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# Mum and son litter-ally make a difference

### CONTINUED FROM P1

I've got to get ready for work", but on the weekends - "I can go as long as I want". While out on a walk from Thames Rd,

Bennett St, Olga St and through to Primrose Hill and down the other side - she collected two bags filled with rubbish, and even found a crutch

A challenge the pair faced was carrying the rubbish bags once they were filled and heavy, so they were looking for a suitable way to carry the rubbish that allowed them to keep their hands free, she said.

But people and businesses also offered support to Arihia, including disposing of some of the rubbish.

Arihia, who is a Goldfields School teacher aide, said she was interested to see if anyone

would post any of their own rubbish-collect-ing photos on social media, but understood

"I understand nobody wants to pick up dirty rubbish with their hands."

Arihia said she and Takarei were lucky enough to get some "rubbish pickers" or extendable grabbing tools from Goldfields School.

"They were broken ones that I just super glued back together. It was just the handle part that needed to be fixed."

But it was the mahi (work) from her students at Goldfields School that initially encouraged her.

Picking up rubbish was something the students did on Mondays as part of their programme, Arihia said.

The students collected rubbish around



playgrounds at the Railway Reserve Play-

ground and Paeroa Domain. "If kids with diversity can do it, then there's no excuse for anyone else to not be able to do it.

But Arihia is an ideas person. As soon as she and Takarei started collecting rubbish on their walks, she sparked an idea to start up a programme for kids, she said, which would encourage kids to get out for a bit of fitness, while helping pick up rubbish at the same time, she said

"I just think it would take a lot of organisation

But Arihia's main motivation was for kids and their parents to get "out and about" together. "It's more [about] getting the parents out to do more with their kids. Even little things like going for a walk and picking up rubbish

Arihia said although she believed it wasn't the company's fault, the majority of the rub-bish they had picked up around town was from McDonalds.

Takarei said one positive thing was he got a couple of instant wins for food from McDonalds promotional stickers he found while picking up rubbish. "But also, don't dump your rubbish," he said. Arihia has been in contact with McDon-

alds to see if they could help be part of keep-

ing Paeroa clean. McDonald's New Zealand head of impact and communications Simon Kenny said: we hate seeing Macca's packaging litter in public places"

public places". Simon said globally McDonald's was com-mitted to helping reduce waste and advance a circular economy, and in New Zealand, they supported national litter programmes and organisations.

"We'd encourage people to contact our restaurants and have a conversation, and see what constructive options may be available for us to play a part in addressing the societal issues around litter."

Arihia and Takarei's objective was to in-spire others to get involved. Takarei said each time someone else got

involved, it encouraged others to do it too. And Arihia said, now she had made her ef-

forts public, "I kind of have to hold myself accountable".

"It's changed my mindset."



PLACE AN ADVERTISEMENT: Advertising Manager Nikki Sanders, Ph 022 130 3885, nikki@valleyprofile.co.nz; Feature Writer Davidda Hikatangata, Ph 022 174 3988, davidda@valleyprofile.co.nz. NEWS/EDITORIAL: Managing Editor/Owner Teresa Ramsey, Ph 0204 0944 853, editor@valleyprofile.co.nz; Reporter Alice Parminter, Ph 022 527 0988, alice@valleyprofile.co.nz.

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Tidoo

# 'Dream come true' for drift car racer

### By DAVIDDA HIKATANGATA

It was hard for Lincoln Whiddett not to spill the beans about his "dream come true" before the big reveal.

But at the start of October, the 16-year-old drift car racer was able to officially announce his factory drive for Mazda Japan and TCP Magic which would take place at Mazda Fan Festa this weekend in Mimasaka, Japan.

The year-12 Hauraki Plains College student told *The Profile* it felt "unreal" when he found out.

Not only would it be Lincoln's first drive in Japan, the drifter would also debut a new vehicle for Mazda.

While Lincoln couldn't give anything away about the car, the one thing he could mention was "it's ridiculous".

"We will reveal the car [on] the day of the event - make sure to follow my instagram to see the reveal."

His drive would take place on the Okayama circuit on November 9 and 10, and in preparation for it, Lincoln said he planned to train on the circuit through his simulator at home.

In the week leading up to the event, Lincoln said he would do a "shakedown" of the car, which is a test to make sure everything worked as it should. When asked if he had a rou-



Drift car racer Lincoln Whiddett, 16, will make his debut factory drive in Japan.

tine before his races, Lincoln said he blocked out any outside thoughts and slowed his breathing.

But while he was racing, Lincoln said the main thing that went through his head was to stay focussed on his consistency and "putting on a good show" for the crowd.

The biggest hurdle in his competition drifting was trying to impress all the judges, he said.

Judges' votes were opinion based, so the challenge was to

Photo: GRAEME MURRAY

try and adapt his driving style to fit their preferences, he said.

And when it came to overcoming nerves, the young drifter said he always embraced them to "fuel the adrenaline". The young athlete's favourite

piece of advice from his dad and

drifting legend, Mike Whiddett, better known as Mad Mike, was to "just have fun."

Mike told Lincoln, 'if you're not enjoying what you do, you can always find something else'.

But it was his passion for motorsports that motivated him.

Lincoln lived, breathed and "loved everything" about it.

"Everything is so different from all other sports, and that's what I think is the best part."

One thing that pushed Lincoln to "do my best" was the pressure he felt.

"I feel like a lot of people expect a good result from me, being Mike's son and living right next to a race track.

"But what keeps me going is how much effort my parents put in for me, so I try to repay them with the effort I put back into it."

Lincoln's advice for others inspired to get into drifting was to get involved at events. "Even if it's offering a hand to

someone to start off with.

"There's lots of jobs and careers apart from the driver," he said.

"They obviously need a crew to help them which has a lot of very important roles for the team."

DETAILS: To follow Lincoln's journey to Japan, and to keep up with his drifting, follow him on Instagram: @lincoln\_whiddett





### ADVERTISING FEATURE



# Students make waves

By Izaac Garmey, Hayley Fenton, Jade Beaver and TPS teachers.

Today's young generation navigates a society unlike any before in history.

At Te Puru School, we take the well being of our learners as front and centre for their future achievements. We embrace, enrich and empower our tamariki to be kaitiaki of themselves, each other and our taiao (environment). At our kura we embrace a culture that enhances well-being and resilience. This enables a positive and inclusive learning culture for all akonga (learners) and whānau.

We enrich our learning experiences and outcomes for all through our localised curriculum that aligns with Mātauranga Māori, Te Whare Tapa Whā and Maramataka.

We see this through our school values; Manaakitanga (Kindness), Whanaungatanga (Belonging), Arohatanga (Respect), Tū Kaha (Resilience), and Kaitiakitanga (Guardianship) and our personalised inquiry learning framework connecting to Kura Tātahi (Beach School) and the refreshed curriculum. Our unique environment means that we can em-

Our unique environment means that we can empower our learners to be kaitiaki of our beach and surrounding area and strengthen connections with mana whēnua while engaging in inspiring projects that are made for our akonga.

that are made for our akonga. Here at Te Puru School, we have developed a wellbeing/hauora space, Te Wai-marino. Our goal is to provide support and a safe place for tamariki to self regulate, to balance their Hinengaro (Mental), Tinana (Physical), Wairua (Spiritual), Whānau (Relationships) and Whenua (Reconnect). The mana of our tamariki is being enhanced and focuses on contributing to greater empowerment for our tamariki. We also provide personalised TPS Rōpū - Tū Tama

Toa - (Stand as Strong Warrior) and Te Ropū Awhina. Experiences are provided for our tamariki to learn skills to build on their self-esteem and strengthen their connections with others.

Within our rōpū, we work on a variety of projects such as learning how to be a server for our community Matariki celebration and learning how rongoā Māori supports our tinana (body) through investigating and using the kawakawa plant. This learning is then transferred to classroom situ-

This learning is then transferred to classroom situations, where our tamariki become tuakana (leaders) as they share their knowledge with others and achieve successful outcomes.

Our Kura Tātahi (Beach School) programme enables tamariki to engage in a range of rich learning experiences, developing an authentic sense of place and belonging, connecting to our local iwi Ngāti Tamaterā.

With our unique learning environment (Tikapa Moana) and kaitiakitanga being at the heart of what we do, tamariki are immersed in 'hands-on' outdoor learning experiences fostering te reo, tikanga, exploration, problem solving, discovery, collaboration, environmental education and action.

Each term our classrooms cover a learning concept which is weaved into our programme, where students are engaged in rich, personalised inquiryled learning. Te Puru School engages passion, and empowers lifelong learners to make change and inspire the future.

# Ropū Awhina students cook for the community

### By Esther Bullock and Nelleke Zandvoort

**Education** 

In the Kahawai and Haku teams of Te Puru School, we have groups called Rōpū Awhina on Monday afternoons, run by Whaea Hayley.

In these groups, we focus on doing things in the kitchen that we can give back to our school or community.

For example, when it's time for our yearly Hangi, our senior Ropū serves the grandparents and special guests.

We plan to make a meal for our classes in our Haku team, and when we make things for our Rōpū, if there is some left, we share it with our kaiako. But we're not just in the kitchen while doing Rōpū. Another big part of Rōpū is being a team and working together, after all, Rōpū does mean group.

When we aren't making things to eat, we're making connections with each other by discussing our likes and things that are important to us.

Whaea Hayley is encouraging us to not hesitate to ask her when we need someone to help us or talk to.

We all enjoy having wonderful Whaea Hayley as our Rōpū teacher.

We are super lucky to have this amazing Rōpū here at Te Puru School and we cherish every lesson.



Jackson Brockbank and Liliana Wilkie in the kitchen.

# Te Puru's Kura Tātahi -Beach School 'one of a kind'

### By Te Puru School student Lillian Berghan

All of our classes in Te Puru School get to experience a class called Kura Tātahi, or in English, Beach School.

This is unique to our school and makes Te Puru school one of a kind.

Here at Kura Tātahi we do all kinds of exciting learning activities at Beach School like paddle boarding, kayaking, swimming, water safety, fire safety, cooking, and learning the things we need in the outdoors. But that's not all of it.

One of our main focuses in Kura Tātahi is our values, Kaitiakitanga, Tū Kaha, Arohatanga, Whanaungatanga, and lucky last Manaakitanga. Matua Jason

and Whaea Hayley run this program and they do a fantastic job. Beach School is great as it brings classmates to-

gether, and lets them engage. This programme aligns with Mātauranga Māori, including Maramataka and Te Whare Tapa Whā, which we use to connect to our Hauora/Wellbeing, as well as our Whenua/Land.

Matua Jason is always fun to listen to, he always has fun Māori myths. A lot of our activities are based on the seasons.

A lot of our activities are based on the seasons. Raumati/Summer Takurua/Winter Ngāhuru/Autumn and lastly Kōanga/Spring.

and lastly Kōanga/Spring. Beach School is an enjoyable programme that all of our tamariki love.



Te Puru School students at Kura Tātahi (Beach School).

# Thames enthusiast goes ham for amateur radio

By ALICE PARMINTER, Public Interest Journalism funded by NZ On Air

Calling CQ - a ham radio Centhusiast is seeking likeminded people in Thames to form a new club.

Alex Makinson is never spotted around town without a handheld radio or four at his belt.

The 34-year-old is wellknown around Thames, having featured on the TV show *Down For Love* last year.

He has been a fan of all things electronic for most of his life, but his special interest is amateur radio, also known as ham radio.

as ham radio. Alex has been a licenced amateur radio operator since July, 2012, after discovering two-way radio at the age of 14.

"One Easter I was in Taupo... I went to the Dick Smith shop with my dad and I saw in the window of the walkie-talkie cabinet a police scanner for sale and I had to get my hands on it, and that's how my interest in radio sprung," Alex recalled.

"He bought the police scanner for me later on that year, 2004, 20 years ago and later on after getting that I got a pair of these little DSC D1793 pocket communicator value pack 40 channel walkie-talkies."

Alex's love of radio grew, and soon he found ham radio, joining a club in Hamilton. "In 2005 when I went to my

dad's for that weekend a fellow ham popped around and vis-



ited me, and brought his handheld. He gave it to me to have a look at. I didn't have a licence then of course [but] I wore it on my belt pretending to be a cop," Alex said.

"That's when my interest of amateur radio added to the interest of radio."

Alex speaks to people all over the world, using his unique call sign to identify himself to people as far away as the United Kingdom, he said. Most of his conversations centre around the hobby itself - how long they've been involved and what they get up to.

they get up to. "You can make new friends, talk around the world and join different clubs."

Now, Alex wants to find local enthusiasts. He's already connected with five or six people in Thames who participate in the hobby, Alex said. "I'm looking at establishing a new club in Thames, bringing those people together," he said. "I just want to introduce new

"I just want to introduce new people to the hobby, because I've been asked to promote the hobby by a fellow ham, so I'm trying to do that."

And for Alex, who has a highfunctioning autism disorder formerly known as Asperger's syndrome, the hobby is also an opportunity for inclusiveness. "I want more special needs people in the hobby as well," he said. "People who are enthusiasts. I'd like to go around the special needs schools, or the schools with special needs units and get them involved as well." DETAILS: To get involved or find out more about ham radio, contact Alex on 027 853 3351.

Journalism



# Body found in mud at Shortland Wharf



As part of a Valley Profile series, **MEGHAN HAWKES** explores our local history by seeking out stories of life and death in the Thames Valley

A hat lying in the mud at the end of Thames' Shortland wharf caught the eye of Karawna Poona, who was working with Samuel Dufty on a Harbour Board contract to repair the wharf.

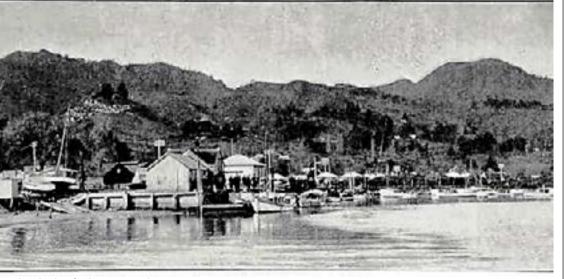
It was around 7am in early December, 1900, and the tide was out.

Karawna picked the hat up, took a couple of steps, and about seven yards from the piles came across a body face down in the mud.

He called Samuel and they both at once went and reported the matter to Constable Hodgson, who proceeded to the wharf.

The man was recognised as 63-year-old Scotsman John Miller, a butcher, and a widower with a grown-up family of nine. He was a well respected resident of the town.

The constable informed the relatives of the sad occurrence,



### Shortland wharf, Thames, in the 1900s.

and John was taken to his home.

The discovery was a mystery - John had been last seen alive by his daughter Violet about 9.30 the previous night, when he went into his bedroom and prepared to go to bed.

<sup>1</sup> He seemed his usual self, although he suffered from a kidney complaint and bouts of insomnia.

Violet did not hear him get up again and leave the house.

At the inquest, Walter Miller, John's son, said that although his father suffered with his kidneys, which laid him up sometimes, his general health and strength was good.

He could not account for him being found where he was unless he went for a walk down to the wharf - where he often went in the day time – sat down, became drowsy, and fell over the edge. As far as he knew, his father had no enemy.

Constable Hodgson stated that there were no marks of violence on the body and he knew of nothing to indicate that John committed suicide.

About the only things found in his pockets were a pipe and matches.

He knew that John frequently went down the wharf and sat on the fender piles.

There was not sufficient water on the mud bank to drown a man.

John might have fallen into deeper water then been carried

Photo: SUPPLIED

round by the tide and lodged on the mud bank.

The coroner said that the theory that suggested itself on the evidence was that John could not sleep and got up and went for a walk to the wharf and sat on one of the fender piles.

Becoming drowsy, he probably fell over and drowned, an eddy carrying the body in to where it was found.

It was not clear how he got into the water or whether death took place before midnight or after. The jury returned a verdict to that effect.

John's wife, Marjory, and one of their sons, Hugh, 18, had both died five years previously and all three are buried at Shortland cemetery.

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# Chris' Quiz

Weekly quiz compiled by Chris Parminter 1. On October 22, 2024, Bronny James and which other player became the first father-and-son pair to play in the NBA together?

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2. What does GP stand for?

3. According to Wikipedia, the top two biggest companies by number of employees in New Zealand, (with approximately 20,000 employees each), are Fletcher Building and which other company? a) Air New Zealand, b) Fisher and Paykel or c) Woolworths NZ?

4. The name of which Hauraki town translates to 'heaped (or compacted) clay'? a) Kerepēhi, b) Ngatea or c) Paeroa?

5. Which car was the first to be driven in Antarctica? a) Hyundai Santa Fe, b) Toyota Corolla or c) Volkswagen Beetle?6. How many points is the letter W worth in a regular game of Scrabble in New Zealand?

7. What game consists of mole heads that pop up at random, as the player attempts to bash each one with a mallet for points?

8. A banana plant is a) a palm, or b) a herbaceous plant?

9. Who is often credited with the saying "Any colour the customer wants, as long as it's black", to describe the model T? 10. What is the chemical symbol for Aluminium? a) Ag, b) Al or c) Au



Answers: J. LeBron James, S. General practitioner, S. c) Woolworths NZ, 4. a) Kerepähi, S. c) Volkswagen Beetle, in 1963; G. 4; N. Whac-A-Mole, S. b, a herbaceous phant- the apparent 'stem' is in fact made up phant- the apparent 'stalks, 9. Henry Ford, of the bases of leaf stalks, 9. Henry Ford, though this has never been verified. 10. AI though this has never been verified. 20. AI

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# azzling display

The annual Paeroa Lions Fireworks Display dazzled the crowd on October 27 at the Paeroa Domain. The event was postponed by one night due to the weather, but despite a couple of small showers on the rain date, organisers decided to forge ahead. The weather came to the party at the last minute, clearing for most of the evening and providing clear skies just as the lights went down. Hundreds of people were gathered in the domain for the spectacular display, which was preceded by live music, dancing, food trucks, carnival rides and other entertainment. Many were dressed in their scary best, to participate in the Halloween Dress Up contest. Paeroa Lions president Wei Zhang said the evening was very successful, raising around \$15,000 for the community. She thanked the Lions members for their hard work in managing the event. "The feedback we got was really good from the public, considering the weather was a bit soggy. I think the Paeroa Lions have done a wonderful job," she said. "I also want to thank the community for supporting this event for over three decades, I think it's a really great thing for the Paeroa community." ALICE PARMINTER popped along to catch the display.











Remi, Indy and Stellah enjoy the music at the variety stage.



Fireworks dazzle the large crowd at Paeroa Domain.

R.M.V.T

Photos: ALICE PARMINTER



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# <section-header>

Boughton, on Friday. Bob and Emily bring their deep musical connection to the Kauaeranga Valley for a rare concert together, playing their favourite songs and tunes collected over years of playing at festivals, stages and

years of playing at festivals, stages and late into the night at kitchen tables. Based in Wellington, Bob is one of New Zealand's best known folk songwriters. His songs have been covered by artists in New Zealand, Australia, the United Kingdom and United States.

NZ Musician magazine compared his songwriting to Bruce Springsteen and Mark Knopfler; the Dominion Post likened him to Jackson Browne and James A guitarist, he is known for both his open-tuned acoustic fingerstyle style and electric guitar playing. His latest album, released in June, 2024, is *Lost Stars*, an extended release on CD and download features new recordings and rarities, with Emily on violin and piano.

From Whangarei, Emily is a virtuoso violinist inspired by the Scottish tradition and the modern trad movement.

Classically trained, she is infinitely adaptable with her gorgeous stylings and fiery tune playing and the perfect foil for Bob's lyrical songs. **DETAILS: The duo will play at Kauaeranga** 

Hall on November 8 at 7:30pm. Tickets: Door sales \$28, pre-paid \$25 txt: 021 912 993 or kauaerangahallmusic@gmail.com, or Garden Music, 712 Pollen St, Thames.



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**Rural Life** Water storage a 'hot topic

### **OPINION**

By PAMELA STOREY, Waikato Regional Council chair Water – in particular the storage of it – was a hot topic at last week's Re-

gional Growth Summit. And it's top of mind for Waikato Regional Council too. Regional Development Minister Shane Jones encouraged applications to the \$1billionplus Regional Development Fund from Waikato water storage schemes. And Waikato-Tainui's executive Te Arataura, Chair Tukoroirangi Morgan shared that the iwi is already looking at options for storage. The government's recognition of the need to

increase water storage is part of what underpins the Waikato Water Security Strategy, which Waikato Regional Council is working on at the the Waikato Mayoral Forum's request, and alongside iwi partners (Waikato, Maniapoto, Raukawa, Hauraki, Te Arawa and Tūwharetoa), local councils and other stakeholders.

Water is our most precious resource and throughout the world it is increasingly threatened by pollution and overallocation. Here in the Waikato, protecting and improving water is consistently the number one environmental concern that we hear about from our communities. From sustaining life to driving economies, water is the lifeblood of our planet. Despite the perception that we are surrounded by plentiful water, climate change and the legacy effects of land use mean that in some areas of the region there simply isn't enough fresh water to go around. Demand has increased, supply has decreased. That poses a significant risk when you think about future population growth and achieving improved environmental outcomes. The Water Security Strategy will mean we can manage water resources more efficiently.

I'm hearted that Minister Jones recognises the need for more water storage as the key to raising productivity and export earnings and

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being critical for dealing with volatile weather patterns and climate change. Part of the strategy will be to work out high water demand areas and to ensure not too much water is allocated so we can safeguard water resources for our region's future. Water resources in New Zealand are finite, and there is competition for water allocation among various users, including households, industries, agriculture, and ecosystems. A Strategy will facilitate the allocation of water resources, taking into account the needs of different stakeholders while ensuring the sustainability of water supplies for future generations

Other tasks outlined in the strategy include looking into leak detection, rainwater harvesting initiatives, developing reporting tools using existing water data, identifying future points for demand, and aligning water security with climate change responses. Importantly, the Strategy also recommends exploring innova-tive water security solutions, with a focus on options that reduce demand, enhance supply, and improve the river. I'm heartened that the government and iwi

are on the same page about water security. That they are prepared to play their part in de-risking water storage. And I'm also heartened for other regions given Mr Morgan's comments at and after the Growth Summit that "we need to find another way of trying to address the ongoing needs, not only of Waikato, but for the wider community." Because this isn't just a Waikato problem. It's a New Zealand problem. And a global one. If there are innovative solutions and options that come out of our Strategy, I'd love to think other communities could benefit from them. That we can share our knowledge and expertise.

With the support of the government and iwi, I'm confident that we will be able to work out a way to ensure that we have reliable, sustainable water sources for future generations. Yes, there is a lot of work to do, but the commitment to funding and collaboration is in place and that's a very healthy place to begin.



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# Roger Harris Scholarship entries open

Rural Life

Ascholarship dedicating to helping students whose families live in the Waihou Piako zone rating area is open for applications.

The Roger Harris (Waihou Valley Scheme) Scholarship supports one student each year to study civil engineering or resource management, with a particular focus on river and catchment management. It provides up to \$6000 toward the cost of university fees.

This scholarship marks the contribution of the late Roger Harris, who was chief engineer to the then Hauraki Catchment Board 1959-1983, to the development and initial implementation of the Waihou Valley Scheme.

This scheme – which includes river and catchment management infrastructure worth almost \$130 million – covers a catchment of approximately 220,000 hectares on the eastern side of the Hauraki Plains and Thames Valley. It allows around an extra 50,000 hectares of land to be farmed safely.

The scholarship is open to all students with family resident within the Waihou Piako zone rating area who pay Waikato Regional Council targeted rates for the Waihou Valley Scheme or the Piako River Scheme - generally landowners with property around Thames, Ngatea, Paeroa, Waihi, Te Aroha, Morrinsville, Matamata, Tirau and part of Putāruru.

Applicants should submit a CV, including qualifications, copies of NCEA Level 1, 2 and 3 results on official NCEA paper and extracurricular activities and other information that demonstrates your skills and attributes.

Applications close on February 7, 2025. DETAILS: waikatoregion.govt.nz/community/funding-and-scholarships/roger-harris-scholarship.

# Dairy awards offer 'huge benefits'

"Just give it a go, you have nothing to lose by entering, you don't have to win to get benefits from the awards programme".

This is the advice from Tegan Gray, the winner of the Auckland/Hauraki Dairy Manager of the Year 2024. Entering the awards had huge benefits for Tegan, it was a chance to meet new likeminded passionate, progressive people, along with understanding your farm business better. It was also a chance for Tegan to prove herself and show that you can have a successful farming career without a male by your side. Tegan would like to be a positive role model for other women in the dairy industry.

Tegan grew up on her family farm on the Hauraki Plains, the original block has been in the family for 100 years. She studied a Bachelor of Agri Science at Massey University and graduated in 2012. This kick started her career in the dairy industry, she'd initially wanted to work in the equine field but there were more opportunities in the dairy sector. She has been working on the family dairy farm for the past seven seasons. Working her way up from farm assistant, working under the previous contract milkers on the farm. She is now in her third season managing the farm. Tegan's goal is to go sharemilking on her family farm in five years' time and in the coming years will slowly buy stock and lease the cows back to the farm to build equity.

Off farm her interests include horse riding and travelling. Tegan spent July 2024 traveling through Mongolia on The Great Nomad Expedition, the expedition was 23 days long rid-



Emma Williamson and Teagan Gray. Photo: SUPPLIED

ing horses, reindeer, yaks and camels to get from one side of Mongolia to the other, a total of 1200km. The experience has made Tegan want to integrate travel into her career, "If I could find an opportunity to go to overseas to somewhere like Mongolia and use my skills and knowledge to do good with it, I would". "The ultimate goal would be to learn more and see what farmers are

"The ultimate goal would be to learn more and see what farmers are doing with their farms overseas. To understand their farm systems and see what opportunities there are for dairy and better nutrition in developing countries".

ing countries". Emma Williamson the Auckland Hauraki Trainee of the Year 2024 entered the awards to understand her knowledge gaps and skills, and for career progression.

for career progression. She grew up in Ramarama, near the Hunua Ranges on a lifestyle block. Her journey into farming started when she left school at 16 and went to Taratahi for two years and then went sheep and beef farming for three years. She came home during Covid, and it was during her stint at home that Emma found her way into the dairy industry. She was offered the opportunity to do some relief milking work for Sam Waugh on Donald's Farm, owned by New Zealand Young Farmers near Clevedon. Until this point, she'd never milked a cow before, it was sink or swim! Three weeks into her newfound role as a relief milker she was left on her own to run the farm. It was during this time working for Sam that she realised she wanted to pursue a career in the dairy industry. Emma went on to create her own relief milking business and before long an opportunity came up to work for Amber and Fraser Carpenter at Ararimu, working her way up from a casual employee to second in charge. This season she has moved south and is now working on a 500-cow farm near Reporoa and loving her new role.

Emma's goal is to progress to farm manager role in five years' time, then go contract milking.

go contract milking. Emma's advice for anyone wanting to enter the awards is "Use this as an opportunity, you don't need to know everything". She goes on to state "It's a chance for you to learn what you're good at, meet likeminded people and put yourself out there". Her favourite quote from a previous entrant is "Be a sponge!". Could you be our next Auckland/Hauraki trainee, manager, or sharefarmer of the year?

DETAILS: More info on the awards, or how to enter: www.dairyindustryawards.co.nz.



12 THE VALLEY PROFILE, November 6, 2024



# **ARTS & ENTERTAINMENT**



The Stinking of the Titanic

••I love that cast

and crew are still

tickled by the ac-

tion on stage,

even when they've

heard the lines.

- Peter Marshall

over and over.

"I'm flying Jack, I'm flying" exclaimed Babs Floan as Maggie playing Rose in a scene of The Sinking of the Titanic - the musical.

Thames Music And Drama's next production is a play within a play.

This original comedy by Peter Marshall follows the antics of various members of the Hawking Music And Drama group (and an Uber driver in the wrong place at the wrong time) as they attempt to stage a version of the movie *Titanic*.

Act One involves the audition and rehearsal process. After half time

the audience is treated to the "opening night" of their show, aptly nicknamed by the cast The Stinking of the Titanic due to the disastrous flop that it has become.

The set is falling apart, cast members are dropping like flies and more than one secret is threatened to be exposed.

"It's fast paced, witty and has quite a number of physical comedy moment," said Peter, who also directs.

After attending a directing workshop with Thames MAD at the beginning of last year, Peter had his first foray into writing and directing as part of Emergence with a short drama piece, Freeing Ava.

This whetted his appetite for creating theatre.

"Directing this play has it's challenges due to the importance of timing in comedy, but I have an experienced cast who are doing an awesome job. Rehearsals are splattered with laughter," he said.

"I love that cast and crew are still tickled by the action on stage, even when they've heard the lines over and over.

The set and tech crew have had to really think outside the box to create the environment required to stage this play. There are special effects and trick

props that have to be timed exactly in order to pull off a stunt. Audiences can expect a great night's

entertainment with hijinks and mayhem galore.

DETAILS: The play opens in the Tararu theatre on Friday, November 15 and runs for a week with limited seating. Tickets can be purchased online at Thamesmad.co.

# LEFT BANK THEATRE Ph: 07 868 3142 www.leftbanktheatre.co.nz 659 Pollen St, Thames

Movies from Thursday 7 November Lee (117 mins, 2023) M. Thu 1.30pm; Sun 4pm: Holocaust imagery, sexual violence references & offensive language True story of a photographer & fashion model who became an acclaimed war correspondent. <u>Memoir of a Snail</u> (94mins, 2024) M. Violence, drug & sexual references. *Thu 5.15pm; Fri 3pm & 7pm:* Beautiful animated memoir of a melancholic woman - a hoarder of snails, romance novels, and guinea-pigs. Mad Max Beyond Thunderdome (107 mins, 1985) PG. Violence. Thu & Sat 7.30pm: Exiled in postapocalyptic Australia, a drifter travels with a group of abandoned children to rebel against the town's queen. <u>The Miracle Club</u> (90mins, 2023) PG. Coarse language. *Fri 11am:* Starring Maggie Smith. There's one dream for the women of Ballygar: to win a pilgrimage to the French town of Lourdes.

dream for the women of Ballygar: to win a pilgrimage to the French town of Lourdes. <u>Alice In Wonderland</u> (75mins, 1951) G. Sat 2pm & 4pm: Follows Alice who falls down a rabbit hole to enter Wonderland ruled by the Queen of Hearts, while encountering the Mad Hatter and the Cheshire Cat. <u>The Nightmare Before Christmas</u> (76mins, 1993) PG. Sun 11am: Special re-release. A stunningly origi-nal and visually delightful work of stop-motion animation. Kids & family fantasy/comedy. <u>Transformers One</u> (104 mins, 2024) PG. Violence & scary scenes. Sun 1.30pm: The story of Optimus Prime and Megatron, friends bonded like brothers. American science fiction action film based on the Transformers toy line. <u>Brimstone & Glory</u> (67 mins, 2017) PG. Some scenes may disturb. Wed 1.30pm: Ecstatic ritual, danger and the beauty of fireworks. A feast for the eyes documentary about a Mexican fireworks festival. <u>Six Inches of Soil</u> (96mins, 2024) Exempt. Wed 4pm. Story of UK farmers standing up to the industrial food system & transforming the way they produce food for the good of the planet food system & transforming the way they produce food for the good of the planet. <u>Let The Dance Begin</u> (99 mins, 2023) R13. Offensive language. *Wed 7pm:* The reunion of three friends, and a trip down memory lane across the roads of Argentina.

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ACROSS 1 Stop up (5)

- 4 Return to reality (4,4,2,5) **14** Wilt (5) 15 Accessory (5) **16** Skin disease (10) **17** Ambition (5) 19 Novel (3) 20 Careful and sensible (7) **21** Red snails (anag) (9) 22 Moving upward (6) **25** Tourist (9) **27** In layers (6) **28** Caustic (6) 33 Adept (10) 35 Subside (3) 36 Russian city (6) 37 Dross (4) 39 Minic (3) 41 Gruesome (7)42 Dine alfresco (6) 43 Honed (9) 44 Trainee (5) 45 Late (8) 50 Chamber pot (2) 51 Send-off (8) 55 Ballroom dance (5) 58 Thoroughbred (9) 59 Source (6) 60 Sultan's wife (7) 61 Wind up (3) 63 Way out (4)
- 64 Part of an insect (6)
- 65 Allow (3)
- 66 Hot kind hog (anag) (10)
- 68 Hypothesis (6)
- 69 University grounds 32 Instrumental (6) composition (6) 71 Wizards (9) 34 Lookalike (4) Cool (6) Spoke haltingly (9) 76 36 Fixes (5) 77 Soldier's decoration 38 (5) **40** 79 Deliberate insult (7) Church recess (4) Mournful song (5) 81 Road material (3) 84 Scent (5) 45 Addictive drug (7) 85 Impossible to 46 believe (10) 47 Throb (4) 86 Poppy drug (5) 48 Bawdy, ribald (6) **49** Alphabetic reference (5) 87 Basket for fish (5) 88 Maintain your position in the face of Clipped dogs (7) 50 opposition; stand firm 52 Preliminary sketch (5.2.4.4)(5.5)53 Voyeur (7) 89 Snake (5) DOWN 54 European capital (6)55 Riot-quelling vapour 2 Extravagance (6) **3** Healed (5) **5** Exposed (4) (4,3)6 As a group together 56 Simple song (5) (2,5) 7 Set-up cost (6) 57 Connection (4) 62 Around (5) Took down (5) 67 Advent (7) 9 Watch (7) 68 Planned strategies (7) **70** Loyalist, flag-waver 10 Assistant (4) 11 Minor details (6) (7) 72 73 12 Immature (5) 13 Improving trend (7) Gap (7) 14 Shortfall (7)18 Likely (2,3,5)23 Burnt remains (5) Verging on (6) Strike out (6) 74 75 Put up with (6) 24 Continue 76 Heartless (5) 78 Aggressively steadfastly (7) 26 Pump up (7)27 Smoked plant (7) masculine (5) 80 Speedy (5) 29 . Madden (7) 82 Bathroom powder

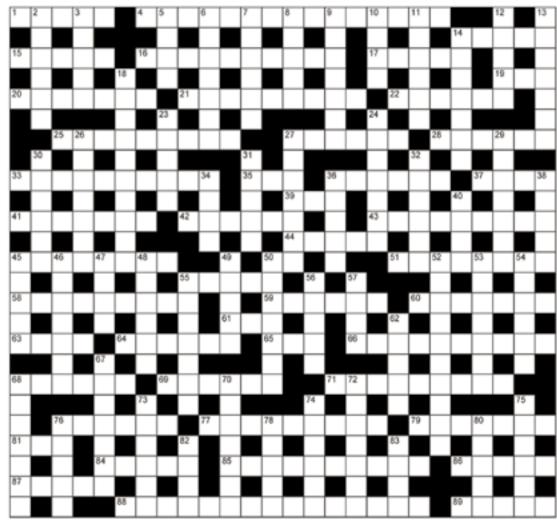
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### **PREVIOUS SOLUTION**

ACROSS: 1 Event, 4 As sound as a bell, 11 Alloy, 14 Crime, 15 Greengrocer, 16 Evacuate, 19 Humdrum, 20 Add to, 21 Shoreline, 24 Supporter, 26 Insist, 27 Guided, 31 Relay, 32 Overture, 34 Sweet tooth, 38 Mermaid, 39 Lustre, 40 Upturn, 41 Jamb, 42 Student, 45 Phonograph, 50 Eminent, 54 Echo, 55 Puppet, 56 Talent, 57 Wayward, 60 Trajectory, 61 Patching, 62 Colon, 65 Craved, 66 Toasts, 67 Teaspoons, 72 Police car, 73 Leapt, 74 Curator, 79 Garrison, 80 Abracadabra, 81 Cause, 82 Swell, 83 Family likeness, 84 Chute.

30 Lubricate (6)

31 Denim trousers (5)

(4) **83** Blueprint (4)

DOWN: 2 Versus, 3 Nomad, 5 Sure, 6 Overdue, 7 Negate, 8 Atom, 9 Amethyst, 10 Lively, 11 Accentuate, 12 Loam, 13 Yielded, 17 Puppy, 18 Wristwatch, 22 Gravy, 23 Advocate, 25 Unarmed, 26 Iceberg, 28 Select, 29 Mutton, 30 Degree, 33 Rough, 35 Habit, 36 Kiln, 37 Tuna, 42 Spent, 43 Upheaval, 44 Trusty, 45 Paper money, 46 Oath, 47 Octopus, 48 Relate, 49 Pinch, 51 Moat, 52 Newborn, 53 Narrow, 58 Ceremonial, 59 Angst, 63 Istanbul, 64 Vogue, 65 Changes, 68 Explain, 69 Rip-off, 70 Remark, 71 Corset, 75 Awash, 76 Urge, 77 Ball, 78 Errs.

# Health & Wellbeing ADVERTISING FEATURE Therapy dog does the rounds Lies that define us

Fluffy, super snuggly and loves peo-ple - according to registered nurse Lynne Kemp, these are just some of the qualities needed for being a suc-

cessful therapy dog. Lynne is talking about Amethyst, her 17-month-old Border Collie, who visits Waikato Hospital's Emergency Department (ED) once a week.

Amethyst and Lynne are registered with Canine Friends Pet Therapy, a New Zealand-wide network of owners who bring their dogs to visit people in hospitals and residential care facilities.

"I love doing things with my dogs, and I loved the idea of being able to bring my dog to work." Lynne said.

When I heard the ED was considering a canine therapy programme, I jumped at the chance to be involved."

At Waikato Hospital, therapy dogs already visit the Critical Care Unit. Paediatric wards and others, but

### WHAT IS DIABETES?

Diabetes is a condition where the level of glucose (a type of sugar) in your blood is too high.

If not controlled, high blood glucose levels eventually lead to damage in many parts of your body. The amount of glucose in your blood is controlled by several different hormones, but the main one is insulin. When you have diabetes, your body is either unable to produce insulin or can't respond properly to the insulin that it does produce.

Type 1 Diabetes is a condition that causes the level of glucose in your blood to become too high. Type 1

www.earhealth.co.nz



Amethyst. Photo: SUPPLIED Emergency Medicine Consultant Dr Lillian Pan could see the positive impact they would have in the ED.

"The benefits of pet therapy are well established," says Lillian. "But there are only a handful of studies done in emergency departments.

"A 2022 Canadian study demonstrated a significant reduction in pain, anxiety and depression after a

10-minute therapy dog visit, and an American study from 2019 noted that patients who interacted with therapy dogs needed less opioid pain medication during their ED stay.

A survey of 126 staff, patients and whānau at Waikato ED showed the response was overwhelmingly positive, with 93 per cent in favour.

The comments ranged from 'peo ple would love this, especially the kids' and 'when people see dogs in an unusual setting, it makes them focus less on their pain or trauma', to 'just pure unconditional love – what's not to love?'" Lillian said.

"It's often a scary experience com-ing into the ED, with lots of people and plenty of activity going on," adds Lynne.

"Interacting with a dog is a great distraction, and it seems to have a calming effect on patients and whānau.'

Health Ngatea diabetes is mainly diagnosed in child-

PROFESSIONAL EAR

hood and is not caused by being overweight or eating sweet foods, and is different to Type 2 diabetes. You need daily injections of insulin to keep your blood glucose levels under control.

With the advancement over the years in how the insulin can be administered, the insulin pumps are set to your individual requirements to dispense the correct amount of insulin and have replaced the need to have injections.

Type 2 Diabetes is common, but many people don't even know they have it. Most (80 per cent) of type 2 diabetes can be prevented by keep-ing to a healthy body weight, eating healthy foods and keeping physically active. It is important to see your GF healthcare provider every six months or more for regular check ups, including blood tests that are specific to pre-

At Health Ngatea, we offer appointments in our Diabetes Clinic, for the purpose of reviews, monitoring and education. Please contact the practice to book your appointment. - Supplied by Health Ngatea.



By MICHAEL WILKES Growing up, dad spend n his would in hours shed. As a fitterturner by trade, he was obsessed

with bikes, pouring countless hours into fixing our bikes, the neighbours' bikes, and even building some wild creations like double-decker bikes and his infa-mous "bronco bikes" with wonky wheels.

**OPINION** 

Us boys loved hanging out in the shed - it was a chance to be close to Dad and maybe learn something too. I remember one time I wanted to learn how to tighten my bike wheel hub.

Dad showed me how, then went back to his project. At that age, if I struggled, I'd just keep trying the same way until I was in tears from frustration.

Dad turned to me and said, "Mike, don't worry about it. You're just not mechanically minded".

To him, it was a throwaway comment, not meant to define my life. But for me, that statement became a voice in my head. Whenever things got tough or I couldn't find a solution, I'd hear, "Mike, you're not mechanically minded'

We all carry voices that weren't there when we started life. They try to keep us safe from failure,

but often they lock us into a mind set that limits us. It wasn't until I moved out and had others by my side that I picked up some DIY skills and discovered that voice was just plain wrong. Looking back through my adult

lens, I realized I'm great at fixing things and share a similar me-chanical mind as my dad.

This brings to mind the DNA-V model, which emphasizes the importance of identifying what is life-giving for us and leaning into those aspects. While our "advisor" within this model can sometimes be critical, it encourages us to explore our limiting beliefs and rec-ognize that they don't define our otential. It's about cultivating a potential. It's about cultivating a life rooted in our values and fully embracing the skills and strengths we possess

So, what lies are holding you back? Maybe it's time to share them with someone you trust and find the freedom that comes with letting those thoughts go.

Let's step into our stretch zones, challenge those narratives, and rewrite our stories together.

Michael Wilkes is a Living Well Trust Youth Michael Wilkes is a Living Well Trust Youth Worker. He and his team provide mentoring and resilience programmes across Thames and Paeroa to more than 300 students a year. They are passionate about support-ing our young people to thrive. Much of this work is funded outside of schools and it becoming increasingly challenging in the current climate. Email michael@livingwell. org.nz to sign up to their quarterly newslet-ter or to become a supporter.



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# Speed limits reduced on Hauraki roads

The speed limits on three Hauraki roads were reduced from 100km to 80km per hour from November 1, following approval from NZTA Waka Kotahi.

Waihī Beach Rd, Kennedy Rd and Dickey's Flat Rd, in the Waihī Ward, reduce from 100km to 80km and the 50km zone on Pipiroa Rd on the section leading out from Ngātea township has been extended to the 70km sign.

A section of road between Kaiaua and Whakatiwai that went from 50km, to 70km then back to 50km was reduced to 50km across the whole stretch a few months ago.

Motorists are advised to pay careful attention to speed limit signs once in place.

The changes to the speed limits are part of the recommendations in the Hauraki District Council's Speed Management Plan, which was approved last year after consultation with the public.

With recent changes to NZTA Waka Kotahi criteria, council

TICKET

had to wait for approval from the transport agency to confirm which recommended speed limit changes met the new standards.

'We didn't get everything we wanted but we are pleased to see these high volume roads with tourism traffic reduced to 80km," Mayor Toby Adams said.

"It builds in a bit more safety for everyone."

Council now planned to tackle the variable reduced speeds around schools during the busy drop off and pick up times, he said.

"NZTA has signalled that all reduced speed limits for schools must be in place by July, 2026," he said.

For urban schools (Category One) that means a reduction to 30km between 8:20am and 9am, and 2:40pm and 3.30pm.

Reduced speed limits for schools that are in other locations (Category 2) will have reduced speed limits of between 40km and 60km depending on their location.



# Build an itinerary of art experiences

reative Coromandel's spring fes-Creative coordinates spring res-tival, artbeat, is a curation of all the must-see artists, experiences and events in the rohe.

Running until mid-December, artbeat gives locals and visitors alike the chance to build an itinerary of art experiences on the Coromandel, before the summer hordes arrive

The peninsula is pulsing with artistic endeavours this spring and with the sun shining and the roads open there's never been a better time to engage with Coromandel artists.

To create your own artistic itiner-ary, go to the artbeat website and choose dates that will suit.

For example, if you'd like to attend Thames' famous Steampunk Festival, you could put together an itinerary for the weekend November 8–11.

Arriving on Friday, you can attend life drawing classes followed by live music at the Kauaeranga Valley Hall with Bob McNeill and Emily Roughton. Spend Saturday marvelling

at the costumes on display at Steampunk Parade and fashion show but get in a disco nap before the ball that night.

Take it a bit more gently on Sunday and round out the weekend by relaxing to either the music of the harp, or the choral stylings of the very talented Mercury Bay Community Choir. If you have any spare moments during the weekend, the Creative Coromandel website can help you fill them with information about galleries and creative venues all over the Coromandel at the end of a mouse click.

The artbeat festival is also putting out a call to all the artists in the re gion. The festival has been designed by Creative Coromandel to connect communities through art and to create an arts 'gig guide'. It is free to be part of the festival, and inclusion in the program helps artists to amplify their upcoming events to a receptive audience.

All creatives are invited to partici-

The coromandel artbeat spring

festival is a lineup of creative, local

runs for 3 months each year from

September to December

art events all over the Peninsula and

**3 months** 

pate so if you have an upcoming art show, dance exhibition or music gig, contact Creative Coromandel to be added to the calendar. Sign up today you'll find all the info you need on the newly revamped Creative Coro-mandel website.

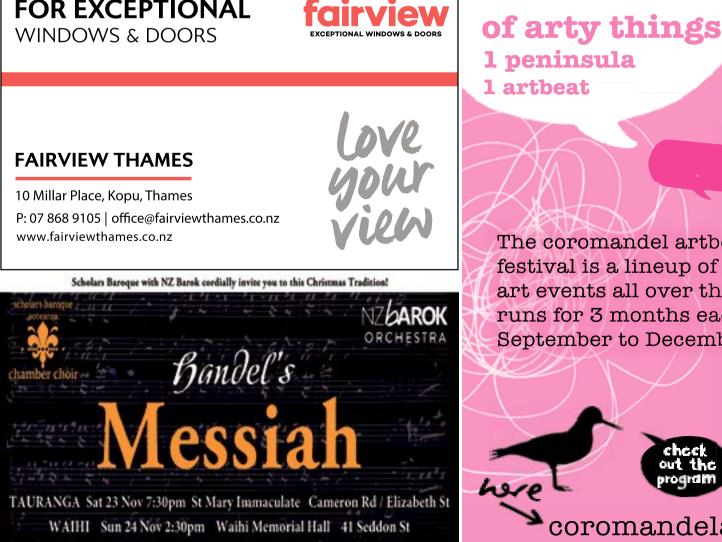
This glow-up of Creative Coromandel's website makes it a must-use resource for anyone interested in the arts. For art lovers, the website will guide you to the events, people, places and news from around the peninsula. For artists, there is a whole section of the website devoted to resources with guidance on funding, prizes and connection to other creatives, as well as information about workshops, arts advocacy and advice on selling art online.

Visit Creative Coromandel and start planning your artbeat experience to-

DETAILS: Visit creativecoromandel. co.nz for more information. - Supplied by Creative Coromandel

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he Whiritoa Library and Commu-I nity Centre, including the NZ Fire and Emergency Brigade building, is now set for a bright future thanks to the installation of a solar unit on the roof.

The new system will provide a backup energy supply in case of severe emergency events and power cuts.

The solar panel installation was officially opened by Hauraki District Council Mayor Toby Adams on October

23. "We heard from the Whiritoa community that they wanted to be selfsufficient in the event of an emergency - being able to care for themselves and not feel cut off from the world," he said.

That was all we needed to know to seek funding for alternative energy supplies to provide resilience and connectivity for the community during an

emergency. Whiritoa now has solar energy, a back-up generator and our free Antenno app in their toolkit for future emergencies - this level of contactability is very reassuring for us and the community," he said.

Funding for the solar panels came from the Ministry for Business, Innovation and Employment's Community Renewable Energy Fund.

Following the severe weather events of 2023, including Cyclone Gabrielle, the government allocated \$6.5 million through the fund for the installation of solar PV (photovoltaic) panels and battery systems on key community buildings in impacted regions.

Buildings such as marae, churches, schools, and community halls which



An aerial view of the newly installed solar panels. BELOW: Council staff and community members attend the official opening at the Whiritoa community building. Photos: Photos: SUPPLIED

are equipped like this, can generate renewable energy during emergency events, increasing community resilience, the council said.

New solar unit for community hall

The systems provide renewable energy for the community buildings to shelter and support their community in emergency events, electricity grid outages and for day-to-day use.

Once the solar panels are fully commissioned, any excess power will be sold back to the power supplier with monies received used to offset any ongoing maintenance costs.





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# Scott Simpson MP for Coromandel

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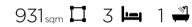


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