The Valley

ISSN 2703-5700

Medical duo move on after 30 years in Ngatea

By KELLEY TANTAU

Dr Anthony Smit and his wife Bronwyn Roberts, the faces of Hauraki Plains Health Centre since 2014, will leave the practice in the coming months.

Anthony, who started as a junior doctor at the practice in 1991, will hang up his stethoscope at the end of June. Bronwyn, the practice manager, will leave on April 30.

They'll be heading to Christchurch, where they have family, and said the move would be bittersweet after 30 years in Ngatea.

"Our kids have been brought up in this community, they went to Ngatea Primary School and Hauraki Plains College, so we've lived the life here," Bronwyn said.

"We've had our major life experiences in Ngatea and we've made some wonderful friends here.

"It's a community in the truest sense of the word."

Anthony will continue his career in medicine down south as a locum doctor working three days a week.

The change of pace was prompted by the Covid-19 pandemic, Bronwyn said.

"Medicine has just got a lot

harder. The medical centre hasn't got that much bigger, but the complex nature of the patients has grown hugely."

Anthony, originally from Mangere, Auckland, has seen the medical field face triumphs and challenges, and, under his and Bronwyn's ownership, the Hauraki health centre took onboard a 'Health Care Home' model of care - one of the early groups of practices to do so.

The approach organises the way doctors see patients in a more rational way, so the right patient gets the right care at the right time, he said.

However, full-time rural general practise was still a lot of work.

"You're doing 80-100 consults a week, plus all the other interactions you have with people, and what has happened over my working time is the growth of complexity with every patient. "When I first came down

"When I first came down here, people would be asking questions like: 'You must be busy because there are lots of colds around'. But the biggest chunk of our work is the management of long-term conditions, and that space has just grown and grown."

Because people were living longer, they tended to



Doctor Anthony Smit and practice manager Bronwyn Roberts are moving on from the Hauraki Plains Health Centre. Photo: KELLEY TANTAU

accumulate more conditions, he said, and they lived with those conditions for a long time.

PUBLISHED EVERY SECOND WEDNESDAY

And while he's also witnessed a decrease in issues arising from smoking, health complications from obesity had increased.

"Whilst our population has reduced its smoking considerably, against that, there's a growing number of obese patients, and that results in long-term health consequences.

"General practitioners and health providers do a lot of stuff, but they are up against a whole lot of forces like the way we live, the way we work, the food we eat, and the lack of activity.

"That's going to be the biggest challenge in our healthcare system over the next 50 years, and a whole-of-society approach is the only way we'll be able to address it."

Yet, the improvements in the way practitioners can now manage conditions has improved immensely, he said.

"We are better at treating heart disease, we are better at treating diabetes, we are better at treating nearly everything."

The practice serves the Hauraki Plains, Mangatangi, Kaiaua, Mangatāwhiri, Waitakaruru, Kerepēhi, Miranda, and the greater Thames community, and has a staff of 11.

Vail-biter cricket final, P17

Issue 017 April 14, 2021

It has been bought by Health Ngatea, under the same arm of Health Te Aroha, and there will be no real change in the way the practise operates, Bronwyn said.

"The practise needs a set of fresh eyes.

"We've made some big changes in the time we've owned it, but now it's time for someone else to carry on what we think has been good work in our community."



CONTACT US

The Valley Profile is a community newspaper that delivers 100% local news in the Thames Valley region. We deliver 12,500 copies every second Wednesday to every letterbox, reaching more than 22,500 readers in Hauraki Plains, Paeroa, Thames, Thames Coast and surrounding rural areas, plus bulk distribution around the Coromandel Peninsula.

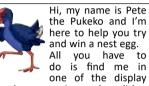
> **NEWS/EDITORIAL** Editor Teresa Ramsey Ph 0204 0944 853 editor@valleyprofile.co.nz Reporter Kellev Tantau Ph 022 619 4889 kelley@valleyprofile.co.nz

ADVERTISING Ad manager Nikki Sanders Ph 022 1303 885

Email: nikki@valleyprofile.co.nz

100% LOCALLY OWNED AND OPERATED

PO Box 550, Thames 3540 www.valleyprofile.co.nz



advertisements in each edition of *The Valley Profile*, then email editor@valleyprofile.co.nz or Ph/ txt 0204 0944 853 with your full name, the business name and page number of the ad by the following Monday to go in the draw to **WIN** a car valet from Thames Autos worth \$150! The prize is drawn at the end of each month.

Thames Autos 868 8981

Fatal Easter crashes add to district tol In the final installment of a Valley Profile series about our roads, KELLEY TANTAU discovers Easter fatalies add to a shocking Thames Valley

road toll in recent years. wo crashes within just

L over an hour of each other during Easter long weekend claimed the lives of two people and injured many others, adding to an already high crash rate on Thames Valley highwavs

Christopher Charles Kenny aged 60, from Auckland, died and three others sustained moderate injuries after a truck and car collided in Kaihere on

April 1. That same day, 22-year-old Kalam Safari Watkin-Mamode, of Mangatāwhiri, died in a crash on State Highway 2 in Mangatāwhiri. Investigation into the circumstances of both crashes was ongoing, police said.

There was also a serious crash in the Karangahake Gorge on April 2, and another fatal crash in the Athenree Gorge, adding to the total national Easter road toll of eight dead on our roads - the second highest in the past decade.

The Easter road toll adds to a huge number of crashes in the Thames Valley in recent years.

This includes more than 250 crashes and four dead on the popular holiday highway, the Kopu-Hikuai Rd since 2016. It's a number the district's

road safety co-ordinator is sur-prised and saddened by, after

results from an Official Infor-mation Act (OIA) request were released.

The OIA put forward to Waka Kotahi New Zealand Transport Agency [NZTA] by *The Valley* Profile in March revealed 257 people crashed on the 29km route between Thames and the Coromandel's east coast between 2016 and 2021, though the 2020-21 data isn't yet complete.

Of those crashes, four were fatal, 19 were serious, 75 were minor, and 159 were non-injury. Poor handling, road factors, poor judgement, and travel speed made up the main factors contributing to these crashes.

An equally dangerous route, State Highway 2 from Mara-marua to Paeroa, had a total of 247 crashes, including seven fatal and 11 serious crashes since 2016.

In other areas, State Highway 25 from the SH2 roundabout to Kõpū had 14 crashes, seven of them fatal; the Thames Coast Rd had 101 crashes, includ-ing one fatal; the Karangahake Gorge had 68 crashes, one fatal; and SH26 between Kopū and Paeroa had 11 crashes, four fatal.

Alcohol, speed, and poor handling contributed to crash-es along these roads.

"There's got to be a lot of human responsibility," eastern Waikato road safety co-ordinator Ingrid Le Fevre said.

"Quite often, there's a lot of finger pointing at the roads, but when it comes down to it,

The Kopu-Hikuai Rd has the highest crash rate in our region. Photo: KELLEY TANTAU

air of responsibility, and we should have all read the Road Code, and we all see the signs that say 'Slow Down'.

"It's all basic stuff which humans know, and you can only tell people so much."

Ingrid has been the eastern Waikato safety co-ordinator for more than 10 years, work-ing with Thames-Coromandel, Hauraki, and Matamata-Piako district councils to promote an awareness of road safety among residents.

"Every time there's a crash or a fatal accident it does surprise me," Ingrid said.

'My job is to try and prevent death and serious injuries on the road.

"I don't want anyone to die on any of our eastern Waikato roads, ever. We don't want people to go through that trauma." She praised the NZTA's na-

tional speed review to identi-

fying roads where reviewing speed limits could make a big difference in preventing deaths and serious injuries.

The agency was also working with other organisations for the 'Road to Zero' safety strategy, which has a target to reduce deaths and serious injuries on the country's roads, streets, cycleways and footpaths by 40 percent over the next 10 years.

Reaching that target would mean reducing annual road deaths to 227 and serious injuries to 1,680 by 2030.

And in regards to the OIA re-sults for Thames Valley, Ingrid said she hoped the numbers would be "reduced tomorrow" "I don't like the numbers at ," she said.

all," she said. "One accident is too many, and it affects so many people. If all of us as individuals slowed down, and paid attention to what's happening outside, we'd be a lot better off."

Kent Wood Fires



We are your local Kent indoor wood fire dealer. For over 40 years Kent wood fires have been heating New Zealand homes, creating a warm, cosy haven that Kiwi's look forward to enjoying. Designed in New Zealand for your New Zealand home, Kent indoor wood fires come with a 15 year warranty, backed by service and support at your doorstep.

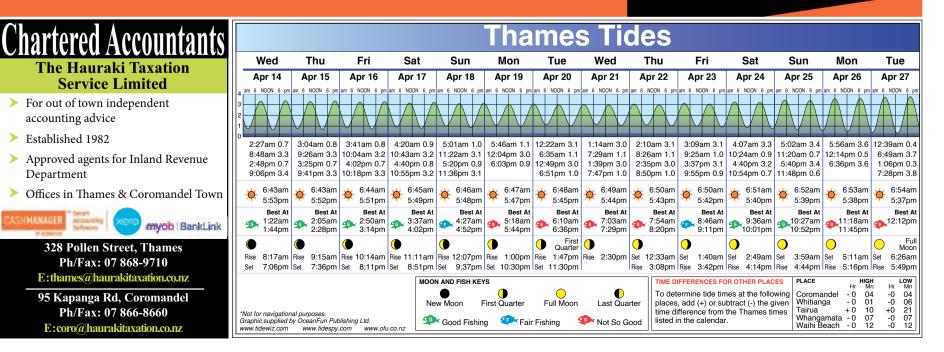
Flue cleaning kits - Fire guards - Wood baskets - Kindling - Fire lighters -Replacement parts - Electric Heaters SEE MORE AT

READ () BROS. EST. 1867 Hardware

COME & SEE US for all your

wood fire and heating needs.

www.readbros.co.nz **308** Pollen St, Thames 07 868 6608





Thames author breaks stigma around autism

By KELLEY TANTAU

hroughout her life, Dianne McLean-Folau told herself she was a failed human.

As a child, she thought she was "broken" and a "bad person", and as an adult, she continually compared herself to others. It was a relief then, at age 58, when she was finally diagnosed with autism.

'It was a huge weight lifted off me, and I realised I wasn't broken, I was actually a perfectly functioning autistic person.

Dianne was classed as a late-diagnosed autistic, having gone through life unaware she had the spectrum disorder until two years ago. Women often get misdiagnosed as having anxiety or depression, among other things, before they get diagnosed as autistic, she said.

They think it's partly because we've been socialised differently, and that girls are socialised to fit in more and not to rock the boat.

"Looking back on my own growing up, I didn't have a clue social [expectations]

but knew how to teach myself from magazines. I was able to do what they call 'masking' and camouflage myself a bit better, she said. Dianne is a neurodivergent author and has written two books, Out of Time, and Back in Time, released in 2017 and 2019 respectively.

When she was younger, she had the ability to tell stories in her head, but could never settle down enough to put pen to

paper. "As I've got older, that part of me has slowed down, so my thoughts are now a bit more in-pace with everybody else's. I can actually start a story and carry it on through," she said. "And since being diagnosed,

I have found out from other autistic people that we have a very rich inner-life. I've got all of these imaginations and scenarios going on in my head that are very fulfilling, so writing them out and putting them on paper is another step.

Dianne said her ability to be creative hadn't been hindered

by her diagnosis. "One of the myths out there is that autistic people don't



McLean-Folau is giving a talk about her journey with autism on Saturday.

understand figurative speech, and we lack imagination, and we don't have empathy. There's a lot of things like that which aren't true.

"What's portrayed in the media tends to be very stereotyped and very narrow, so people don't really have a full understanding of how cool autistic people can be," she said. "Autistic people make great

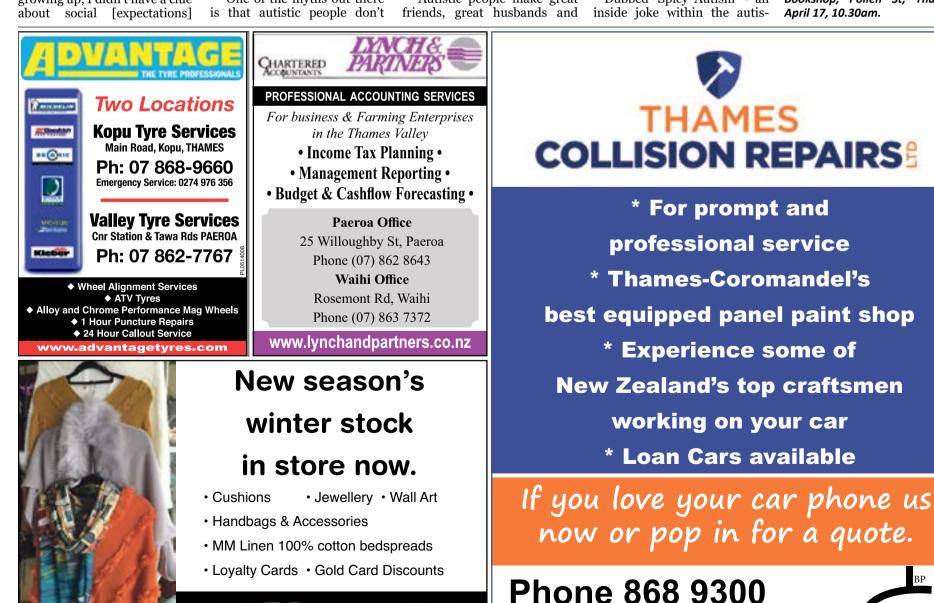
wives, great parents, and great employees. We've got a lot to offer, and I think sometimes people just see the deficits, they don't see the potential." Dianne will be at Carson's

Bookshop on Saturday to talk to people about her journey, break some of the stigma surrounding autism, and open the

floor to questions. Dubbed 'Spicy Autism' - an inside joke within the autis-

tic community - the event is free and aims to inform people about what it means to be autistic, and how a diagnosis doesn't have to stop people from achieving their dreams.

"I'd just like to help at least one young person realise that it's okay to be different.' DETAILS: Spicy Autism with Dianne McLean-Folau at Carson's Bookshop, Pollen St, Thames,



nné 500 Pollen St, Thames - 868 8725

115 Jellicoe Crescent, Thames (behind the Elim Church)





What's next in the Long Term Plan process?

The submission period for our proposed Long Term Plan (LTP) for 2021-2031 has now closed. Thank you to everyone who took the time to put in a submission and who joined our drop-in sessions and online forums.

The submissions are now being sorted through and people who requested to present their feedback to

GREATE the Vibe



Our staff will be at the Create the Vibe Thames container on Mary Street from 10am-3pm tomorrow (15 April) for the final time for you to pop in and chat and give your feedback in person on the new Create the Vibe public place.

While you're there you can check out the new wheelchair-friendly picnic tables and the bike repair station.

Can't make it tomorrow? You can also fill out our online survey, which is the best way to give us feedback for this new town hub. It's important to share your thoughts with us as it will shape the next stage of the

the Vibe

as it will snape the next stage of the project – **tcdc.govt.nz/createthevibethames**

project – tcdc.govt.nz/createtnevibetnames

IT'S TIME TO CHEQUE OUT

NZ Banks are phasing out cheques and after Thursday 20 May we'll no longer be able to accept cheques as a form of payment – tcdc.govt.nz/paymentoptions

Anzac Day Kerbside Collections

Kerbside rubbish and recycling collections are one day later than usual following the Anzac Day (Observed) public holiday on Monday 26 April. If you're leaving town before your

collection day, please take your rubbish and recycling to one of Refuse Transfer Stations. Kerbside collection schedules are available at

tcdc.govt.nz/kerbside

Our Refuse Transfer Stations are open 1-5:30pm on Anzac Day (Sunday 25 April) and are open to their Sunday hours on Anzac Day Observed (Monday 26 April).

www.tcdc.govt.nz/rts



Get our free eNewsletters! www.tcdc.govt.nz/subscribe

www.facebook.com/ ThamesCoromandelDistrictCouncil Council will be heard from 5-7 May. Council will then hold deliberations and adopt the final LTP at the end of June. The LTP sets the budgets, projects and levels of service for the next 10 years. The LTP will not be finalised until Council has considered all feedback.

For more information on the LTP, go to tcdc.govt.nz/longtermplan2021



A word from the Board Chairperson, Strat Peters

"It was great to see Pollen Street in Thames packed out for the visit of the Beach Hop's classic cars. I've been hearing that many businesses were

very busy on the day. I've also had very positive feedback about the new wheelchair-friendly picnic tables and the bike repair station installed in the Create the Vibe Thames public place. Remember, if you miss the chance to give Council staff feedback on the new space at tomorrow's 'container day', you can fill in the survey at

tcdc.govt.nz/createthevibethames" strat.peters@council.tcdc.govt.nz

Brown Street public toilet – Work will start on the replacement toilet block after the Pepe toilet upgrade in Tairua is finished, as the same contractor is doing both jobs, hopefully in April. The budget for this project is approximately \$370,000 with half provided by the government's Tourism Infrastructure Fund.

Te Puru Hall toilets – Much-needed improvements to the toilets in the community hall are scheduled to begin this month after consultation with the hall committee. This will make the hall a more suitable venue for community events and weddings. The water supply to the public toilets in the domain will also be improved as part of this project.

Library Update

Our District Libraries in Whitianga, Tairua and Thames are closed Saturday 24 April – Monday 26 April for the Anzac Day long weekend.

School Holiday Programme – Bookings are essential for our libraries' Earth Day themed activities.

Kids' Movie Morning – Every Wednesday in the school holidays, 10am, free. Thames Library Carnegie Room. Bookings essential.

tcdc.govt.nz/libraries

TSUNAMI ALERTING METHODS

Our Council is holding a series of public forums for people to find out more about why the tsunami warning sirens in our district are being disconnected from the pager system that activates them, and to find out what alternative measures are in place to keep everyone safe. The public forums are being held at:



- Whitianga Monday 12 April 12:30pm.
- TCDC Mercury Bay Board Room, 10 Monk St.
- **Tairua** Tuesday 13 April 9am. St Francis Church, 248 Main Rd.
- **Pauanui** Tuesday 13 April 12pm. Community Hub, 23 Centreway.
- Whangamatā Tuesday 13 April 2pm. TCDC Board Room. 620 Port Rd.

Public forums for the west coast of the Coromandel (Thames, Coromandel Town and Colville) will take place in May.

Dates and locations for these, and more information on tsunami sirens, will be posted on our website at tcdc.govt.nz/tsunamisirens

Our existing tsunami warning sirens are not compliant with national standards and the National Emergency Management Agency has told our Council to disconnect them or install compliant sirens. These would come at an estimated cost of \$5-\$11 million.

Our current sirens reach fewer than 43 per cent of the district, and are often inaudible due to wind, location or double-glazing on windows.

New, better alerting systems are now available, including:

- Emergency Mobile Alerts to almost all cell phones - civildefence.govt.nz
- Red Cross Hazards App download from Google Play Store and Apple App Store
- Geonet App
- Improved mobile and broadband coverage
- WHISPIR coming later this year, a platform that provides alerts to more remote locations with limited cell coverage

• Community Response Groups – tcdc.govt.nz/emu Our Council is also launching in the coming months an extensive education campaign incorporating signage on our main beaches, strengthening the Community Response Groups, and targeted advertising to inform our communities about emergency alerting options. Most important are the natural warning signs of a potential tsunami: Long or Strong, Get Gone.

• A strong earthquake that makes if difficult to stand

🕻 App Store

- A long earthquake that lasts more than a minute
- A sudden rise or fall in sea level
 - Loud or unusual noises from the sea

If you experience any of these, head for high ground or inland – do not wait for official warnings.

Red Cross

Hazard App



Songle play

www.coromandel.govt.nz

customer.services@tcdc.govt.nz Private Bag, 515 Mackay St, Thames, Phone: 07 868 0200

Coffee grounds fire up Paeroa students' business

BY KELLEY TANTAU

Coffee grounds once destined for the landfill are being utilised for a unique business venture thought up by college students. Sarah Watson, Suzie

Sarah Watson, Suzie Roskam, Naomi Smith, Case Baxter, and Jeramiah Coffey, Year 13's from Paeroa College, have established Re-Grounded, a company that sells organic fire starters made from locally-sourced coffee grounds.

The business venture is part of the Young Enterprise Scheme, a programme in which students set up and run a real business, and at Paeroa College, the course is being guided by business teacher Sean Koller. "Overseas, they make fire logs out of coffee grounds, and we did a bit of research and we humed on par

"Overseas, they make fire logs out of coffee grounds, and we did a bit of research and found they burned 20 per cent longer than wood does," student Case Baxter told *The Profile*. "Fire starters are made with

"Fire starters are made with harmful products, so our goal was to remove that - and, there were no other coffee ground fire starters on the New Zealand market, so we spotted that gap."

Upon realising the majority of used coffee grounds got sent to landfill, the students approached Tanya Nelson, who runs The Coffee Container across the road from the college. She offered to not only supply the used grounds to the business, but to distribute the finished product as well.

"One of the goals of the Young Enterprise Scheme for Year 13s is sustainability," Jeramiah said, "and this is very sustainability-focused. When we saw how coffee grounds are bagged up at the end of the day and taken to the dump, we thought we could use this as a chance to minimise waste."

After obtaining the coffee, the students take the grounds home to dry them in the oven.

They tested drying the grounds in the barbecue, too, as well as naturally, but the oven proved to be the mosteffective, they said. After adding a secret ingredient, the fire starters are pressed into moulds and placed into packaging, ready to sell.

"The first time we did it, we didn't know if it was going to light, but it burned well over 16 minutes, which is longer than the average fire starter," Case said.

The product has been constructed with advice and support from other local businesses, including a candle shop and a fireplace company, and the students said they were grateful for the help. They have already sold their

They have already sold their product at the Thames market, and said the timing was perfect - ahead of the cold winter season. They also have their eyes on creating coffee ground briquettes to replace the traditional coals used for cooking.

The inventors of Re-Grounded, Paeroa College students, from left, Case Baxter, Naomi Smith, Sarah Watson, Suzie Roskam, and Jeramiah Coffey. BELOW: The Re-Grounded fire starters burn well over 16 minutes. Photo: KELLEY TANTAU

"Because being made out of coffee, and not being so harmful, means the smoke that comes out of the [coffee] ground doesn't have much smell or any effect on the food you cook," Jeremiah said.

The students hope to have a website up and running in the next few weeks, as well as see Re-Grounded fire starters in stock around the Thames Valley. To contact students or purchase the product, email: regrounded2021@gmail.com.





Family Business – Family Values

MOH & ACC ADDroved

"We are the team to support you on your journey to better hearing"

*FREE hearing checks *FREE hearing aid adjustments for new clients * Conditions Apply

Total Hearing Care

102 Sealey Street, Thames Clinics at Coromandel, Paeroa & Pukekohe If you can't come to us, we can come to you - Home services available.

Phone 0800 326 626

Proposed dog park sparks safety fears

By KELLEY TANTAU

An equine riding club fears for the safety of its horses and members if a council decision to create an off-leash dog exercise area at its grounds gets the tick of approval.

Hauraki District Council asked for public feedback on their proposed Dog Control Policy and Bylaw between February and March this year, and received 38 submissions mainly focusing on changes to off-lead dog exercise areas in Paeroa, Waihi and the Plains. Two areas, the Kerepēhi Domain and Waihī's Bank Street Reserve, faced opposition from members of the horse riding community at a hearing for the bylaw on March 30. They questioned the safety of having an area for off-leash dogs located near a space utilised by horses. "You're coming into a town-ship with town dogs who have

had no stock experience, no horse experience, and you're going to let it off the leash. A hole in a fence would mean all hell could break loose," Thames Val-ley Adult Riding Club president Wendy Scott told councillors.

In her submission, she said a proposed off-leash area at the Kerepēhi Domain, where the club is an active user along with Ngatea Pony Club, would need to be "completely surrounded" in secure fencing. She said residential dogs tend-

ed not to be stock savvy, and strongly urged the council to seek other, more suitable, locations. However, other submit-ters supported the proposal.

Douglas Lineham, on behalf of the Paeroa A&P Association, said they would co-operate in the development of an exercise area for dogs, but asked for the space to be closed to the public from a day before to a day after the annual Paeroa and Plains Show.

According to deputy mayor Paul Milner, there were currently no off-leash dog exercise areas in Kerepēhi. Vice-president of Waihī Hack and Hunters Jeannine Wiki also raised safety con-

Dogs attacked horses, she said, and there was already a dog exercise area a few hundred metres down the road. Councillors voted against a Banks Street Reserve off-leash dog exercise area, how-ever, agreed to ask council staff to investigate pricing options for fencing an area at the Kerepēhi Domain. They also voted against a portion of Hugh Hayward Do main in Ngatea being included as an off-leash dog exercise area, despite three submissions in favour of the change. Plains councillor Ross Harris said the proposed area had already been earmarked as a potential loca-

tion for a pump track. The final draft of the policy and bylaw will be back in front of councillors for adoption on April 28.

crowds for this year's Anzac Day commemorations after last year's events were cancelled across the country due to the Covid-19 pandemic. April 25 will see a return to

By KELLEY TANTAU

dent Bob Williams said he ex-

pected the turnout would be

great this year, due to the can-

Poppy Boxes could now also

be found in selected shops

around town, with the Poppy

street collection taking place on

"All money raised from the

boxes are used locally to assist

ex-servicemen, and women," he

In Thames, crowds are asked

to assemble at Thames Work-

ingmens Club, Pollen St, in time

It will start at 5.45am, with a

march down Pollen St, Walter

St. then on to the Civic Centre.

Breakfast will be available at the

The Thames Civic Service will

for the Dawn Service.

club after the service.

Friday, April 16.

said.

cellations of last year's events.

war.

cerns at Bank Street Reserve.

 $T_{\rm pating\ larger\ than\ normal}^{\rm he\ RSA\ is\ eagerly\ anticipating\ larger\ than\ normal}$ normality for those taking part in the day of remembrance for New Zealand and Australian men and women who served in Thames and Districts Returned and Services Club presi-

The 2019 Anzac parade in Ngatea.

Anzac commemorations set to return

start at the Imperial Hotel intersection in Pollen St at 10am. The march will head down Pollen St, Walter St and on to the Civic Centre. The club will be available to all after the service.

Meanwhile, the Kerepēhi Bowling Club will be the starting point for the 5.45am dawn parade march to the Domain War Memorial Hall.

At 6am, there will be a service in both Te Reo Māori and English, followed by a viewing board of local World War II servicemen.

Following the march back to the bowling club, there will be a cooked breakfast supplied by Kerepēhi Marae for a gold coin

One of Kerepēhi School's senior pupils will be flag bearer for the parade, while the parade marshall will be Phil Barlow.

In Paeroa, the dawn service begins at 6am at the foot of the War Memorial Cenotaph on Primrose Hill, followed by a parade at 9am from Marshall St via Belmont and Normanby Roads to the War Memorial Hall, where the service starts at 9:15am.

In Ngatea, the Anzac parade begins at 11am from Pipiroa Road to Ngatea War Memorial Hall for a service at 11:15 am.



koha.

-GET A FREE FREE SECOND BATTER ANZAC DAY 25th APRIL -WITH STIHL AK BATTERY KITS Paeroa RSA Dawn Service 6.00am - Primrose Hill AND GET DOUBLE THE RUN TIME **Paeroa Community Street Parade** 9.00am Leaving from the Paeroa RSA SHOP ONLINE www.stihlshop.co.nz HOME DELIVERY AND CLICK & COLLECT OPTIONS AVAILABLE **Paeroa Community Service** STIHL HSA 56 BATTERY HEDGETRIMMER KIT STIHL BGA 57 BATTERY BLOWER KIT 9.15am Paeroa War Memorial Hall 36V / 2.2kg Without B Max Air Flow Rate 62 Run Time Up To 22 Cutting Length 450mm Run Time Up To 50 min Join us at the RSA following the Community UPGRAD \$495 \$495 Service where Pianist Lorraine Jordan will FREE SECOND AK 10 BATTERY FREE SECOND AK 20 BATTERY entertain us with some old time music. They shall grow not STIHL FSA 57 BATTERY LINETRIMMER KIT STIHL MSA 120 C-B BATTERY CHAINSAW KIT 36V / 2.6kg Without Battery Run Time Up To 25 minutes old, as we that are left UPGRADE **JPGRADE** \$495 grow old \$595 FREE SECOND AK 10 BATTERY FREE SECOND AK 20 BATTERY Age shall not weary LE THE RUN TIM them, nor the years STIHL HLA 56 BATTERY STIHL MSA 140 C-B BATTERY CHAINSAW KIT LONG-REACH HEDGETRIMMER KIT condemn 36V / 3.8kg Without Batter Cutting Length 450mm Run Time Up To 100 minut At the going down UPGRADE UPGRADE \$695 \$690 of the sun and in the FREE SECOND AK 30 BATTERY FREE SECOND AK 20 BATTERY morning We will remember STIHL SHOP THAMES them. STIHL SHOP **317 POLLEN STREET THAMES** thames@stihlshop.co.nz LOVE YOUR LAND PH 07 868 8730







One of the strike organisers, Lillian Balfour, left, leads the march with a chant.







ABOVE: Emmi Beaton, 6, proudly holds a placard during the rally.

LEFT: Stephanie and Charlie Rowe, 2, take part in the climate strike.

Students strike for climate

By KELLEY TANTAU

Hundreds turned out in Thames to show their support for the environment at a national School Strike 4 Climate event.

Held on April 9 and led by Thames High School students Helena Mayer and Lillian Balfour, the rally began on Mary St and made its way up Pollen St to the outside of the Thames-Coromandel District Council building on Mackay St.

There, the contingent chanted up at staff and councillors, who will be reconsidering their decision on the Local Government Leaders' Climate Change Declaration in the coming weeks.

"One of our demands last time was the government needing to declare a climate emergency; they have declared an emergency but they're not acting like it," Helena said.

"If they had taken ambitious and immediate actions, we wouldn't be having to do this again, but they have failed to meet our expectations."

The students are in their final year of high school, and said seeing the large crowd turn up for the event gave them hope.

"This is the first [strike] since Covid-19 hit, so I think it's really important that the presence of wanting to do something about climate change is still there. The climate crisis hasn't gone away," Lillian said.

"It's exciting to think about next year, although we won't be at school anymore, what other things we can do. Our youth window is closing but not our life window."



ieroa College students Liam Hannah, left, Cole Te Moananui, and Keira Briscoe





520 Pollen St Thames, Coromandel Ph: 07 868 7056 • www.snowdensmenwear.co.nz

Alice in Our Place Nā Alice i tā mātou rohe

Tell us what you think about our plan for the next 10 years and beyond

Meet your councillors and find out more about what's happening in your patch.

Paeroa Ward Committee Meeting Paeroa War Memorial Hall 11am Tuesday 20 April Public forum 11am to 11.30am

Drop in sessions Καίαυα Kaiaua Community Hall, Lipscombe Road, Kaiaua 7pm Thursday 15 April

Kaihere Kaihere Hall 7pm Tuesday 20 April

Turva Turua Hall, Hauraki Road, Turua 7pm Wednesday 21 April

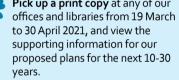
Ngatea Ngatea War Memorial Hall (supper room) Orchard West Road, Ngatea 5pm - 7pm Thursday 22 April

Kerepehi Kerepehi Bowling Club 7pm Tuesday 27 April

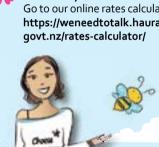
plan and what projects are planned in your patch at https://weneedtotalk. hauraki-dc.govt.nz/alice Pick up a print copy at any of our

Find out more ...

Check out our 10 year



Wondering how our proposed plan will affect your rates bill in 2021/22? Go to our online rates calculator at https://weneedtotalk.hauraki-dc. govt.nz/rates-calculator/



3 0

P 07 862 8609 or 0800 734 834 (within the district) • www.hauraki-dc.govt.nz

Coming up in Paeroa

Thousands cruise to Thames for history-making Beach Hop

BV KELLEY TANTAU

Ð

HAURAKI

Hundreds of classic cars and thou-sands of rock and roll revellers rolled into Thames for Beach Hop's first tour to the town in the event's history

And with more than 13,700 vehicles coming and going from the March 25 cruise-in, there's hope Thames could see Beach Hop return for round two. According to numbers provided to *The Profile* from the Thames Business

Association, more than 41,660 vehicles travelled in and out of town between March 24-26.

Association chief executive Sue Lewis-O'Halloran said she was proud of how the Thursday festivities unfolded, considering they had only a few months to pull the event together.

'I was really happy with the day," she said. "We had great weather, we had great enthusiasm, and we had several businesses say it was the best day ever for them.

This was our first time, and it's always a tough sell the first go round, but we had a number of really good window displays, and a lot of people dressed up, and several restaurants had special menus - banana splits and milkshakes. "So do I think we stepped up? Very

much so. The business association was ap-

proached by Beach Hop organisers in December last year, who takes creating a 'power cruise' to Thames. It would be a homecoming close to

founder Noddy Watts' heart - he grew up in Thames - and it would see around 600 classic cars line Pollen St.

But the business association had already committed to the inaugural Food and Buskers Festival in March, which



TBA's Sue Lewis-O'Halloran and Beach Hop organiser Noddy Watts. Photo: KELLEY TANTAU

was cancelled abruptly due to resurging Covid-19 restrictions. However, they knew it would be important for the town, Lewis-O'Halloran said.

"I'm very proud of what the commu-nity did. I think the TBA did the best we could to promote it and we worked closely with TCDC and Noddy.

"It's a well-oiled machine for Beach Hop organisers, but they'd never had it in Thames and it's Noddy's hometown,

so it was pretty special," she said. "It was a pleasure, and everyone was keen to get behind it and help."

Beach Hop was held for the first time in Whangamata in 2001, and has since grown to welcome more than 120,000 people to the Coromandel.

And while discussions were still being had about Thames' role in future Beach Hop schedules, Lewis-O'Halloran said they wouldn't be against being put on

the calendar again in 2022. "We hope it'll come back next year," she said. "I think it's safe to say Thames would love to host it again.'

Scott Simpson MP for Coromandel **Contact me anytime** 0800 550 330 mpcoromandel@parliament.govt.nz scottsimpson.co.nz scottsimpsonmp

To subscribe to our weekly electronic newsletter, the Friday Update, simply go to our facebook page or email Jo. paeroa.org.nz | enquiries@paeroa.org.nz | 07 862 6999 or 027 605 1858

÷

Music Tuition

Music Turtion Every Tuesday, 4pm - 5pm, Paeroa Co-Operating Parish We teach keyboard, drums, guitar and ukulele Gold coin donation each week For more information, please contact Joss: 022 195 6698 All welcome - the more the merrier!

Paeroa Lunchtime Entertainers Club proudly presents The Ukulettes

proudly presents The Ukujettes Friday 16 April, 12 midday, Paeroa Co-Operating Parish Bring your lunch and enjoy a lunchtime musical concert! Koha appreciated - all welcome!

Paeroa RSA – Live Entertainment with Robbin Durbin Friday 16 April, 7pm, Paeroa RSA Restaurant opening for meals from 5.30pm All welcome

Blokes & Their Sheds

BIOKES & Their Sheds Supporting Life Education Trust Waikato East Saturday 17 & Sunday 18 April, 9am - 3.30pm, Hauraki & Thames Districts Featuring 12 sheds full of vintage and classic cars, tractor, machinery, tools and memorabilia! Tickets available now from AJAY'S Ford V8 Parts and Arkwrights Antiques

Paeroa Tennis and Squash Club Fundraiser Plate & Crate Night featuring live music from Toe Jam Saturday 17 April, &pm - 12 midnight, Paeroa Tennis and Squash Club Tickets ¥25 and available from 027 644 6014 Bring a plate for supper – BYO

6 Sunday 18 April, from 9.30am, Hauraki Rail Trail Rides will start from Pipiroa at 9.30am, Te Aroha, Waihi and Thames at 10am as well as a Kids ride starting at 11am by the Karangahake Hall All rides finish in Paeroa where the major \$500 Cash prize and other spot prizes will be given out to competitors

competitors All of the funds raised are going to the Cancer Society "Lions Lodge" Hamilton. In the last five years, this event has raised over \$20,000 for this great cause

L&P Café presents live music with Riverside Jazz Friday 23 April, from 5.30pm, L&P Cafe What a great way to finish your working week

L&P Café Karaoke Evening Saturday 24 April, from 8pm, L&P Cafe Grab your crew, warm up the vocal cords and enjoy a great night out!

ANZAC Day - Sunday 25 April Paeroa RSA Dawn Services, 6am, Primrose Hill Paeroa Street Parade: 9am leaving from the Paeroa RSA Paeroa Community Service: 9.15am, Paeroa War Memorial Hall

Paeroa RSA - ANZAC Day ANZAC breakfast following the Dawn Service at the RSA Live old-time music with pianist Lorraine Jordan following the Community Service

L&P Rockers Birthday Hop Saturday 1 May, 7pm, Paeroa memorial Hall Featuring: Chet O'Connell & the Rock n Roll Riot Band Theme: Oscar Night \$20 Adults, \$10 Juniors

Supper • Best Dressed • Raffles • Spot Prizes L8prockers@gmail.com for more information

Potential Control for more information Pottery & Paintings – an exhibition by Artist Tena Blundell Paeroa Society of Arts This exhibition will be posted by the Society for the month of April

Paeroa Grey Power Meet on the second Monday of each month, 1.30pm,

Paeroa Bible Chapel. Guest speakers each month Stay on for a lovely afternoon tea and a chance to chat with members For more information, please contact Gail: 07 862 6256

Cameo for Senior Citizens 2nd & 4th Thursday of each month, 2pm – 3.30pm, Paeroa Bible Chapel Bowls • Scrabble • Checkers • Fun • Devotion • Hymn Singing Afternoon tea provided - all welcome - it's all free!

Afternoon tea provided - all welcome - it's all free! **Paeroa Drop-In every Tuesday** from 9.30am, St John Ambulance meeting room, Paeroa Have an hour or two or a whole morning to spare? Come and meet with us for a chinwag, chatter over a cuppa or join in a game Look out for our sign in Belmont Road next to Hauraki District Council offices No cost. not a club just a friendly group that would have

No cost... not a club just a friendly group that would love to meet you – All welcome

Citizens Advice Bureau Tuesdays & Thursdays, 10am - 1pm, St John building, Paeroa Phone 07 862 8093 It's Not Ok - Are You Ok? 0800 456 450 - www.areyouok.org.nz

SITIVE PDE

thamesautos@xtra.co.nz



www.valleyprofile.co.nz

Community board eyes funding overhaul

By KELLEY TANTAU

A report released to help the Thames Community Board better understand where its money goes has inspired members to shake-up the way funding has traditionally been forked out.

The community board requested a report on its grant allocations so it had a clear picture of its commitments, and at its March 31 meeting, it was determined the board's local grants budget totalled \$237,172 between 2018-2021.

"Thames promotion" made up \$90,000 of the budget, while \$60,000 was put aside for community grants.

The report also included the major events funding Thames received from the economic development team, which amounted to \$181,107 between 2014-2020. According to the report, Steampunk has been a recipient of the major events fund five times, receiving more than \$104,500 from council. The Gold Rush Market

The Gold Rush Market obtained funding eight times to a total of \$1739. The New Zealand Festival of MindSports received funding four times between 2014-2016, totalling \$17,445. Last year, Wings and

Wheels, the 4x4 Nationals, and buses for the Fat Freddy's Drop tour to Thames made up \$9440 of the major events fund.

"For me, it's valuable to see where we've been and where we go now," district councillor Sally Christie said. "This is a starting point, rather than an end, and how do we move on now in terms of reviewing the policy, deciding what's important, who applies for what... I don't want to muddle along for another year, because there's quite a lot of money that goes out automatically."

The community board also pays \$34,931 in rates remissions for community, sporting and non-profit organisations, funded through the Local Works and Services rate.

The Thames SPCA had the lion's share of this funding: \$11,084 between July 2018 to June 2021.

Christie said another thing that caused "a lot of heat" was the funding of road closures, and board members agreed there needed to be more clarity and a stronger criteria in order to make better decisions in the future. They planned to attend a workshop to discuss how best to move forward.

Hauraki's first reuse centre opens

By KELLEY TANTAU

A new social enterprise recently opened in Paeroa hopes to see people throw away their landfill habits.

The Hauraki Reuse Centre opened its temporary site on the corner of Grey St and Opatito Rd on April 3, to provide people with a place to stop on their way to the transfer station to see what can be reused, repurposed, and saved from being thrown in the tip.

tip. "On the [opening] weekend, I said to people: 'Look, would you like me to show you how to fix that?" centre chairperson Alli Mitchell said. "But they'd already bought a new one.

"It was simple things like something needing a new bolt or a pot needing a new screw in a handle. It was great for us because we got some really good stuff dropped off, but people think when something's broken, they should just chuck it out and get a new one, and it'd be good if people became aware and confident to be able to repair things."

There are two phases to the project. The first - the Repair Centre, the Tool Library, and the Info Hub - all opened over Easter Weekend. The second phase is the centre's shop which will open in a couple of weeks, once stocked. The reuse centre also features a room with a sewing machine, dedicated to textile repairs and upcycling, while the repair centre will be



Joanna Hayman visited the Hauraki Reuse Centre on the opening weekend and came away with sharpened hedge clippers. Photo: KELLEY TANTAU

manned by skilled volunteers who will sit alongside people and teach them how to find a fault and repair it.

fault and repair it. "We're all about saving good stuff going to landfill, and saving people money, and saving the planet at the same time," Alli told *The Profile*.

"Our resources are becoming more and more limited and we need to make the very most of what we already have."

The reuse centre is a charitable trust and accepts resalable items in good condition, kitchenware, bric-a-brac, furniture, clean clothes, whiteware that is either repairable or in working order, tools, building materials, outdoor items, and books and games. They do not accept

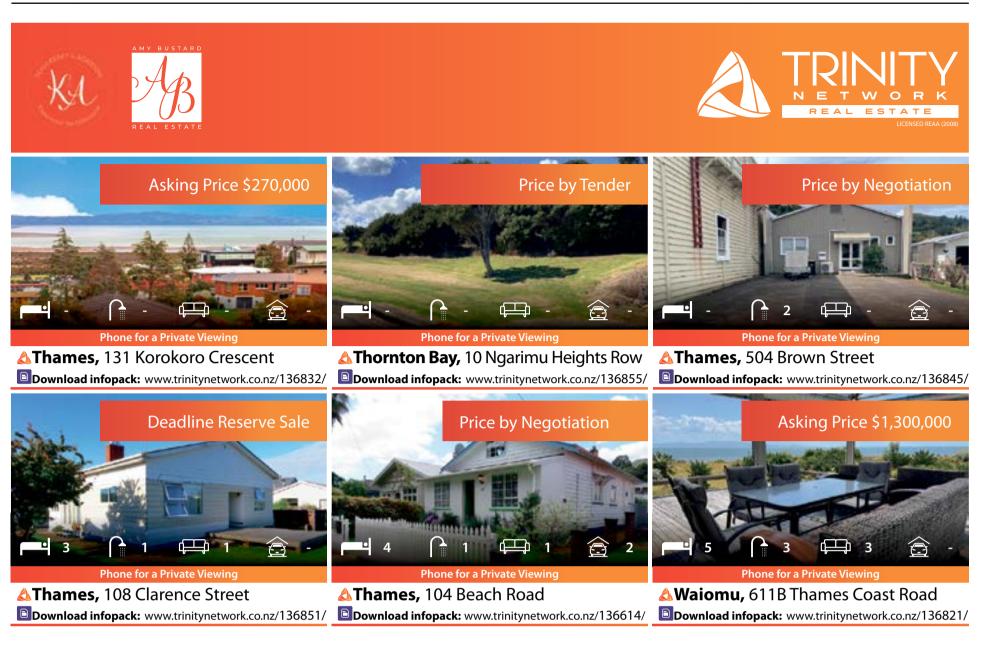
hazardous items and waste, unhygienic items, or e-waste.

Alli said the Hauraki Reuse Centre has been a work-inprogress for more than three years. The project has been led by a team of eight trustees, with eight volunteers currently on the roster. While the centre is planning to create employment in the coming months, Alli said it was reliant on volunteers, and invited anyone with a knack for sustainability and skill-sharing to get in touch. Its hours are currently 10.30am to 2.30pm on Saturdays and Sundays, and there are hopes to extend these times, Alli said.

For more information, email haurakireusecentre@gmail. com or find Hauraki Repair and Reuse Centre on Facebook.



WWW.HGLEACH.CO.NZ



ARE YOU THINKING OF SELLING?

Contact us for a FREE Strategy Session on your property, and the current market.



Stock Standard Commission Saver

House Value	Higher Commission Rate Example	Our Commission	Savings
\$500,000	\$20,930	\$14,375	\$6,555
\$600,000	\$23,230	\$16,445	\$6,785
\$700,000	\$25,530	\$18,515	\$7,105
\$800,000	\$27,830	\$20,585	\$7,245

Trinity Network Commission is 2.5% up to \$500,000 and 1.8% thereafter + GST

Higher Commission Rate Example is based on 3.95% on first \$400,000 of sale price + 2% of balance of sale price + a \$400 fee + GST. Higher Commission Example is not based on any particular agency, average or standard charge made by other companies. Actual rates will vary between companies, branches and agents. The commission table and Higher Rate example are provided to help assess potential savings only. Trinity Network does not accept responsibility or liability if actual savings vary from the examples given.









E: kerry.trainor@trinitynetwork.co.nz



Huge crowd gathers for Pouarua open day

More than 150 people attended a field day at Pouarua Farms on March 25.

The farms, near Ngatea, are jointly owned by Ngāti Maru, Ngāti Paoa, Ngāti Tamaterā, Ngāti Tara Tokanui and Te Patukirikiri and was recently named a finalist for The Ahuwhenua Trophy, the most prestigious award for excellence in Māori farming.

The visitors were welcomed on to the farm by the kaumātua of Pouarua Farms, Walter Ngamane and other local dignitaries.

After the formalities, those attending the day watched a series of presentations by directors and staff from the farm, who set out its history, vision, current operations, and their plans for the future.

Later, visitors had the opportunity to tour the property where further details about the farm were presented.

"Field days such as this one at Pouarua Farms are an outstanding example of the achievements of Māori and highlights the growing contribution of Māori to the wider Aotearoa economy," Ahuwhenua Trophy management committee chair Kingi Smiler said.

"We need to do more showcasing of our achievements as many people still do not understand the value of the Māori economy."

Pouarua Farms comprises 10 farms throughout its 2,200ha: nine dairy units and one drystock unit. It is the largest single dairy platform in the Hauraki region, in which 4,600 cows are milked across 1,775ha.

The farms were returned to the five iwi in 2013 and were initially in a 50/50 sharemilking agreement with Landcorp from 2013-2019. Pouarua Farms are now fully operated by iwi owners under a limited partnership arrangement.

The winner of the competition will be announced at the Ahuwhenua Trophy awards dinner in New Plymouth on May 14.



Pouarua Farms is a finalist for the Ahuwhenua Trophy.

Photos: JOHN COWPLAND/Alphapix Photography



/isitors are welcomed on to the farm.



Pouarua Farms' Walter Ngamane welcomes visitors.



The trophies are carried on to Pouarua Farms.



More than 150 visitors tour Pouarua Farms' operations as part of the open day.

FOR EARTHWORKS

- Digger, Bulldozer, Truck Hire
- Mulching, Gorse, Ti Tree etc
- Metal
- Suppliers of Hay Silage & Maize Silage

T & A MCWATTERS LTD PHONE TIM 027 278 5384



- Suppliers of Mangatangi River Rock
- Decorative Stones & Drainage
- Sand Shell

FOR CARTING

- Palm Kernal
- ► Fertiliser
- ► All Grades of Metal

SMYTHES HAULAGE LTD

PHONE GARY 027 227 3396

Rural Life Plant shelter trees for soil and animal health



By BALA TIKKISETTY It's a funny old world we live in at the mo-ment. With winter not t's a funny old world

farmers to reduce the adverse effects of inclement weather.

Whether it is hot or cold, climat-ic conditions may lower produc-tivity by reduced grazing periods and therefore reduced feed intake. Windy conditions enhance the loss of moisture from both soil and pastures which results in reduction in overall dry matter growth. The traditional view is that shelter-

belts help to reduce evaporation of soil moisture and transpiration from the grass. Live shelter is particularly helpful in drought or prolonged dry spells. In addition to environmental benefits such as soil erosion control, shelter can have complementary ef-fects by achieving multiple goals for both the landowner and the environment. Shelter trees can be a haven for birds, give shelter for homes, buildings and stock yards, be aes-thetically pleasing and increase the tree species in an area. This is one of the greatest ways of increasing of the greatest ways of increasing biodiversity. Shelter can also screen noise and reduce odours associated with livestock operations.

The use of native plants, particularly those naturally occurring in the area, help to preserve the local char-

acter and provide forage for bee Strategic planting is likely to be more worthwhile than blanket plant-ing and because of the long term commitment, a careful decision should be made. Shelter is most ef-factive when sited at right angles fective when sited at right angles to the prevailing wind. If east-west shelterbelts are required they should include deciduous species to lessen the winter shading of pastures.

Practical experience has shown clearly that belts of medium porosity (about 50 per cent) produce a much more even wind flow over a much wider area. Good porosity can be achieved by correct species choice and subsequent management. When porosity is low, the wind profile is changed; turbulence occurs at a factor of about five times the shelter height.

The longer the windbreak the better the protection. Short plantings have a disproportionate edge ef-fect, where wind slips around the ends reducing the area of protec-tion. Gaps in a shelterbelt cause the wind to funnel through at excessive speed. This can happen where there are missing trees or when there is a draughty space at ground level. Height of the shelter directly in-

fluences the area of wind reduction on the leeward and windward side. Tall shelter gives the most economic protection as the area protected is directly related to the height of the

directly related to -windbreak. - Bala Tikkisetty is a sustainable agriculture advisor (technical) at Waikato Regional Council.







DeLaval Parallel Parlour - the new solution for progressive dairy farming



100% LOCALVETS HERE TO HELP 24/7 KOPU 07 868 5007 (FARM & PETS) AEROA 07 862 7295 (FARM & PETS) RURU 07 868 9030 (FARM & PETS coming soon) WWW.FRANKLINVETS.CO.NZ WAITAKAR



Lawnmowers • Water Blasters

Chainsaws • Generators • Weed Trimmers

Starting from \$350



Hauraki Plains Motors

1 Pipiroa Road, Ngatea • Ph 07 867-7021

A/Hrs Mike 027 440 4681, Miles 027-227-1121 Email: admin@hpmotors.co.nz

White feathers posted to Paeroa youth New daffodil garden planned

THE OLD POST Vintage Valley News

As part of a Valley Profile series, **MEGHAN HAWKES** searches through old newspapers to bring you the stories Thames Valley locals once read about themselves.

1940

The effects of World War II, now entering its second year, began to impact on the Thames Valley. White feathers, sometimes associated with coward-ice, were received through the

post by dozens of Paeroa youths. The person responsible evi-dently obtained a list of names from a report in the local newspaper of the Paeroa Amateur Athletic and Cycling Club as almost every male competitor in the weekly sports received a feather. Nearly all of the recipients were far too young to enlist. A farmer residing near Paeroa

returned from that town after filling his petrol tank and locked his car in the garage overnight. The next day he drove about half a mile when the engine stopped. On investigation it was found that the tank had been drained of all petrol and water had been substituted. The puzzling pilfer-ing was most likely due to petrol rationing during the war. At Thames the Emergency Committee held a trial run of a blackout. The large fire bell at



New Zealand soldiers are farewelled as they head to war.

the Shortland end of the town was rung at 6.45pm and lights extinguished. Respective com-mittees – medical, ambulance, police, hospital, transport, supply and communication - took up their positions. The public was asked to co-operate in the demonstration of precautions.

Three Thames residents in-vented a fighter aeroplane of a totally new design which incorporated provisions for very high air speed, silence and greater safely in landing. The plans were to be submitted to officials in aeronautics. A stock route from Ngatea to Mangatarata, which, besides making a shorter jour-ney for drovers, would keep clear about 13 miles of main highway from Ngatea to Waitakaruru, was opened by the Public Works Department. It was signposted by the Auckland Automobile Association. The route followed the Orchard West Road to the Maukoro Canal, and then along the partly finished formation of the Paeroa to Pokeno railway to the crossroad on the foothills of Mangatarata. A Netherton farmer, Claude

Photo: SUPPLIED McNeil, fell 15ft from a haystack on his property and broke both wrists. He was just com-pleting the stack when the grab line snapped causing him to fall headlong on to the ground. He was admitted to Thames Hos-pital. A peculiar looking craft amid the raupo and tall weeds of a narrow roadside drain on the Hauraki Plains attracted attention. The vessel was driven by two paddle wheels at the stern and had a special knife to cut a passage though the weeds. The odd object was the Lands Drainage Department's drain cleaner.

The two knives, shaped like mower blades, cut the stems of the weeds close above the roots and pushed the debris to the sides of the drain for removal. Its efficiency illustrated the save ing in time and cost over the old method of men in thigh gum boots using shovels and drags in deep water. Landowners, however, complained that the machine-cleaned drains became less efficient each year as the cut stems obstructed the flow of water and the silt was not removed as was done the old way.

KEREPEHI WI he March meeting of the Gold-

The March meeting of the Line fields Women's Institute commenced with the aspiration and prayer. Thoughts were given to any member who had been unwell during the month. The motto for the month – Kind hearts are the garden, kind thoughts are the roots, read by Anne Bicknell. The roll call - An Irish limerick or joke was a big hit with the members with some very humorous verses recited. The good deed was items for the St John Op Shop. Raffles were won by Carole Bridle and Bev Schenkel

A report was given of the suc-cessful Federation AGM recently held in Ngatea with Goldfields winning the Heather Cryer Cup, first for our programme which will be sent to Lower Hutt for judging. A presentation of the Wilton Tray was as follows: Anne Bicknell 1 Sue Fah and Helen Udy 2=, Jill Affleck 3.

Members were also encouraged to have a look at the Federation display in the Thames Museum. A discussion was held regarding daffodils planted in the Thames Museum garden in 2000 as they appeared to have died, so members decided they would like to donate more daffodils for replanting a garden and refreshing the sign that needs some TLC. As the speaker was unable to attend, members enjoyed a very social time over lunch.

COMPETITIONS: Bloom: Jill Affleck 1, Anne Bicknell 2, Helen Udy 3. Cluster: Sue Fah 1, Helen Udy 2, Jill Affleck 3. Shrub: Carol Cresswell 1, Anne Bicknell 2, Sue Fah 3. Orchid: Sue Fah 1. Dude Doll: Jill Affleck 1, Sue Fah 2, Anne Bicknell and Carole Bridle 3=

President Elaine Jolilffe welcomed eight members to our March meeting. Our thought for the month was read by Debbie Smith. "A leader takes people where they want to be, a great leader takes people where they don't really necessarily want to be but where they ought to be."

www.valleyprofile.co.nz

Our roll call was a grocery item for our birthday raffle next month and to talk about an experience your grandchildren won't have that you had. We only had one birthday this month Marion Van Eyk and she received a gift from our birthday bag. We had six entries for our set competition, which was a homemade card. Our anniversaries were Carolyn Giles and Ethel Fowell, who both received lovely homemade cards made by Ethel.

Our raffle was won by Elaine Joliffe. Bev gave us a report from council day as she was a delegate. We got first with our knee rug. second for cooking, third for floral and first in photography. We also had a display of old cooking books including one of Aunt Daisies Cook books.

COMPETITIONS: Flowers: Bloom 1 Sue Watson; 2 Elaine Jolilffe; 3 Mario Van Eyk. Spike: 1 Jan Édmonds; 2 Kris Barnes; 3 Elaine Jolliffe. Shrub: 1 Jan Edmonds; 2 Bev Adamson; 3 Marion Van Eyk. Vegetable: 1 Bev Adamson; 2 Mario Van eyk; 3 Debbie Smith. Herb: 1 Elaine Jolliffe; 2 Marion Van Eyk; 3 Jan Edmonds. Homemade card: Sue Watson; 2 Jan Edmonds; 3 Ethell Fowell. Next meeting: April 13, Kerepehi Bowling Club, 10am as it is our birthday and we will be going out for lunch.

PAEROA FARM

SERVICES LTD

We specialise in Milking Machines

& Equipment, Effluent &

Irrigation Systems,

Filtration & Purification,

Normanby Rd, PAEROA, 3600 Ph: 07 862 8263

AIKATO



and maintenance. and Water Pump Supplies & Domestic - Rural Installations. Commercial *To cover all your dairy needs.* 7 Mahuta North Road, Hauraki Plains Email: shop@paeroafs.co.nz www.paeroafarmservices.co.nz Tel: (07) 867-5196 Mobile: 027 270 2804 Serving the Hauraki Plains for 25 years

Local Radio Broadcasting to Paeroa & the Hauraki Plains Coromandel's CFM on 94.0FM



Finance -

Kent Ravenhill 027 878 0642

Finance - Terry Boswell 0210 445 929



8am – 5pm Monday to Friday 9am - 2pm Saturday

07 867 7393

Ngatea Hammer Hardware 16 Orchard West Rd, Ngatea





For all your catering needs, Weddings, Funerals, Meetings, Team Building days, Parties, any occasion you need catered.

> 50-Seat Function Room available (Burton's Out the Back)

444 Pollen Street Thames

Ph: 022 380 9735 Email: burtonsbistro.catering@gmail.com Website: burtoncatering.co.nz Facebook: @burtonscatering

Lunch Bar opening hours: 7:30am-3pm Monday-Friday

BURTONS

BUTCHERY

QUALITY EVERYTIME

PROFESSIONAL, HONEST AND RELIABLE HOME KILL PROCESSING AVAILABLE CALL NOW TO MAKE A BOOKING

OPEN Mon - Fri 7.30am until 5.30pm & Sat 8am until 1pm 61 Belmont Road Paeroa 07 862 6959

Lions hold annual charity ride

A charity ride in memory of a Paeroa Lions member will raise funds for the cancer society this weekend.

The Russell Player Memorial Hauraki Rail Trail Charity Fun Cycle Ride will depart from Pipiroa at 9.30am, and Te Aroha, Waihi and Thames at 10am on Sunday. There will also be a children's ride starting at 11am by the old Karangahake Hall. All rides will come to a finish in Paeroa.

The event was created in 2016 by Paeroa Lions member Russell Player, who died that same year. Cyclists will ride in his memory, with all funds raised going to the Cancer Society's Lions Lodge in Hamilton. The event has raised more than \$20,000 in the past five years.

than \$20,000 in the past five years. Committee organiser Rosie Scott said they generally had 300 riders taking part, but she would like to see that number increase. "I've had quite a few family members pass through cancer, one of them just a year ago, so any funds that are raised for the lodge is beneficial and helpful to them," she said.

helpful to them," she said. Mr Player joined the Paeroa Lions Club in 1976, and served on all committees of the club, was secretary over several terms and was president in 1993-94. He also served at a higher level, being district cabinet secretary during 1990/91.

The cycle ride event is organised by the Lions Clubs of Paeroa, Thames, Waihi, Te Aroha and Ngatea, who aim to grow this charity ride and to continue with Russell's vision for the event. **REGISTER:** lionshaurakifunride.co.nz



Kerepēhi Bowling Club member Graham Pyke rolls up during the club's recent tournament, which saw a great turn out of 20 teams for triples sponsored by Bowers Brothers Concrete. Teams were split over the two greens with change over after the second game.

RESULTS: 1st 4 Wins, 24 ends, +25 points G Hewitt team; 2nd 4 Wins, 17 ends, +13 points, (Thames) Margaret Henderson team; 3rd 3 Wins, 22 ends, +23 points, (Waihi) Dave and team. Club Prize: Des Stanaway, Michelle da Silva, Michael Crosland. The club planned to hold its summer closing Towes Insurance Brokers (Te Aroha) optional fours April 11, and on May 12 (Mufti) with joint sponsorship by Ravensdown Products, RMS Contracting, Valley Toyota, Tony Richards Toyota of Optional Fours. Thursday, May 27: Cockies/ Stockies event sponsored by Whyteline Suzuki Isuzu. - Terry King



Valley Liquid Waste • SEPTIC TANK DRAIN & GREASE TRAP CLEANING • SUCTION TRUCK TRUCK & HIAB • GENERAL CARRYING DEPOT: 26 QUEEN ST KOPU PHONE/FAX: (07) 868 3034 AHS: (07) 868 3116 – 0274 927 148 P.O. BOX 768, THAMES 3540



Efficient convenient prescription dispensing

Open Monday to Friday 9am - 5pm (closed 12.45pm - 1.45pm) Thames Medical Centre 817 Rolleston Street Thames

Ph 07 8685100 – Fax 07 2800724 pharmacist@thamescentrepharmacy.co.nz

Our team are locals supporting locals 🐴

SPORTS

Exciting final tests evenly-matched teams

After a long absence for senior cricket around the Thames Valley area as long as 17 years, November 1 kicked off the first games of what would be a really successful season for senior cricket in the Thames Valley with clubs from Waihi, Whangamata, Tairua, Whi-tianga, Kaihere, Paeroa and Thames all fielding teams.

All matches were played in great spirit at a great level with

great spirit at a great level with very evenly matched results seeing most games coming down to the last few balls. This provided great viewing for spectators and a really good environment for players. With junior cricket getting underway junior cricket getting underway in the summer of 2019-2020 throughout the Thames Valley region, this senior competi-tion is the final link to provide a pathway of opportunity for all people wanting to play cricket in the area.

The final of the senior competition was held at Rhodes Park March 21, with the two Thames

teams left to battle it out for the Pat Malcom Trophy. The Thames Detonators, led by Narinder Singh, won the toss and put the Thames Dy-namites, led by Scott Macken-zie, into bat first. The Detona-tors had the Dynamites on the tors had the Dynamites on the ropes early, having them 73/6 after 15 overs and at the halfway point of the innings. But the Dynamites fought back managing to get to 181/9 after their 30 overs which was an under par score throughout the competition competition.

The Detonators' turn to bat really proved why the teams couldn't be separated and why

\$25,990

158,000ks

it was such an exciting final to be involved in.

As the crowd built throughout the game no one was leaving early and missing out on the action as the lead constantly changed just about every over.

Just as the Detonators would take control with the bat and start to get ahead of the run rate, the Dynamites would pull off a big moment and take a wicket. It came down to the final over 13 runs off six balls.

Momentum with the Dyna-mites' second ball goes for a huge six in perfect fashion of the match giving the upper hand back to the Detonators. It was clear this game was going to come down to the last ball or worse a "super over". With the Detonators needing three runs to win and two balls

to spare, it was the Dynamites managing to hold their nerve by taking the final wicket to get the Detonators all out for 179 to become the first team to win the Pat Malcon Trophy.

With the season now wrapped up, both senior and junior cricket throughout the Thames Valley is now alive and kicking and will only go from strength to strength.

FINAL RESULTS: Thames Dynamites 181/9 in 30 Overs - Parminder Singh 38, Amanjot Singh 20, Wade Andrews 3/32 Perry Kumar 2/25 Satnam Singh 2/27; Thames Detonators: 179 all out in 30 Overs - Narinder Singh 28, Tejinder Singh 33, Scott Macken-zie 2/24, Codi Mackenzie 2/33, Amanjot Singh 2/27, Parminder Singh 2/33. Man of the match: Amanjot Singh.

- Scott Mackenzie



Scott Mackenzie hits the first boundary of the game for Thames Dynamites.



Jeremy Colquhoun waits for Perry Kumar's seaming delivery.



The two Thames teams, Detonators, left, and the Dynamites battled it out in a close final match.

Sealey & Queen Sts, Thames Ph Pete 027 2577 777

Marinder Singh jumps into his delivery stride.







Siddharth Rana makes a diving save.





Best under pressure

St John Thames



Free Mental Health First Aid courses.

St John Thames is offering some free Mental Health courses to our community in response to the community support it receives. With the impacts of Covid-19 on our community's individuals, families and employers we are offering these free of charge. That's a saving of \$195.

With mental disorders as a group being the third-leading cause of health loss for New Zealanders, this is ideal training for anyone. There are places available on these courses being held on 21st April and 24th June 2021 and further courses may become available.

To book or for further information contact Nikki below.

Health Shuttle Service.

We still have vacancies for volunteer drivers for our busy Health Shuttle service that covers the Thames, Paeroa and Ngatea communities.

St John - local people serving the needs of our community.

To find out more information about the courses or our St John community programmes, please call Nikki on:

(07) 868 0555 or email nikki.tyrrell-baxter@stjohn.org.nz

DAILY LIVING AIDS

HPC First XI's Hunter Crowe in action. Photo: SUPPLIED

Successful cricket season closes

When the curtain came down on the 2020-2021 season recently, players, parents, administrators and supporters of local cricket activities appeared to rate the summer as being easily the most encouraging and successful for the past two decades.

Indeed the progress made regarding administration and playing numbers at all levels was significant. Paeroa and Waihi fielded primary school-aged teams as well as senior sides in a Sunday league from what have previously been 'cricket deprived' communities.

Fortunately, cricket in the Kaihere/Ngatea districts remained a sporting option throughout the 'lean' years. The Kaihere Cricket Club once again fielded the competition-winning senior team in the Waikato Valley Association's B-Grade competition. The Club's Second XI took part in the senior Sunday league as well as fielding two teams of primary school cricketers from throughout the Hauraki area. During the past summer, Hauraki Plains College

[HPC] entered three teams in the Hamilton-Waikato Valley Secondary Schools competition. The College's senior side finished third on the competition points table in Division 1, while the

Second XI (Colts Grade) and the Year 9 team performed with credit against strong opposition from the bigger Hamilton and Waikato Valley cricketing schools in their respective grades. Probably the most notable individual success

story from the past season is that of 15-year-old HPC player Hunter Crowe.

Although not related to the cricketing brothers of former Black Caps fame, he and his two younger brothers work tirelessly to improve every time they play or take part in the variety of sporting codes they are involved. Crowe scored two unbeaten centuries for the HPC First XI.

Add on another score of 96 not out for Waikato Valley North at the Riverbend tournament in Napier in January plus three other scores of over fifty during post Christmas play for good measure.

He also claimed numerous wickets with his left arm spin bowling in both school and representative play during in both school and his leadership skills at a young age has been impressive. Hopefully a few summers from now, after many more hours of dedicated training, the name Crowe could be on the scoreboards at our major cricket stadiums once again.

- Mike Cotter

HP Netball to pilot volunteer programme

auraki Plains Netball have been se-lected as one of 10 netball centres from

Dected as one of 10 netball centres from around New Zealand to develop and pilot a Volunteer Management programme. The focus of the programme is to deliver a plan around volunteer recognition, training and building - that critical culture around volunteers who are the heart of our centre. Coming up in May, the centre is also host-ing a development day for U16 and U18 net-ball players from around the Valley. For this age group it is an opportunity to develop skills, relationships and personal growth, not only in netball, but learnings that can cross over to life and other sports codes.

codes. This month we saw our Netball and Hau-

raki Plains Junior Soccer codes join for the first time to run a joint 'Have a Go day'. With almost 400 children (aged 5-12) from local schools attending, children got to give both codes a go in a fun-based environment. It's been an annual fixture, but now joining with Junior Soccer, it's grown and

we look forward to a great working relation-

ship for next year. Late last year, Reefe Benny and Marilyn Hodder achieved NZ Umpire Theory passes, which means they could umpire at NZ Un-der 18 national championship level. They both are products of our successful umpire development pathway at Heuroli

umpire development pathway at Hauraki, developing and mentoring our local umpires to great heights.

2020 was a season where many sports were cancelled due to Covid restrictions. With great perseverance and support from our players we were able to deliver a full sea-son of adult netball. A huge achievement for our code and sport. Hauraki Plains Netball provides qual-

ity experiences for all ages. We are a centre run by volunteers with a focus on player, umpire, coach and volunteer development, as well as playing netball. Find us at Hau-raki Plains Netball on Facebook, or email us: haurakinetball@gmail.com.

- Nicky Irving

THAMES VALLEY TANGATA ORA TRUST

The People's Wellbeing Trust

MOBILITY EQUIPMENT SALES & SERVICE



- Mobility Scooters
- Wheelchairs
- Walkers
- Daily Living Products -Reachers, SockAids, Walking Sticks and more
- Electric Lift Chairs
- Bathroom and **Toilet Aids**
- Continence Products
- · We will also do

our best to source other products on request

Weddings & Events

The Valley Profile is running a Weddings & Events advertising feature in our April 28 issue.

If you would like to promote your business and/or services to an audience of 22,500 throughout the Thames Valley, contact Nikki by April 19.

022 130 3885 nikki@valleyprofile.co.nz

Protile

607 Mackay St, Thames (Opposite the hospital) • Ph: 07 868 7723 or 027 383 1117 • E: tvtot2017@gmail.com Opening Hours: 10am - 3pm Monday to Friday - After hours by arrangement

April 14, 2021, THE VALLEY PROFILE 19

Thames, NZ 3500 +64 7-868 6665

www.wasschiro.co.nz

Wass

Chiropractic



558 Pollen St, Thames. Phone 868 6105 www.facebook.com/walterandcothames

www.valleyprofile.co.nz

www.walterandco.co.nz Instagram@walter_andco

20 THE VALLEY PROFILE, April 14, 2021

www.valleyprofile.co.nz



www.valleyprofile.co.nz

Send your letters to editor@valleyprofile.co.nz or PO Box 550 Thames, 3540. Letters must include your name and address, be 250 words or less and may be edited, abridged or rejected at the editor's discretion.

LETTERS

MARY ST 'LOST IN SPACE'

Despite the request for feedback, Thames-Coromandel District Council (TCDC) responses to the Thames Vibe public space have been defensive and focus on the 'supportive and positive' responses. Unfortunately, I have not experienced this but I agree that feedback should be welcomed. which brings us to the TCDC telling us the 'best way' to do this is via their online survey, which I have completed. Their feedback response of any type is less than 5 per cent and is subsequently flawed. Local newspapers, how I first became aware of the Vibe project, also encourage open discussion to promote broader perspectives and awareness. No matter how good the TCDC website may be, it is not on everyone's reading list. Similarly, their 'container days' Thursdays, 10am to 3pm, ignore the fact people have responsibilities such as work and may not have time to 'pop in for a chat'. Emphasis is placed on Waka Kotahi/NZTA funding 90 per cent of the project with \$35,000 being made up by council. A linked project of \$20,000 murals, despite a plethora of talented artists on the peninsula, was awarded to an Auckland artist contrary to their exhortation to develop the 'Thames Vibe' with local input. It appears that the TCDC is having a bit of an identity crisis which may account for some of their defensiveness and lack of originality. Being currently locked into the



central position of Mary St, it ignores sites such as Pahau St with it's larger spaces, mature trees, historic buildings, being adjacent to the popular Thames Market and other inspirations such as the Embassy theatre plans, the microbrewery and the steam punk developments. Rather than 'creating a Vibe', promoting the existing character of Thames would seem more likely to inspire locals and our visitors.

- Mike Passmore, Thames

TCDC RESPONSE

A Saturday 'container day' was scheduled for April 10 to address concerns that not everybody could make the Thursday dates. April 15 is currently expected to be the last of our 'container days' for members of the public to provide feedback in person to council staff at the Mary St Create the Vibe Thames civic hub. Again, we'd like to encourage people to provide feedback about the Mary St pilot project either in person at the container, online via the survey on our council www.tcdc.govt.nz/ website: createthevibethames or anyone is welcome to drop in to our Thames Council service centre to share their thoughts.

Hannah-Rose White, Create the Vibe Thames project manager

BOOK REVIEW

'Two Shakes of a Lamb's Tail – The Diary of a Country Vet' Danielle Hawkins



Some of us will know Danielle Hawkins for her fiction writing, but what we may not know is that she is a part-time vet! She lives on a sheep and beef farm in the King Country, and Two Shakes of a Lamb's Tail is her funny, illuminating diary of a year in the life as a New Zealand farm vet. With a husband and two children, 1200 sheep and 400 cattle, farm dogs and pet lambs, pigs bent on excavation and a goat

bent on escape, country life is never dull. From calving cows to constipated dogs, weddings to weaning lambs, daffodils to ducklings to droughts, each season brings new challenges and delights. Sometimes it's exhausting but it's almost always a lot of fun – anyway, it's all part and parcel of the life of a Kiwi mother, farmer's wife and vet. This book is a highly relatable read for us in rural New Zealand.

'My Darling Lemon Thyme Every Day' Emma Galloway

Spiced pumpkin snacking cake, pea, mint + halloumi fritters, mushroom and lentil lasagne, and roasted strawberry and ginger 'ice cream' are among the beautiful, nourishing, simple-to-make and absolutely delicious recipes celebrated in Emma Galloway's third book from her home kitchen. Over years working as a chef and as a mother of two, Emma has designed tips and tricks to make cooking simpler



through planning ahead and using ingredients that are easy to swap out. In this book you will find 'anything' recipes to suit your tastes and whatever ingredients you have to hand. All the recipes are vegetarian, flavourpacked and gluten free – recipes you can trust, for every season, every day. 'I hope this book provides a little spark that sets you on the path to discover the joys of cooking nourishing, simple and tasty meals at home, every day' – Emma Galloway.



'My mother and other secrets' Wendyl Nissen

When Wendyl Nissen's mother was suffering with Alzheimers disease, she told some extraordinary stories about her background that Wendyl had never heard before. Determined to get to the bottom of these family secrets, Wendyl found some wild and intriguing stories of loss, grief and love. She uncovered new relatives, deeply sad adoptions, harsh parenting, complex marriages and a few

rogues. These stories often highlighted how tough life was for women and children in an era when women had to fight for every bit of independence they gained. This compelling, moving book is about mothers and daughters, ageing and the way deep family traumas echo down through the generations. Whilst it is deeply personal, it is also spliced with wisdom on caring for someone with dementia. - Supplied by Carson's Bookshop



Learn to play Bridge

The best card game in the world!

Weekly from Wednesday 5 May at 6.15pm

To enquire or to register please email

thamesbridgeclub@gmail.com

or telephone 07 868 8023 (Carol)

Includes 14 week lesson course, plus full lesson notes, and Club membership, for the remainder of 2021

...ALL FOR JUST \$50.00

Come with your family, friends or just yourself!





600 Pollen St, Thames 07 868 6301 www.carsonsbookshop.co.nz 22 THE VALLEY PROFILE, April 14, 2021



ENTERTAINMENT Queen tour comes to Thames Historic hall works

The Queen: It's a Kinda Magic show will stop at the Thames War Memorial Civic Queen: It's a Kinda Centre on April 27 as part of its third national tour.

The show has a fresh new cast who will be showcasing to fans an extravagant rock concert that brings to life the legacy of British band Queen.

Patrons can expect another electrifying concert experi-ence that takes the audience on a magical musical journey of Queen's glory days, complimented by the new performers, big sound, crazy lights and outrageous costumes.

The show's Director, John Van Grinsven is proud to present a fresh new cast featuring South African Dominic Warren, who has taken over the role of Freddie Mercury, performing lead vocals, guitar and piano live on stage and encompassing all the wit, charm and flamboyant stage presence of the legend himself. Michael Dickens as iconic drummer Roger Taylor and Andre Van Der Merwe performing as bass and John Deacon are also new to the mammoth production.

Accomplished South Afri-can guitarist Rusty Red will be joining the stage taking on the famous guitar riffs of Brian May

The show will feature a night



of non-stop Rock anthems, including We Will Rock You, We Are the Champions, Radio GaGa, I Want to Break Free, Somebody to Love, Don't Stop Me Now, Another One Bites the Dust, A Kind of Magic, Bohemian Rhapsody and so many more.

Tickets are on sale now: www. queenitsakindamagic.com.

TICKET GIVEAWAY The Valley Profile has two tickets to give away! Email or text QUEEN TICKETS with your full name and contact details to editor@valleyprofile.co.nz or 0204 0944 853 by April 23 to be in to win.

celebrated with fair

Recent Kauaeranga Valley Hall Renovations will be celebrated with a good old traditional com-munity fair on Saturday.

Built by valley settlers in 1902 and leased by the Department of Education for use as a school until 1943, the hall is the focal centre of a vibrant community. Residents have worked hard over the years to ensure the historic hall is maintained to an excellent usable level. With grant funding from Lion Foundation, the Hall Society de cided to get some much needed work completed before winter.

The hall itself was repainted inside and out; the hall sign re-painted by local artist Win Tyrell-Baxter; the carpark re-levelled and re-gravelled; a new all-access path laid from the carpark to the hall; and old, crumbling steps resurfaced. To celebrate the com-pletion of the work, the residents are holding a fund-raising celebration on Saturday. April 17. from 11am to 2pm with a BYO picnic for all-comers

event will include local The band, The Dirty Firth, produce stalls, a pet parade, bouncy cas-tle and face painting, along with an afternoon of traditional family outdoor games from the past sack races, egg-and-spoon races. tug-o-war, and the like.

There will also be a silent auction of goods and services donated by local residents. These include a trailer of firewood, a Hunderwasse print, one night's accommodation in the local Man-

gotahi Lodge, and many others. It is hoped to raise sufficient funds to further improve the hall and its surrounds. This will be a celebration for all the family and everyone is invited.

DETAILS: April 17, 11am at the Kauaeranga Hall, 437 Kauaeranga Valley Rd, Thames



Valley Education & Training Kimihia rangahaua té apépé more than just training

We're introducing our new programme, Te Mahi Whenua, to our stable of courses. Te Mahi Whenua is a 15 week Level 3 Programme designed to get people back to the land. We have designed Te Mahi Whenua to give you confidence with all kinds of machinery - quad bikes, two wheelers, chainsaws, fencing - both wire and post and rails. Te Mahi Whenua is what it says: less classroom time, more time on the land with hands-on real world learning



The programme encompasses health and well-being and

incorporates this into working the land. You will fill your kete with new skills and upgrade old ones. If you want to be part of a great team whose focus is working the land, not the classroom, call us and keep filling your kete with new skills.

We are taking our Tapa Wha model for learning further afield, teaching akonga from Huntly and Hamilton; with the same passion for youth and utilizing the same principles that we have at our Kopu campus. We have partnered with Te Whangai Trust where our common philosophies create a synergy that goes into teaching and preparing these akonga for life - what it takes to move into employment and succeed.

Parents, grandparents, aunties, uncles if you have Whanau members 16 years + lounging around the house, give us a call and we can organise a visit with you at your place to meet the team. Being able to gain NCEA Levels whilst working through our Vocational Pathways programmes at Level 2. Our passionate team at Valley Education will make a difference and help prepare our akonga for the work environment. We can also help with driver license training (Call Pete on 022 0812 560), and get all those necessary milestones sorted to be work-ready - bank account, IRD number and qualifications. We work hard at pastoral care, offer free transport, and we all share kai. Call us now.

Valley Education & Training 50 Kopu Road, Kopu, Thames 3578 Tel 07 8687892 driving@valleyeducation.co.nz www.valleveducation.co.nz



Laura succeeds in 6-summit climb for charity

By KELLEY TANTAU

Personal trainer Laura Peacock has successfully combated her mammoth mission to climb six summits back-toback - and she did it all in under 20 hours.

At 8am on March 27, Laura set out to begin her journey to raise awareness for mental health, starting with The Pinnacles track, near Thames.

From there, she ventured up Mt Te Aroha, Wairere Falls, Mt Karangahake, the Hakarimatas, and Mt Pauanui, finishing up at 3.30am the following day.

up at 3.30am the following day. It took her just under 19-anda-half hours to complete the challenge, and that included driving time of five-and-a-half hours, she said.

"I didn't have any rests or stops, other than to quickly prepare food to eat in the car. "I tried to keep moving as

much as I could because I knew the more I stopped, the harder it would be to get going again." Laura, from Ngatea, works at TCA Fitness Club in Thames as

Laura, from Ngatea, works at TCA Fitness Club in Thames as a personal trainer, and said her experience motivating other people came into play on her climb.

"I have met so many people who have overcome massive hurdles physically and mentally, so when I am struggling, I think of those people who have it much harder than me, and know that I can push through temporary struggle or fatigue," she said.

"These sorts of events are such a mental challenge, more so than a physical challenge, but I knew 100 per cent going into the event that I was going to complete it."

Before setting out, Laura expected either The Pinnacles track or Mt Pauanui to be her most difficult peak; however, she ended up "flying through" the former, thanks to great company.

company. And, when she arrived in Pauanui at 2:30am on March 28, although she felt tired from lack of sleep, with the help of local support and her partner Hayden Hulley, she made her way up the summit, she said. "In that climb, I thought

"In that climb, I thought about everyone I have met who has struggled with their mental health.

"I did this event for them, and in that moment, it gave me strength to keep going." Laura started the challenge

Laura started the challenge to raise awareness and funds for the New Zealand Mental Health Foundation, and has so far raised more than \$7500.

While proud of what she has achieved, Laura said after conquering events of this scale, she loses her focus, drive, and purpose for training. However, the six-summit climb won't be her swan song.

"I plan to tackle a lot of different summits throughout our beautiful country, and I also would like to nail a full marathon at some point this year," she said.

"Every year I try to top what I did the previous year, so let's see what I can come up with for 2022."

