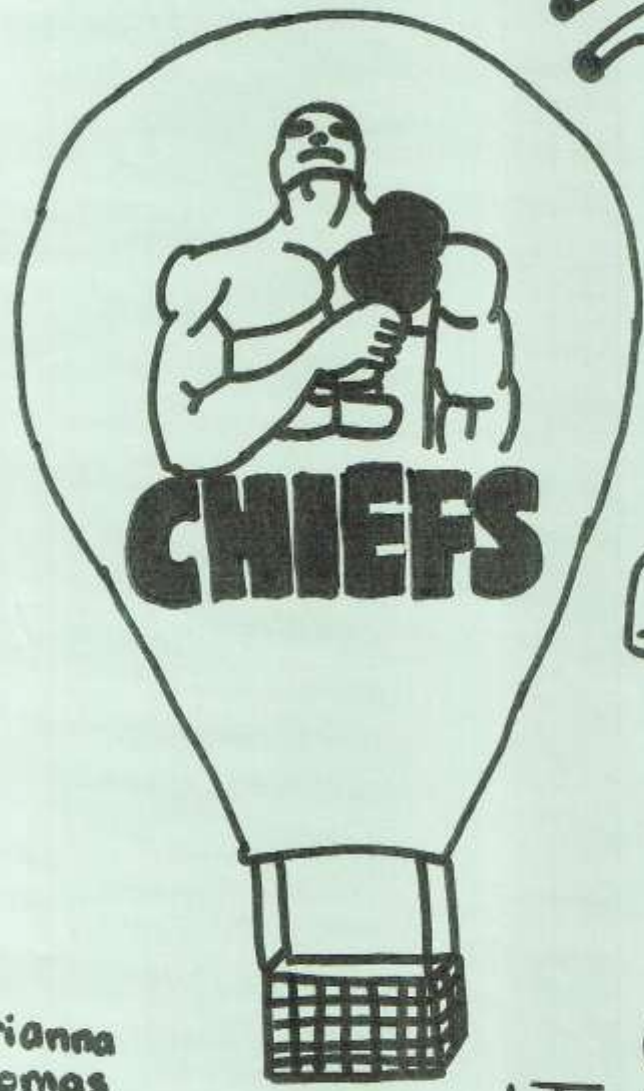


EUREKA EXPRESS

APRIL 2012



VS
FORD



By
Brianna
Thomas

IT ALL
HAPPENS IN THE WAIKATO



**AN INVITATION FROM
THE EUREKA HALL COMMITTEE**

**EUREKA COMMUNITY
POT LUCK DINNER**

**SATURDAY, 5th MAY 2012
EUREKA HALL**

**Come along and meet and socialise with friends and neighbours both old
and new.**

**Special entertainment will be provided for the children
Don't miss it!**

6:00pm Social Hour

7:00pm Dinner

**Please bring along your favourite dishes to share
One large meat or savoury dish, one vege dish or salad and one dessert**

BYO plates, cutlery, glasses and liquid refreshments

Any queries phone Gail Mayall - 8241 758 or Kerry Clarkin - 8241 870



GUEST EDITORIAL

Farewell to Eureka



As the time approaches for my sons and I to leave Eureka after a life time of residency I reflect on a place, on a home, that has nurtured and educated me.

As I write this in the distance I can hear a CRESCO spreading fertiliser on the hills around Tauwhare and listening to the noise brings a realisation that all is well in NZ Agriculture. It reminds me of an incident that occurred when I was a youngster in the late 1950's. Dad had taken me to watch cousin Con Clarkin, who flew for James Aviation as a top dressing pilot, working on the Waverley Islands Swamp Block, at that stage owned by, I believe, the Saunders family. Waverley Road was not formed at that stage and there was just a track to about where there is a silage pit today. Con, who was a bit of a hard case, spotted Dad and I walking up the track and dived his Tiger Moth at us both. Dad stood still but I took fright and ran back to the car. Just as I reached it Con flew over dropping fertiliser over both me and the car. I never forgave him and he always embarrassed me, relating the story at family gatherings. Tragically, Con was killed in a car accident on State Highway 26 outside my farm in the 1970's.

Fortunately my parents Harry and Muriel Clarkin were both very community minded (both being born in Eureka) and instilled in me the value of living in a community where everyone participated in the activities in the district and everyone knew their neighbours. Eureka has changed in this respect with a number of people now living in but not working in the district. We all benefit from the community facilities we enjoy and in the activities that are organised but, unfortunately, only a few of our residents assist to maintain the facilities. For example the Eureka Hall requires a couple of meetings a year, an occasional working bee, and the organising of a district dinner once a year. It is not hard work, but few turn up to help, and only a few attend the dinner. It is an ideal time to get to meet others in the community and with the friendships developed a feeling of comfort and pride in joining the groups who assist in the community.

The most difficult decision and job I undertook in the District was to work with the Ministry of Education and the District for the closure of the school. It was a difficult time for all and on a number of occasions I faced verbal abuse for something that I had no control over and could only try to ensure a reasonable process. I take some satisfaction that the school still continues in some form and that my sons were the last two pupils to walk out of the school on its last day. It is ironic that my family participated in the building and the opening of the school, while it had to be under my chairmanship that it was to close.

I have been fortunate to have known many of the pioneer families in the district and that I knew some of the originals who were not too old to tell of incidents in the development of the District. If they were to return today after 60, 80 or even 100 years they would be amazed at the physical change in the places they began developing. Where's the Great Eureka Swamp with its regular summer fires? Local store closed; a service station to maintain your vehicle; the dairy factory no longer in existence; and sealed roads everywhere.

I have worked with many other community minded people in the district to whom we owe a debt. To mention people individually who have given of themselves in some way runs the risk of causing offense to others who are not mentioned. Those that contribute to the district know who they are and I personally thank you for your efforts.



But I am going to mention one person — Barry Mayall. Barry's family have lived in Eureka for around 60 years and during that time his whole family have assisted in many ways. From the day they shifted in Barry has assisted on the Hall Committee, Drainage Board, School Committees, Jubilees and he is well known as a "Mr Fix It". Want anything done? Barry's your man. Over the years he has built, pulled down and repaired much in the District. Keep up the great work Barry. You are recognised as an icon in Eureka and we all appreciated it.

I have been proud of living in Eureka and working with its great people. I regret that I will no longer be able to say, when asked where I come from, "Me! Oh I come from Eureka the centre of all knowledge, culture and wit in New Zealand".

Best wishes to you all. Cherish what you have.

Kerry Clarkin



EASTER COLOURING COMPETITION RESULTS

JUNIORS

1 ST	Trinaka Kenny	7 years
2 nd	Ashleigh Mayall	7 years
3 rd	Arabella Barrio	6 years
4 th	Emma Taylor	7 years
5 th	Millie Wallace	7 years
HC	Regan Collins	6 years
HC	Leo Wallace	5 years



Commended: Zoe Buckley, Ryan Horsburgh, Alex Meredith, Zac Griffin, Rachel Basi, Ryan Chambers, Summa Campbell, Jessica Chambers, Kane Litt, Vanessa Campbell, Ellie Holden, Ben Newman, Lucy Holden, Jordyn Horsburgh, Valentin Barrio.

SENIORS

1 st	Katherine Blackie	9 years
2 nd	Alicia O'Brien	9 years
3 rd	Renee Mayall	9 years
4 th	Sophie Whiting	9 years
5 th	Dylan Kenny	10 years

Commended: Briana Gothard, Shanie Adamson, Kazanah Gothard, Taitym Stokes, Nikita Dunn, Blake Horsburgh, Nicole Whiting, Antonio Barrio, Taylah Buckley, Liam Walton, Bevan Qualtrough, Cameron Meredith, Jackson Collins.

PRE-SCHOOL

Joe Barr, Sarah O'Connor, Ben Taylor

COVERS 11 years plus: Amelia Dunn, Cameron Mayall, Brianna Thomas.



A big thank you to all 46 children who entered the competition this year: 3 pre-schoolers, 18 Juniors, 22 Seniors and 3 covers. All have been displayed at Eureka Motors — thank you to Colin — and also a big than you to the Judges who. as usual. had a very difficult job to do.

SNIPPETS



Donation Thanks: to the Eureka Badminton Club and Heather de Groen.

Engagement Congratulations: James King and Stephanie Bentvelzen of Hinton Road. Happy celebrating and every best wish for your future together.

Births: New Baby Congratulations to:

- Joseph Roskam and Vicky Lemon of Morrinsville Road (Colin Duncan's farm) who welcomed their first babe, a darling daughter Kayley Violet, on March 30th. Best wishes to you all.
- And Deane and Rebecca Morris of Hunter Road welcomed a dear wee son, Leon, on April 13th. A lovely brother for Elina. Best wishes to all, including Rebecca's two sisters who are visiting from China and having their first experience of country life!



New Grandchild congratulations to: Merv and Margaret Knauf of Holland Road who were delighted with the arrival of another granddaughter on April 8th, Easter Sunday, in Auckland. Ysabella Ainsley Mackie was lovingly welcomed by her proud parents, Lynette and Craig Mackie and older teenage siblings, Lauren, Malachi, Jordan and Jessie. Best wishes to all.

Welcome to Eureka: to the Couling family who are the new owners of the McCarthy property on Eureka Road. Matthew and Lisa Couling are ex- Gordonton and have three children, Tayla 12, Chloe 9, and Liam nearly 7, with a new babe almost due. Matthew is a sales consultant for Jim Wright Nissan, Te Rapa and young Liam is a keen and successful motocross competitor at Huntly, looking forward to the upcoming Nationals at Patetonga in early June. Go well, Liam, and a warm welcome to you all. Phone 8241150

And Welcome also to Steve and Vanessa Beamish and their family, Paige 16, Luke 14, and Taylor 10, who are now living on Eureka Road (at Neal Turner's property). A warm welcome to you all.

A fond Farewell from us all in Eureka: to Ed and Helna Barrio-Frojan and children, Arabella, Antonio and Valentin of Masters Road, who are leaving after several years in Eureka to move to the property they have purchased over Te Pahu way. Our good wishes go with you all.

Golden Wedding Congratulations: to Jennifer and Keith Mace of Waverley Road who celebrated 50 years of marriage on April 21st. Every best wish to you both on this special milestone.

80th Birthday Congratulations: and best wishes to John Middlemiss of Eureka Road who will celebrate this special birthday on May 2nd. Celebrate well, John, and my you have many more good years to come.



Oliver: Rehearsals are underway for the musical Oliver to be performed by the Hamilton Operatic Society June 23rd to July 7th. Two local children, Danielle Gordon 9, and Kendall Buckley 7, both of Waverley Road are among five Tauwhare School children chosen for the children's chorus. Congratulations Danielle and Kendall. Enjoy the great experience.

SNIPPETS CONTINUED

Young Rowing Champions: The Hillcrest High School rowing team achieved outstanding results in the North Island Secondary Schools championships held at Karapiro prior to the Maadi Cup at Lake Ruataniwha. Camden Wright of Oakview Place and Cameron McRobie (eldest grandson of Jennifer and Keith Mace) won a Gold, Silver and Bronze medal each in the boys under 15 doubles skulls (1st), under 15 Coxed four (2nd), and under 15 coxless four (3rd), helping Hillcrest to place 7th overall out of 89 schools, Hillcrest reaching 6 A finals and gaining a medal in each final event.

On to the Maadi Cup and Camden and Cameron again excelled winning Silver in the double skulls, Bronze in the coxless four and Bronze in the coxed four. Well done and congratulations to you both, Camden and Cameron. Absolutely outstanding achievements and we will watch your future rowing careers with great interest.

Sincere Condolences are extended to Rachael Gordon and family of Waverley Road. Rachael recently returned home to her family in England to grieve the loss of her brother James Chatham and his partner, Sammy's second twin son. Little Isaac and Asher were born prematurely in October. Isaac died at 7 days old and sadly, Asher passed away at just over five months old of pneumonia after progressing well.

MARKET PLACE

BABYSITTER AVAILABLE:

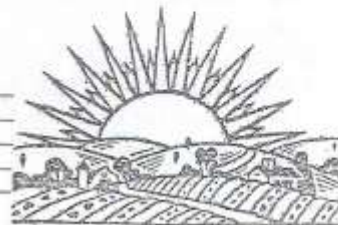
Capable 15 year old available to babysit.
Please phone Leah on 824 1068 or 0278690850

GRAZING AVAILABLE: for 25 to 30 R1 dairy heifers or c/o cows
Long term, Eureka area.
Experienced grazier
Phone 8241 800 or 0212076053



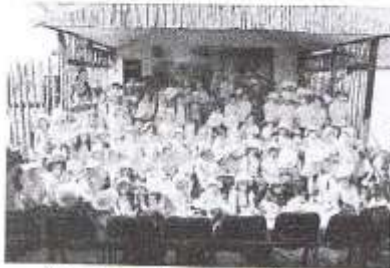
RAINFALL

	March 2012	Year to 31 st March
Total (mm)	102	256
Average (1994-2012)	76	233
Difference	+26	+23





Roll: 148



This year we are looking at "Understanding how cultural practices reflect and express people's customs, traditions and values." This unit will continue throughout the year and will encompass the cultures of the children in our schools including Maori, Samoan, Indian etc and cover themes such as the Olympics, celebrations, Marae visits and many more. As a context for the beginning of the study we took the whole school to Rotorua to visit Whakarewarewa to see

traditional cultural Maori practices, attend the cultural performance, and walk around to see the geysers and mud pools. The weather was beautiful and we packed a lot into a short time which was great. The children and adults returned to school very happy but very tired, with a greater understanding of our Maori culture and New Zealand history. It was wonderful having so many parents/caregivers accompanying us. The children were a credit to the school and we got many comments from the tour guides on their excellent behaviour and lovely manners.



SCHOOL LIBRARY

Kirsty has been working hard to make our library a much more welcoming space. There has been quite a transformation over the term. In the weekend Wayne Brown (past parent and Board Chair - you can never escape!) spent Sunday morning putting up a beautiful mural. You have to see this! The vibrant colours and delightful theme really complete the room and ties all the colours together. Thank you Wayne, we really appreciate your support and expertise.



Shelter Belt Cutter

A huge thank you to **Clark & Sons** for so generously offering to cut and tidy up all of the trees around the back field. We really appreciate their support and would recommend them to anyone. Thank you also to Graham for organizing this.



Pukeko Preschool children have been planting bulbs in the garden, and we all look forward to a beautiful display in the spring.

We got creative in the kitchen and baked puppy-shaped biscuits during the week leading up to the 30 March for the annual Red Puppy Appeal, which supports guide dogs in training. We have also been enjoying the magic of baking Hot Cross Buns for Easter.

Our last day of term included a shared lunch with the community of families which included putting our thinking caps on and becoming creative with food, such as a crazy pizza caterpillar, T Rex intestines, tuatara and monkey tails, dinosaur droppings, a vanilla volcano made out of ice cream and of course the Easter bunny dropped in some eggs!



One of the great things about Pukeko Preschool is the interaction we have with Tauwhare School, which makes for a smooth transition to school. It's wonderful for children to attend preschool and get to know the children they will go to school with, and get accustomed to the school with visits to the library and playground, joining in Calf Club Day, and Step In . If you would like your child to come to Pukeko Preschool, even for one or two days a week in the months before they start school, please let us know. We have spaces available in Term 2, please call in, email us on pukekoopreschool@xtra.co.nz or phone 07-8240860 for more information – we would love to see you!



EUREKA BADMINTON CLUB



JUNIOR CLUB NEWS

Welcome to the new season of Badminton. Great to see some new faces. Adults versus the Children is always a fun way to start the year. We have had two weeks of this and will start the juniors off on the 25th April. We play Wednesday evenings 6 -7.30pm at the Matangi Hall. Children should be aged 8 years plus and previous experience is not needed. Come and join us for a great sport.

Any enquires please phone Vanessa 829 5314.
Vanessa Mason



TAUWHARE INDOOR BOWLING CLUB

Welcome to the readers of our April news.

On 3rd April Tauwhare IBC hosted an "Introduction to Bowls" afternoon for 53 Tauwhare School pupils. Judging by the oohs and aahs, excitement and chatter, I guess the children enjoyed themselves. The afternoon concluded with the presentation of chocolate fish all round. Thank you to all club members who were able to attend the afternoon and share their knowledge and organize the children.

Family night saw 7 visitors join members for Club Night. Thank you to Grant Goodare for his Easter egg supper which was a lovely surprise.

The McNally sisters, Clare, Amber and Bronwyn and Melita Bargh were selected to play in the Waikato Junior Team to play for the Ross Arndt Trophy at Otorohanga. This annual event is contested by Tauranga, Taranaki, North Taranaki and Waikato. Waikato won the trophy – congratulations.

B Meads was selected to play in the Waikato top 10 Ladies team for the Bettridge Shield. Bev won 6 out of her 9 games – a very creditable performance.

B Meads, I Billings and Andrew McNally have been selected to play in the Waikato team for the Probyn Shield.

I Billings, J Hooper and Be Meads played in Eastern's team in the first Moore Cup challenge.

Results:

Mulholland Trophy 22.3.12

Winner: E Morris, Amber McNally
R/up B Meads, R Hughes

Triples Championship 29.3.12

Winner: J Arnold, D Appleton, Amber McNally
R/up L Grieveson, G Goodare

Family Night 5.4.12

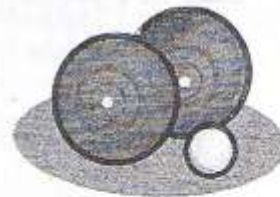
Winner B Meads, B McNally
R/up D Pizzini, G Goodare

Skips and Threes Competition 12.4.12

Winners: I Billings, E Morris
R/up R Coxon, H Bargh

Twos and Leads Competition

Winners: K Williams, Amber McNally
R/up B Grieveson, N Stolwyk



Upcoming events:

- 6.5.12 Rinks Championship (prior entry)
- 10.5.12 Club night and Rinks Final (start at 6.30pm)
- 17.5.12 Pairs Championship
- 24.5.12 Open tournament (triples) A plate please.
- 31.5.12 Club Night
- 7.6.12 Esme Pope Memorial – (Handicap Singles).



Out and About.

4.4.12 Taupiri Open tournament: I Billings and B Meads were the winning team.

13.4.12 Hamilton Sub Centre Executive Fours – J Hooper skipped the winning team.

We welcome visitors and new members on our Club Night – Tauwhare Hall 7.30pm, Every Thursday night.

JOINING A CLUB IS EASY

- Affordable club fee – Members \$50.00 New members and Juniors \$30.00
- Wear soft soled shoes and comfortable clothing
- We supply all the equipment; provide coaching, support and camaraderie for a fun evening.
- Phone Ivan Billings for more info – phone 8241832

Good Bowling Everyone

Robin Bargh Phone 8241819

Ladies Night

7:30pm, 25th May 2012, Eureka Hall

All ladies welcome and bring a friend. There will be:

- Tupperware
- Avon
- Lorraine Lea Linnen
- Enjo cleaning cloths
- Zee Zee Merion childrens clothing
- Prenzel
- Intimo Lingerie
- Rawlelghs



Everyone that shows up goes in the draw (no charge) to win prizes from any of the above, there will be 1 prize from each supplier so there will be 8 draws.

There is no pressure to buy!

TRAVELOGUE

TRAVELLERS

Gayle and Lionel Orr

WHERE DID YOU GO, WHEN AND HOW?

In October last year we went to China to visit our son and granddaughter. We flew into Hong Kong and spent 2 very busy days there, then went across the border to Shen Zhen, China.



DID YOU HAVE A PARTICULAR REASON TO VISIT?

We went to visit our son who is working as a tutor there and to see our 3 year old granddaughter, we also met our daughter in laws parents. It is not a place we had planned on visiting, however, we had a reason, so made the most of the opportunity.

WHAT WERE THE HIGHLIGHTS?

Of course spending time with our son whom we hadn't seen for 2 years, and getting to know our granddaughter. We also spent time where Phillip worked and met his work mates. But we did see and experience some amazing things. The Chinese people are very different. They are hardworking and will do anything to earn money. I think the best thing we did was having the Junk ride on Hong Kong harbor and watched the laser light show at 8pm at night. The weather was not the best, and we nearly didn't go, but we are so glad we did. We also had a ride on a bullet train, we couldn't believe they travel over 160kms per hour, the ride is so smooth. Lionel, Phillip and his boss Martin, played a game of golf on a world class course. They now appreciate how hard the professional players have to work. We saw Pandas, went up a miniature Eiffel tower, which is 1/3 the size of the real one, and decided that was high enough, and at a park called splendid China, we were lucky enough to visit the same day as several thousand school children, and we are sure every one of them wanted to practice their English, especially, "Hello", they all sounded like parrots. After about an hour of saying "hello" to every child the novelty sure did wear off.



WHAT WERE THE LOWLIGHTS?

The heat, and not being able to shop without being pestered and pressured into a bartering battle. I think the worst thing was the day I was abused by a shop owner in a mall. She abused us so badly that the police were called. I really didn't want to go back to that Mall again, but we had to as that was where the tailor was and Lionel had clothes made, so we had to go and get them.

WHAT DID YOU THINK OF THE FOOD?

I really enjoyed the food. We tried several different cuisines. Phillip took us to different restaurants each night. We had, Malay, Thai, Muslim, Seafood which was so fresh, we had to choose the crab or fish we wanted from the tank at the front of the restaurant and within 20 mins it was cooked and on our plate. We found it very difficult to get a light meal, just a quick sandwich, because they don't eat bread meals there. Breakfast, lunch and dinner are all cooked meals. Not all have rice, but there are several different dishes in one sitting. Our first breakfast in Hong Kong was McDonalds. The reason for this was, when we arrived late at night at our hotel room there was no coffee making facility. As you can imagine, we were really hanging out for a coffee after such a long flight, and the receptionist informed us we had to go and buy a coffee if we wanted one. Great, we thought, we don't even know where we are. So we waited all night, and in the morning a very kind English traveler pointed us to the nearest McDonalds, where once in sight we almost ran to. Aah the relief. When Phillip

arrived we found a really nice place for breakfast, and also a supermarket and brought a jar of coffee. Hong Kong food definitely has the western touch, but once in China it is authentic. Definitely not like Chinese takeaways here. Vegetables, meat, noodles are all separate. We also really got the hang of using chop sticks. Our granddaughter can pick up peanuts with chop sticks; we certainly need a lot of practice for that.

WHAT WAS THE SHOPPING LIKE?

Shopping in Hong Kong was great; they had the bigger sizes in clothes and shoes. Markets were amazing, but once again the bartering and pestering does get annoying. We didn't buy much there as we thought we would get the same thing cheaper in China. Unfortunately we didn't even find



some of the things. Never mind, guess we weren't meant to have them. In China the shops and markets were all the same. Clothes were small sizes, and after a while of looking at the same things we didn't bother. We did go to huge shop, 5 stories of electronic equipment. All sorts of bits and bobs, you can purchase anything to build your own computer. Nic nacs galore. They have plenty of the knock off stuff, I got a few Gucci watches and a handbag, and Lionel got a Rolex watch. He also purchased a new set of golf clubs for around \$200NZ. The man knew Phillip well, so he threw in for free a Galway golf bag and a few other bits and pieces. We also got the latest IPAD for a good price, and a few other pieces of electronic equipment, psp, camera etc.

HOW DID YOU GET AROUND?

In Hong Kong we used the underground or the Metro as they call it. It was amazing. In China we mostly used taxis. The reason for this was so we could see the country side and the city, instead of being underground. The taxi drivers are not the best, and many times I grabbed Lionel's leg thinking we were going to die. The roads are 4 lanes wide, and every car and bus uses all four lanes, weaving in and out, still don't know why, but it makes for a very interesting and sometimes very scary ride. We did catch a train to Guong Zhou which was about an hour north of Shenzhen. The Chinese certainly know how to move people and quickly. We could learn so much from them.

WHAT ARE YOUR TOP TIPS FOR OTHER TRAVELLERS TO CHINA?

The first one would be to go on a tour or hire a translator. If you can't speak the language you will struggle, even to the point of buying food. English language is not used very much. Also go with an open mind. The culture difference is a huge shock, but it is an experience

They don't tolerate Westerners very well, in Shen Zhen especially. They think you have a lot of money and will take it if they can, through bartering; you have to be strong, and at times even rude to them, which I found very difficult. When bartering, or not even interested, you just have to walk away. Treating people like this does not feel right to me, but it is something you have to do. But most of all, enjoy the experience, it is one you will be pleased you had.



WOULD YOU VISIT AGAIN?

To go back just for holiday, no we wouldn't go again. We have had the experience and there is plenty more of the world to explore. But, if Phillip stays there for a long time, we probably would go back to see them all. We do have an adorable granddaughter there which is our draw card.

IN YOUR GARDEN

Well daylight saving has ended, nights are drawing in quickly, and we are surrounded by glorious autumn colours. April is the harvest season, one of the busiest times on the gardening calendar when the biggest and most interesting selection of fruit and vegetables is ripe for the picking. Also it's planting time, by planting in autumn you ensure plants have a great start for a growth spurt in spring/summer. The main jobs at this time of the year are planting for late autumn to winter harvest and keeping the garden free of weeds.

Vegetables to still plant are radishes, rocket salad, baby beets, carrots, bok choy, mesclun lettuce and other perpetual lettuce, spring onions, silverbeet, onions, spinach and broad beans. What about broccoli, cabbage, and caul? If you want to harvest before winter you are too late, but if you are happy to wait and harvest late winter/early spring then go for it.

If you don't normally have a veggie patch in the late autumn/winter, but you do have one for the rest of the year then you definitely need to plant a green crop. Green crops are a cheap, natural way to replenish the nutrients that plants need. Plant green crops now then dig into the garden in 8 weeks time, leave for 3-4 weeks then plant your next veggie crop in August. This cheap, easy and effective crop also encourages earthworms and other micro-organisms.

Remember to pick up and remove any old fruit that have fallen to the ground. This also applies to leaves on your fruit trees and roses as this stops the spread of disease.

Plant citrus trees now while the soil is still warm and moist. And spray copper spray to stone fruit trees. Pumpkins are finally ready for harvest. Ripe pumpkins have a good colouring, a hollow sound when knocked lightly and hard shell like skin. Cut the pumpkins off vines leaving a 10cm handle and store them in a dark airy place after curling in the sun for 2weeks.

Get potatoes out of the ground pronto. If you leave it much longer, you might loose the will to dig. Cold blustery weather in a rainy garden where the soil clings to your spade is no fun at all. Dig up your spuds while the soil is loose and the skies clear. You'll congratulate yourself later on when you settle down to your roast potatoes while the rain knocks on the dining room windows.

April is a great time to take cuttings, Roses, Herbs, Shrubs, Camellias, Fuchsia, Daphne Rhododendron, Pittosporum, Viburnum, Climbers and perennials and the list goes on. Taking cuttings is great fun too and I could ramble on and on but the best advice is just give it a go.

It's a very busy time in the garden so go to it and reap the rewards later on.

Happy gardening, Jennifer



Omega 6 fat – excess causes health problems

Although some forms of Omega 6 fats are essential for good health, it is now clear that excess Linoleic acid (a common type of Omega 6 vegetable fat extracted from seeds) is a massive problem in our modern diet.

It is strongly linked with our major killers, cancer and cardiovascular disease.

This dates from 1955, when medical authorities concluded that saturated animal fat caused cardiovascular disease. They then recommended a general change to polyunsaturated vegetable fats which are mostly high in Omega 6.

For example, margarines which are made from polyunsaturated vegetable oils contain on average about 15% Omega 6, whereas butter which is largely saturated fat contains only around 2%.

As a result, by 1980 in America, three times more Omega 6 fat was being eaten. Although the number of men who smoked cigarettes had dropped from 75% down to 30%, there were 60 times as many lung cancer deaths. Other cancers had also skyrocketed.

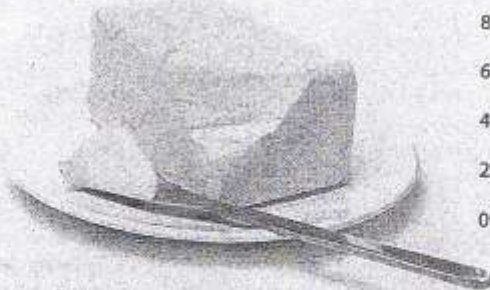
This problem does not appear to apply to the unprocessed GLA form of Omega 6 found in borage and evening primrose seeds, or the CLA form found in animal fat.

The reason for the serious health problems from excess Omega 6 is now clear.

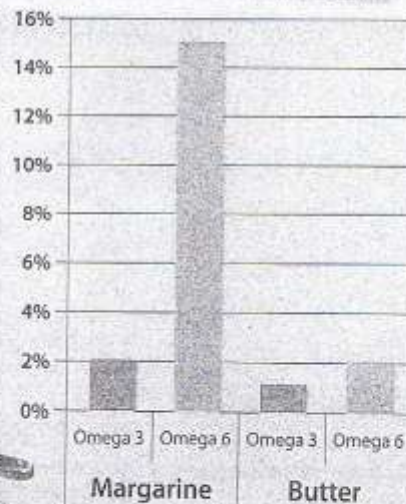
When the ratio of Omega 6 to Omega 3 fat in our diet exceeds 9 to 1, our human immune system begins to shut down. This allows cancer and inflammation-causing infection disorders such as cardiovascular disease, asthma and arthritis to gain the upper hand.

Health Tip

The Omega 3 added to Margarine is the short chain variety, not the same beneficial long chain Omega 3 found in fish oils.



New Zealand butter from grass fed cows is the best in the world.



Interesting reading.... Cheryl McFarlane

LADIES A PLATE

Passion fruit

If you have an abundance of passion fruit these two recipes will come in handy

Passion fruit Syrup

8 passionfruit 1 cup sugar
 ½ cup water

Dissolve sugar in water Boil till syrupy add passion fruit pulp and boil for 2 mins
 Put in hot sterilized jars. This is great to add to icing topping on ice cream,
 pavlova, cup cakes etc

White Chocolate & Passionfruit Slice

140g Butter 220g white chocolate melts
 ¾ cup castor sugar 1 cup coconut
 2 large eggs lightly beaten 1 cup sifted self raising flour
 ½ cup passionfruit (about 8 fresh passionfruit)

Icing sugar for dusting

Heat oven to 170 degrees for fan bake.

Line a slice tin with non-stick baking paper. place butter and white chocolate in a large heatproof bowl and melt in microwave stirring every 30 seconds, or over a saucepan of boiling water. Stir until smooth.

Mix castor sugar into melted chocolate mixture, followed by coconut, then eggs, stir in the flour and lastly fold in the passionfruit pulp. Pour the mixture into the prepared slice tin and bake for 30-35 minutes or until golden and firm.

Cool in tin, then remove and slice into bars or squares. Dust with icing sugar to serve.

Great by themselves or with a dollop of whipped cream on the side.

PASSION FRUIT



EUREKA EXPRESS

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• x 10 insertions	\$160 / year		

Farm Discussion Group Report February 2012

As I was side tracked fishing down Waihou Bay we forgot to organise a discussion group for February so I thought I would let you all know my story and therefore my excuse for being so slack, because I think it was worth it.

We left Morrinsville at 5am knots tied and lines tested heading for Waihou Bay in search of Marlin. After a 5 hour journey, we had the boat in the water and a 10 minute fizz out to the blue water and the lures were in the water. Time to relax, bobbing around the ocean, soon after we saw a free jumping marlin and headed to this area and soon after hooked into our first marlin for the trip. It caught us off guard a little bit as we had only been trolling for 20 minutes! We only had this fish on for 10 minutes, it had some good jumping out the back of the boat and then 1 jump too many and the hook pulled. For the rest of the first day we looked around the area for the best water to be fishing in for the next few days and saw no more marlin.

The next morning all excited, but with a bit more wind forecast we headed out and by 10:30am hooked into another striped marlin. This was to be Mark Barker's first Marlin and after a large first run it soon tired out and was in the boat after 30 minutes without too much bother at the back of the boat. We decided to take this fish in to be weighed and smoked straight away, so the fish stayed cool and in good quality.

We were off again by 12:30 and trolled a few more hours with it being my turn in the chair. At 2:50 another reel started to scream, it was the back lure the fish jumped once to right. Blue marlin, we yelled then we sped the boat as we started to clear the other rods, but the fish was chasing the boat, so we sped up some more and the fish went down and the line went very light so going about 20 knots at this stage, thought the fish had got off, but no, it must have been close to the back of the boat and then eventually the pressure came back on the rod. By this time we had all the rods cleared going 20knots and the darn fish was still jumping about 30-40 metres out the back of the boat, this was an amazing display by a very large fish. The fish then went on a 500 metre run away from the boat and I got strapped into the rod for the battle to commence. We got the fish within 50 metres of the boat in 40 minutes and thought we were winning, but each time the fish took more line and we circled the fish in a stalemate for 2 more hours before getting a chance to grab the leader. Andrew Morris (the skipper) grabbed the leader, this is 2.5 hours into the fight, and got the fish within 2 metres but could not lift it up so we could grab the bill, but then the fish swam under the boat and Andrew had to let the fish go. This made the fish more angry and it jumped from 5 metres out the back of the boat for another 50 metres. We got the line back after 20 minutes and had the leader close to boat then some more pressure came on the fish and the line parted. BUGGAR! All the line landed in the boat when it broke and the 3 of us said some choice words and went home, by this time it was 6pm 3 hours on a fish with no real reward except my best fishing story yet! We cried into our beer that night but celebrated Marks first marlin.

The next day we went out again this time with Andrews wife, Tammy, on board and her time to play a marlin if we hooked up. And sure enough at 1:30 that day a reel went screaming off. This boat was hot. We didn't see this fish at all. It took about 800metres of line out and we didn't know what it was yet. It took 10 minutes till we knew what we had on. Another Blue Marlin that was closer to another boat than ours. It was not an acrobatic fish like the last, it stayed deeper and took 1.5 hours to get it close to boat and after a half hour battle in close we grabbed the leader then the bill and the gaff was firmly in to the fish. Well done tammy 2 hours on the fish and we had it on board it was a 173 kg Blue Marlin.

The last day was a bit of trolling to no effect, followed by a cray dive to feed the kids when we got home, so as you can hear the last thing on my mind was the farm discussion group. **WE WILL** be having one the second Tuesday of March. Also will be booking the annual fishing trip up the Coromandel mid to late April, maybe the 24th, so keep this free.

Cheers all see you at the next group
Brett Gordon



Milk Price Caution

What a season it continues to be. Can things keep on going this good? Probably not. Already Fonterra have indicated Milk price is not likely to be as good next season as this season. This is partly due to NZ and other nations ramping up production. More milk products available to sell on the international traded market usually means a softening of prices.

"The biggest effect is likely to be the high value of the NZ\$ relative to the US\$" says Neil McLean a Fonterra Shareholders Councillor. "A high exchange rate means we get less when exporters convert sales made in US\$ back to NZ\$, says Neil. "However the downward pressure on milk solids price is not so much due to the high NZ\$ but the fact that Fonterra have had the NZ\$ hedged at a lower value than it is today".

"It is a month off the release of the advance rate for next season. I am expecting that the advance rate will be lower than last season," says Neil.

Run a Budget

Nobody knows what milk price will be next season but it wouldn't hurt to do some "what if" budgeting and thinking for next season. What if the milk price was \$5:60/kg MS (excluding dividend). What affect would it have on your cash flow? What affect would it have on your planned cost structure, especially bought in feed?

Pasture Growth Caution

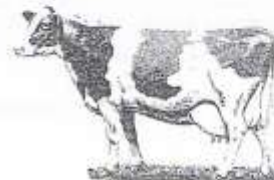
It is hard to imagine that pasture growth could keep going better than average as it has for so many months this season. It just doesn't work that way does it? Two reasons which may see slower than average winter growth are:- 1) Soil temperatures are already cooler than the same time in recent years and soil moisture is higher too meaning less rain is required to saturate the soil. 2) With all the growth we have had combined with (1) above, there will be less nutrient reserves in the soil waiting to launch pasture out of the ground.

Average pasture covers right now are good (typically around 2,100 or even 2,200kg DM/ha) and supplement reserves are good so farms are well set up for winter. Just be slightly cautious regarding winter pasture growth rates and don't milk cows on too long. TIME is your biggest enemy to achieving BCS targets.

Good Condition

Herds are generally in a better body condition than I have seen for many years. This is great. Partly due to a kind season but of course also due to some clearly focused management decisions, especially OAD milking and early drying off the younger, thinner cows. I detect a greater buy in from farmers of the importance of hitting the BCS target of 5.0 for MA cows and 5.5 for heifers. With the decreasing acceptance of reproductive intervention, good body condition at calving is going to be increasingly important.

Phil Irvine
DairyNZ Consulting Officer
027 4839820



OUR COMMUNITY'S WASTE - TRASH OR TREASURE?

How many of us are aware that the Government has allocated \$20m to a Waste Minimisation Strategy?

In line with this I've been receiving emails from WDC and WRC about waste management and minimisation of late. For WDC it's part of the Long Term Plan and they've come up with some good ideas which they want comments on before 9 May.

The Regional Council will be adopting its own Waikato Waste and Resource Efficiency Strategy any day now, and I guess then we will get to see the detail of what sounds like a comprehensive data collection about what is waste and what goes where, and the creation of various support and research structures for Councils, businesses, with reviews of regulations and efforts to get a fair share of the \$20m.

However, what WDC are thinking is probably more relevant to us at present. So here's a summary of that:

- Expand the range of what can be recycled (eg more plastics).
- Collect recycling from kohanga reo, kindergartens and schools, particularly rural ones.
- Collect recycling from businesses on a user pays basis.
- Collect food waste separately for composting. If this were collected weekly, maybe other waste could be done fortnightly.
- Upgrade the existing transfer stations (Huntly, Raglan and Te Kauwhata) to encourage more recycling.
- Establish a partnership with the community (similar to Raglan's Xtreme Waste) to help manage our waste.
- Create a waste management working group to work with the relevant waste management businesses.

Yesterday I received copies of the two volume Draft Long Term Plan for the WDC. I have read a good chunk of them, and will keep Eureka informed about where things are at. I assume that most people got copies of the "Waikato Navigator" in the mailbox recently, and this has summaries of the most important parts of the Plan. If anyone wants to read the detail in the Plan, they are welcome to come and peruse my copies (an idea to ring first, to make sure I'm around).

If there is anything in the above list which you think is a great idea, or a terrible one, I suggest you make a submission to the Council before 9 May. There was a submission form (freepost) on the back of the Waikato Navigator booklet which makes it simple.

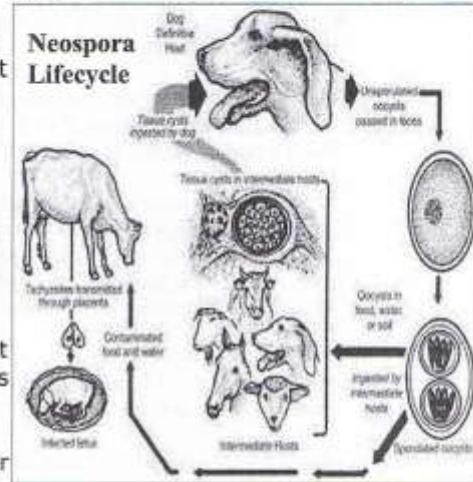
Sue Edmonds
Eureka Community Planning Committee



Cow Abortions

Having a high number of cows abort on the farm is a major cost to the farm. Cows abort for a range of reasons and show different signs which include, membranes hanging from the vulva, the cow passing or licking its foetus, a returning to heat or vaginal discharge after a cow was thought to be pregnant or sometimes just failure to calve at or around the expected time.

Depending on the cause there is a number of control options available. Ensure pregnant cows have no access to branches or needles from macrocarpa or pine. Keep up your herd's leptovaccinating status. You could also consider use of BVD vaccinations and/or you could consider testing and eradicating any spreaders from your herd.



Make sure the silage you're feeding doesn't contain any fungal contamination. Have the bulls you are using, fertility and disease tested before introduction in the herd. Bulls may carry disease that causes abortions. Also prevent your herd from nitrate poisoning. If you don't trust a paddock you can get it tested by us. Some infections that cause abortions in cattle can also affect humans, so handle aborted foetus and membranes wearing disposable gloves and avoid contact with vaginal discharges from aborted cows. If possible, do not allow dogs access to aborted foetus and membranes. Remove foetus and membranes from the paddock and bury them. If abortions are to be investigated, freshly aborted foetuses and placenta should be sent in for laboratory examination. The cow herself is at risk of contracting a severe reproductive tract infection after aborting, so give us a call for prompt treatment if she goes off her milk, loses condition, stops eating or just looks sick.

Weeks after starting mating for the pregnancy test	No. Of cows losing a confirmed pregnancy	Percentage of cows losing a pregnancy
14	11	3.7
20	9	2.9
24	6	2
28	4	1.3

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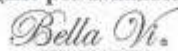
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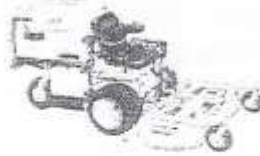
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