and Zac is at Pukeko Preschool.

Craig has been working as a Builder/Project Manager for 30 years.

He has a broad knowledge of the building industry ranging from large scale Commercial Projects through to House Alterations/Renovations and also specialises in Residential Maintenance.

Craig would be happy to discuss any upcoming projects with you for a free quote.

Craig Griffin Builders
Ph: 824 1607 or 027 370 2600

**Local builder
Tauwhare Road resident
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IN YOUR GARDEN

If you can find a will and a way between showers there is plenty to keep you busy in the garden.

The to do list could be endless but stick to the most important ones.

Protect with frost cloth young citrus trees.

Plant the last of your spring bulbs.

Garlic is traditionally planted on the shortest day and harvested on the longest day, that is not a hard & fast rule, just make sure you get your seed cloves in before the end of July.

Old coffee grounds are high in nitrogen, mix into your soil to add organic matter.

Harvest celery now, it adds flavour to vegetable soup and stews.

Hellebores need a good trim now in order to expose the crowns to the gentle winter sun.

Rake up and bag fallen leaves, sprinkle with blood & bone as you go, add to your compost, spray with water then in spring layer or lightly dig in around your plants, this aerates heavy soil and acts as a nutritious blanket.

Prepare ground for Strawberries, a mulch of Oak leaves is supposed to improve the flavour.

Plant hardy green vegetables, broad beans, spinach, broccoli, cabbage, cauliflower, onions and winter lettuce.

Leave your roses alone for at least another month, I know they look untidy but you must give them a chance to form hips so that they know it really is winter.

Lastly but not least, don't forget to place wet newspaper underneath your mulch to deter weeds.

Enjoy yourself, it's invigorating working in your garden in the winter.

Cheers, Jennifer



Pukeko Preschool, Tauwhare

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

Notice of Pukeko Preschool AGM - 10 August 2010, 7pm at Preschool. All welcome.

Our preschoolers are busy creating, sewing, singing and moving to music at the moment. We went to the theatre earlier this month, and will finish our term focus on active movement with a session at Hamilton City Gymnastics, the last week of term.

LADIES BRING A PLATE

The Humble Pumpkin is never more tempting than in a pie. The sweeter the pumpkin, the better. This pie is a family favourite with local children, grandchildren made with love. It a Hooper road favourite, but I have not tired this recipe myself.

Pumpkin Pie

Pastry

1 cup Flour 2oz Butter
½ tsp salt 4 tbs water

Rub Butter into sifted flour add water little at a time to make a stiff dough.
(Or use your own recipe or purchased pastry)

Filling

¾ cup mashed pumpkin 2 eggs
½ cup Brown sugar ½ tsp salt
½ tsp Cinnamon ½ tsp mixed spice
¾ c Milk ½ cup cream

Add eggs, brown sugar to pumpkin and beat to well blended
Add salt spices and beat again.
Mix in milk and cream, do not beat
Pour in pastry shell through sieve.
Hot oven 200c for 30 to 40 minutes or until a toothpick comes out clean.



Sharon Laurent

COMING EVENTS

Are you interested?



Halloween - I am looking for a small group of people to help organize a Halloween party in the Eureka Hall on 31st October. This could be a fun couple of hours for the kids and let them have a bit of Halloween magic. If you are interested please phone me Gayle Orr 824 1713.

Garage Sale – the Express Committee will consider organizing another Garage Sale in the Eureka Hall in September if there is enough interest. Expressions of interest to editor@eurekaexpress.co.nz or phone Gayle Orr on 824 1713.



ONIONS

MY OWN REMEDY IS ALWAYS TO EAT, JUST BEFORE I STEP INTO BED,
A HOT ROASTED ONION, IF I HAVE A COLD.
ATTRIBUTED TO GEORGE WASHINGTON

My grandparents ate heaps of onions, raw, cooked and pickled, they both made great ages, nana 98 years and grandad late into his 80s. The family always said their great health was because of all the onions they ate.

Not only are they reputed to help with colds and flu they are said to prevent every ailment known to man.

POSSIBLE THERAPEUTIC BENEFITS-

- Definitely a multi-faceted heart-blood medicine
- Boosts beneficial HDL cholesterol
- Thins blood
- Retards blood clotting
- Lowers total blood cholesterol
- Regulates blood sugar
- Kills bacteria (natural antibiotic)
- Relieves bronchial congestion
- Blocks cancer in animals



HOW MUCH?

Only half a raw onion a day can boost your good HDL blood cholesterol by an average of 30%. A mere tablespoon of cooked onions reverses the blood's clotting tendency after eating a high fat meal. A half a cup of onions a day – raw or cooked – can keep your blood in great shape in many ways.

They are fantastic in soups, stews, pan fried, pickled, raw with cheese in a sandwich etc.

MAKE YOUR OWN COUGH REMEDY

Chop onions and cover with honey, let stand until goodness and juices from onions is absorbed into honey, strain off honey liquid and take a dessertspoon full as required, keep in refrigerator.

NOTE: Red onions are milder and not as effective.



CHERYL MCFARLANE.



Newstead Veterinary Services

161 Morrinsville Rd

RD4 Hamilton

Phone (07) 856-4522

Fax (07) 8569487

Cystitis in cats

We've been seeing quite a few cats with difficulty urinating recently at Newstead Vets, hence this month's focus on this rather perplexing condition.

Along with flea allergy, cat bite abscesses and dental problems, feline idiopathic cystitis (FIC) is one of the commonest diseases we see in cats. The difficulty of diagnosis, the frequency with which it recurs and the risk of nasty complications especially in male cats also makes it one of the more costly diseases we come across.

What are the symptoms? Blood in the urine, increased frequency of urination, pain and difficulty passing urine, urinating in inappropriate places and aggressive behaviour towards other cats in the household. Male cats in particular are prone to a severe complication where a blockage suddenly develops and the cat can't pee at all. The cat may show the following symptoms: weakness, vomiting, licking frantically at the rear end and/or constantly straining to urinate in the litter tray. This is an emergency which may rapidly be fatal.

To diagnose FIC your vet will ideally need to rule out other potential causes of the same symptoms, including bladder stones or crystals, tumours and bacterial infections. You might be surprised to learn that bacteria are *not* a common cause of cystitis in cats. Despite a lot of research over the past 30 years, no definite cause has been found to date. The most convincing theory so far suggests that FIC may result from affected cats' inability to cope with environmental stresses. This leads to changes in their nervous system which then have a knock-on effect on the bladder.

Although we don't know the cause for sure, we do know the risk factors. Your cat is more likely to get FIC if it is: (a) overweight, (b) doesn't exercise much, (c) uses an indoor litter tray, (d) has limited access to outdoors, (e) has a nervous disposition, (f) lives with (and has conflicts with) other animals and/or (g) eats dry cat food.

What can we do to treat FIC? A bit like the common cold in people, there is no cure for FIC in cats and any treatment given aims to relieve some of the symptoms while the cat gets better on its own. Cats with FIC usually get better regardless of what treatment is given (including no treatment) after a period of 5-10 days on average. There are many treatments performed which can help the cat feel better in the meantime. Anti-inflammatories and other painkillers may give some relief from the extreme discomfort associated with cystitis. N-Acetyl Glucosamine (better known for its anti-arthritis effects) in some cats gives very positive responses, possibly by helping replace the protective lining of the bladder and reducing inflammation and pain. In male cats, medication to relieve spasm of the urethra can be beneficial. Despite what I mentioned earlier about bacteria being a less common cause of cystitis, antibiotics will be prescribed if there is any uncertainty as to whether there may be infection there.



A

If your cat is blocked then emergency treatment will be needed to relieve the obstruction, and this may involve staying in the clinic for several days on a drip.

What can you do at home? Long-term management of this condition is mainly to do with dealing with diet and stress. The most important aspect of diet management is to increase the amount of water that passes through the body, so as to make the urine more dilute. Prescription diets can be very effective at doing this, especially the wet forms of these diets. If these are too expensive for you, then possibly the single best thing you can do is to convert your cat from being a dry food eater to a wet food eater. This sort of change is best done gradually rather than suddenly. You can get your cat to drink more water too. Try giving it fish-flavoured water (from a can of tuna in spring water, say) or using a pet water fountain, as a lot of cats like drinking from running water. If your cat is overweight then dealing with this is a high priority. Getting the cat down to a normal weight may be more effective than any other measure at preventing future bouts of cystitis, and you'll also help prevent other conditions such as diabetes and arthritis. The important thing is to use a low fibre diet food since high fibre reduces water absorption by the intestines and leads to a more concentrated urine.

Stress seems to be a really important factor in FIC and there are a lot of measures which can help. If it is a multi-cat household, make sure to provide plenty of litter trays and clean them frequently. Provide safe escape routes and hiding places to prevent bullying. Allow several different feeding areas to reduce competition over food. Ask your vet about Feliway, which is a pheromone that can reduce anxiety, especially in multi-cat households. It takes a few weeks to get the full effects, but can be very beneficial once it starts working. In really severe cases, where everything else has been tried to no avail, your vet may prescribe anti-depressants to help your cat.

Finally, one of the most useful things you can do as an owner is to be observant of your cat and become aware of the early symptoms of FIC. If you notice warning signs such as your cat grooming more around its rear end, visiting the litter box more frequently, being agitated and upset when in the litter tray, or changing its behaviour (especially towards other cats in the household) then this could be an indication of an impending flare-up of cystitis. Making prompt changes at this stage, such as (i) further stress reduction, (ii) increasing fluid intake and/or (iii) your vet prescribing Glucosamine or anti-spasmodics if they've helped in the past, can reduce the severity and duration of the cystitis bout. You can also make these changes ahead of time if you anticipate stressful situations such as moving house, a stay in the cattery, a visit to the vet or building work in your home.

When cystitis keeps coming back it can feel like a very frustrating condition to deal with but generally speaking, most cats get the cystitis less and less frequently with time, and the bouts get less and less severe and eventually stop in the majority of cases.





Lessons from the past

In the last couple of months I have had some of you at discussion group make comment about something you had read in my 'CO column'. That heartened me. Someone actually does read it!

On June 15th I had the misfortune, or was it an honour, to bury my father of 95 years. He was a sheep & beef farmer in the Nelson district. There were a few inspirational things I will share here as I believe funerals should celebrate the deceased's life and challenge those remaining, especially the next generation, to replicate the good things and learn from any mistakes.

Ethics?

In this case I learnt of the heritage of great ethics handed down from my Dads father. I hadn't heard this story before. You see my father started a Romney stud and sold rams. My two older brothers continue with it today. One day at a local cricket match my brothers were approached to sell a couple of rams. In the conversation the guy asked them "are you Bill Irvine's grandsons" to which they replied "yes, we are". The farmer then said "oh well then if you're Bill Irvine's grandsons I don't need to come and select them myself, you just pick out two rams and send them to me". Such was the trust built up from a grandfather and father that had a proven track record in highly ethical livestock dealings. I was blown away by that and I couldn't help feeling grateful for that heritage but also challenged as to what I and the next generation are passing on. Have you given it a thought?

A Life off the Farm

Could I also encourage any of you who do not have a life outside of the farm that it is never too late to start. My Dad was a bit like that but at the age of 70 was encouraged by my golfing brother to take up the sport. He was as happy as a strawberry in a Pavlova playing the game. He continued to play until he was 90 and in his mid 80's managed a round below his age!

The other thing I have learned from the past is pasture growth tends to compensate after a prolonged drought. Granted last year was an exception, with terrible winter growth rates, but fortunately this year is proving to be more the norm with good post drought compensatory growth. Pasture covers are lifting at very encouraging rates, especially on farms that had a rain dump one day in April. You can tell those Eureka farmers as they have big smiles on their faces (still) and pasture covers of 2,500. However that's not to say everyone is sitting pretty as there are plenty with covers of only 1,600 to 1,800 kg DM/ha.

For those it is a matter of keeping a long round (90 to 120 days) and if the feed budget is well short, sourcing feed at the right price and applying nitrogen strategically. The milk price prospects for the coming season, as signalled by Fonterra, do look promising making it worthwhile getting covers



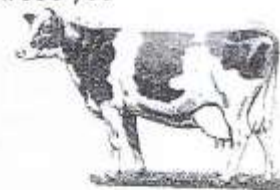
over a 2,000 minimum and cow condition as close to 5.0 as possible. Certainly reduce the number of cows at 4.0 or below to an absolute minimum.

Get Pumping this Spring

To help with getting through the early part of spring in the best shape possible, DairyNZ is holding a series of seminars shortly. The 2 closest to you are Morrinsville Rugby & Sports Club, Campbell Park, Thames St Morrinsville at 11:00 to 1:00 on Wed July 7th and Taupiri War Memorial Hall on Thurs July 8th from 11:00 to 1:00. Both will conclude with a light lunch.

By the time this edition hits your letterboxes the early calves will be dropping so it just leaves me to wish you a good calving for 2010. The next Eureka DG is to be held on Tues 13th July at Bernard Verryt's Holland Rd farm. See you there.

Phil Irvine
DairyNZ Consulting Officer
027 4839820

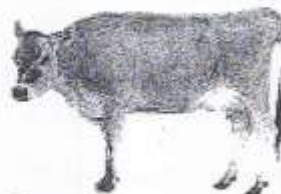


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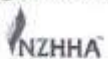
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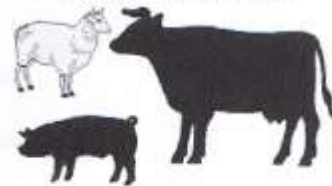
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