

# The Valley Profile

ISSN 2703-5700

PUBLISHED EVERY WEDNESDAY

Issue 035 September 01, 2021

## Rising from the ashes

**A popular food truck said to have "the best blue cod in town" by celebrity chef Simon Gault has gone up in flames. KELLEY TANTAU reports**

The Kiwi Taste food truck, established by mother-and-son duo Rhonda and Max Panirau in February last year, caught fire recently at the Miranda Holiday Park where the food truck is based.

Max told *The Profile* he was still unsure how the fire started, but that it came at a pretty unfortunate time.

His dad Leo and mum Rhonda had both been unwell, with Rhonda recently in hospital in Auckland and Max manning the fort back home.

He had recently bought a new "better, safer" deep fryer, too, and had also cancelled their insurance for a "little bit of breathing room" financially.

He said the universe had a funny way of knocking you down a peg.

Back in January, New Zealand chef and restaurateur Simon Gault took to social media to praise Kiwi Taste's blue cod as being "the best in town".

"It's the best kept secret," Mr Gault said. "It's the best blue cod in town, well, the whole of the North Island really."

After the fire, the star chef posted about Max and Rhonda's plight on social media, saying it was "very sad news".

"This was one of the very best places to visit for fish (blue cod)

and chips with salad, and of course their epic burgers. Let's see if we can give a little and help this fantastic mother and son team back on their feet," he wrote.

The ethos for Rhonda and Max's business was "good food served with a side of banter," but their hospitality extended far beyond dishing up plates of fish and chips.

They built their food truck by hand and when last visited by *The Profile*, it was missing a microwave, as the pair lent it to a couple staying at the park who required something to heat up their baby's bottle.

Now it was mother and son in need, Max said he felt a little "ashamed" accepting money from people offering help through a Givealittle page set up by Miranda Holiday Park's Kerry Wicks - of which donations were flowing in.

The fundraiser to purchase a new food truck has already received around \$11,000 of its \$35,000 goal.

"It's definitely humbling, and while I always had faith in people, it does show all of those little touches you had on someone's experience," Max said.

"To other people it might not look like much, but I really love [Kiwi Taste]. It gives me a

*"This was one of the very best places to visit for fish (blue cod) and chips with salad, and of course their epic burgers."*

- Simon Gault



Miranda's Kiwi Taste food truck has been completely destroyed by fire.

Photo: SUPPLIED

sense of purpose."

Max understood it would cost more to repair the truck than it would to buy a new one, but hoped they'd be back up and operating as soon as possible. He said they might need to change the name from Kiwi Taste to Phoenix Taste, because they would "rise from the ashes".

To donate, visit: [givealittle.co.nz/cause/kiwi-taste-up-in-flames](https://givealittle.co.nz/cause/kiwi-taste-up-in-flames).

RIGHT: Mother-and-son duo Rhonda and Max Panirau with their food truck in happier times.

Photo: KELLEY TANTAU



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# Look after your mental health

By ALLAN JUDD

Do you have support? This is a big question that everybody should ask themselves.

Well, what is your support network, do you have friends you can ring and talk to at any time of the day or night? Would you be somebody's support person? As we are plunged back into a Covid-19 lockdown around the country, people are forced to relive difficult situations endured under Covid-19 restrictions last year, where some people became fragile.

Families are forced to all live together at the same time under the same roof, all wanting to do their own thing in their own way.

"No problem" I hear a lot of you say. Okay, for some it's not too bad, but for others, it can be enough to tip them over the edge. It's important to take time to look after each other, it's even more important to look after yourself during these situations. What are you doing to keep fit, are you doing some form of exercise?

Last year when we were in lockdown, I was set a challenge to do 25 press-ups every day for 25 days. So, this time round, I'm setting the challenge of doing 30 sit-ups every day for 30 days. It's about giving yourself a challenge each day and a reason to get out of bed every morning.

One of the easiest things that can happen as we start to feel hemmed in around our own home is to hide inside ourselves. So, it's important that we exercise and communicate with those sitting next to us on the couch.

One of the hardest things to



Allan Judd says exercise and communication is important during lockdown.

grasp is sometimes that support person will not be the person you are living with. That person who you love and care for may not see the support that is needed by you.

It is important to know who you can rely on to help when you are feeling a bit down, anxious, depressed or just need some time out to recharge the batteries.

I hope just one person takes the time to read this and turns to the person next to them and asks those two simple questions: Are you alright? And, are you coping with life?

This is not the case in every scenario, sometimes that support person will be your nearest and dearest, but you need to know that before you start to fall off the rails.

In most cases you won't need to worry if you have that constant line of communication open. There have been numerous struggles and

sometimes the support you crave is just not there.

I'm starting to see how broken and under-resourced the Mental Health system in this country has become.

The struggle to get support and help in this country has become too great for some people.

I can see why mental health educator Mike King has thrown his arms in the air and said enough is enough. We need to be aware of people around us who are not coping as well as they should.

Suicide in this country is out of control, not just our young but the farmers, the shop owners - depression doesn't care who it comes and gets and if you don't have the support you need, you can spiral out of control and stop communicating with people.

I have seen this first hand when

the support you so desperately want deserts you.

I know I struggle with mental health and do all I can to ensure I stay in the right frame of mind.

It's important to have a plan of how to cope when things start to get a bit tough or you are feeling anxious about some silly little thing.

There are some wonderful books and support networks out there. I can recommend former All Black and mental health advocate John Kirwan's first book *Why I Am*, a book full of wonderful quotes he used in times of struggle. One of my favourites is: "Tough times don't last, tough people do".

So, I challenge you to get off the couch, do some exercise, talk kindly to those around you and pick up the phone and ring somebody you haven't spoken to in a while.

Be kind to yourself and be kind to others, you'll find it goes a long way.

### WHERE TO GET HELP

- Te Korowai Hauora o Hauraki: Hinengaro (mental health), Ph 0508 111 555, 8:30am to 4:30pm weekdays.
- 1737, Need to talk? - Free call or text 1737
- Depression.org.nz - 0800 111 757 or text 4202
- Lifeline - 0800 543 354
- Suicide Crisis Helpline - 0508 828 865 (0508 TAUTOKO)
- Kidsline - 0800 54 37 54 for people up to 18 years, 24/7.
- Youthline - 0800 376 633, free text 234, talk@youthline.co.nz.
- Rural Support Trust - 0800 787 254

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## Thames Tides

| Wed Sep 1  | Thu Sep 2  | Fri Sep 3  | Sat Sep 4  | Sun Sep 5  | Mon Sep 6  | Tue Sep 7  |
|--|--|--|--|--|--|--|
| <br>Morning: 1:49am 3.0, 2:18pm 2.9<br>Afternoon: 7:53am 1.1, 8:34pm 1.3<br>Best At: 7:14am 7:40pm<br>Rise: 2:27am, Set: 12:00pm | <br>Morning: 2:41am 2.9, 3:20pm 2.9<br>Afternoon: 8:52am 1.1, 9:34pm 1.3<br>Best At: 8:05am 8:31pm<br>Rise: 3:22am, Set: 12:49pm | <br>Morning: 3:38am 2.9, 4:20pm 3.0<br>Afternoon: 9:55am 1.1, 10:30pm 1.2<br>Best At: 8:58am 9:24pm<br>Rise: 4:14am, Set: 1:44pm | <br>Morning: 4:38am 2.9, 5:13pm 3.1<br>Afternoon: 10:53am 1.0, 11:21pm 1.1<br>Best At: 9:50am 10:16pm<br>Rise: 5:00am, Set: 2:45pm | <br>Morning: 5:34am 3.0, 6:00pm 3.2<br>Afternoon: 11:44am 0.9<br>Best At: 10:42am 11:08pm<br>Rise: 5:41am, Set: 3:50pm | <br>Morning: 6:25am 0.9, 12:30pm 0.7<br>Afternoon: 6:25am 3.2, 6:43pm 3.4<br>Best At: 11:33am 11:58pm<br>Rise: 6:17am, Set: 4:57pm | <br>Morning: 12:54am 0.8, 1:13pm 0.6<br>Afternoon: 7:12am 3.3, 7:26pm 3.5<br>Best At: 12:22pm<br>New Moon<br>Rise: 6:50am, Set: 6:05pm |

\*Not for navigational purposes. Graphic supplied by OceanFun Publishing Ltd. www.tidewiz.com www.tidespy.com www.ofu.co.nz

**MOON AND FISH KEYS**  
New Moon First Quarter Full Moon Last Quarter  
Good Fishing Fair Fishing Not So Good

**TIME DIFFERENCES FOR OTHER PLACES**  
To determine tide times at the following places, add (+) or subtract (-) the given time difference from the Thames times listed in the calendar.

| PLACE       | Hr | MIN | LOW   |
|-------------|----|-----|-------|
| Coromandel  | -0 | 05  | -0 04 |
| Whitianga   | -0 | 02  | -0 06 |
| Tairua      | +0 | 10  | +0 20 |
| Whangamata  | -0 | 07  | -0 08 |
| Waihi Beach | -0 | 12  | -0 13 |



# Morale ‘pretty high’ after Covid-19 scare

By KELLEY TANTAU

The owner of the Hauraki cafe visited by a Covid-positive Aucklander on August 15 is praising his staff for undergoing rigorous testing and a “severe” lockdown.

Blair Mattock told *The Profile* morale remained high after Woodturners Cafe on State Highway 2, Mangatarata, was named as a location of interest following a visit by a man who was not aware he’d contracted the highly contagious Delta variant of the virus.

Up to 10 staff were working that day, and all had since been required to have three Covid-19 tests and go through a “severe lockdown”, Mr Mattock said.

“You can’t go anywhere, even to get groceries or go for a walk. I’m still doing a lot of reading and cleaning,” he said.

Mr Mattock and his staff underwent three separate Covid-19 tests: one as soon as they were identified as a location of interest, another on Day Five, and the final test on Day 12, which was taken on Friday, August 27.

All but one have come back negative, with the remaining staff member to get their final Day 12 results this week.

Mr Mattock said his staff were all locals, from around the Ngatea and Mangatarata



Woodturners staff working at ‘Ground Zero’ have returned negative Covid-19 test results. Photo: SUPPLIED

areas. He said they had been “great” and would be looking forward to the day work at the cafe could return to normal.

“The morale is pretty high and everyone’s been in touch with everyone else and are giving [each other] support.

“I think everyone will be pretty keen to get back to work.”

But that wouldn’t be until Alert Level 2, he said, when travel was no longer restricted between borders.

“We’ve been hit every time with Covid, because as soon as Auckland gets a cold, we sneeze, and as soon as they go out of level 2, the state highway dies.

“You could go out and play tennis on SH2, it’s that quiet.”

But Mr Mattock said lockdown had been a “learning experience” and he was impressed with the thorough nature of the tests.

“I was quite surprised at the

amount of work that’s involved with the Healthline people. Every day they check in, and every day they’ve got their questions and ask you about how you’re feeling and if you’ve complied with everything. It must be a huge operation.”

He wanted to thank the cafe’s loyal customers and the wider community for their ongoing support.

“It is amazing... and really appreciated,” he said.

## WHAT YOU NEED TO KNOW

Everywhere south of the Auckland-Waikato border moved to level 3 at 11.59pm on Tuesday. Auckland and Northland remain in level 4.

It is free to get a Covid test. Testing is available at Te Korowai Hauora o Hauraki - Thames, phone 0508 835 676 to make an appointment, or phone your GP to see if they are testing. Symptoms of Covid-19 include cough, fever, shortness of breath, sore throat, sneezing and a runny nose, and temporary loss of smell.

Face coverings are now mandatory when using public transport, visiting healthcare facilities, for delivery drivers, inside businesses and services such as supermarkets, pharmacies, and takeaways, and at court, tribunals, government agencies and social service providers. Everyone is strongly encouraged to wear a face covering when outside their home and anywhere it’s difficult to keep a 2 metre distance from others.

Everyone over the age of 12 legally must keep a record of where they have been so contact tracing can happen quickly. You must do this at all alert levels. This requirement will come into effect in seven days from the change to level 3.

**DETAILS: For COVID-19 health advice and information, call Healthline, Ph 0800 358 5453. To find out more about level 3, go to covid19.govt.nz. For information about vaccinations, turn to P5.**

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# Ready for take-off

Children from Karanga-hake School have been learning about space, and in the first week of lockdown, they were given the task of planning, designing, and creating a space rocket. Awa room teacher Trudi Kyd said they could use recyclable materials or whatever they could find around home, then they shared their creations during an online Zoom meeting. According to the parents, the kids had so much fun creating them, Trudi said.



Ivy Taylor's rocket has lots of windows to see out of.



Evie Harris-Ellis's rocket is ready for take-off, with help from her cat.



River Lombard and her sister are heading to Mercury.



William Bartram's rocket has sturdy wings to fly and lots of colour.



Cole Beisly shows off his rocket, which has fire coming out of the jets.



Edith Benjamin's rocket heads for the moon.



Savanna Russell's rocket has pretty patterns.

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# Coromandel MP gets Covid-19 jab in lockdown

By KELLEY TANTAU

Coromandel MP Scott Simpson is encouraging “as many people” as possible to get the Covid-19 vaccine amidst the virus’ latest outbreak and subsequent lockdown.

Mr Simpson received his first dose of the vaccine a few days after the country’s shift to Alert Level Four on August 17.

“I had booked it nearly a fortnight ago and wanted to go to the Goldfields pop-up centre in Thames,” he told *The Profile*. “Given there had been a lot of disruption earlier in the week, I thought the appointment might get changed, but it all went ahead as planned, and I was very impressed with the way the system worked.”

Mr Simpson said the process was “very professional” and he had no side effects from the jab.

On the day, there was a line of other people waiting for their vaccine and maintaining social distancing, he said.

“I am very much in support of the vaccination programme. I think the ultimate way out of this dilemma for us all is to have as many people vaccinated as we can.

“If I’ve got any criticism, it is

that we are still the least vaccinated country in the OECD, and in my view we could have all been vaccinated earlier than we currently are now,” he said.

“But my message is to be vaccinated as soon as you become eligible, make an appointment, and get it done.”

News the Delta variant of Covid-19 was in the community was reported on August 17, when a 58-year-old man from Devonport, Auckland, developed the virus after visiting Coromandel township with his wife on August 13-15. The man’s wife, who has received two doses of the vaccine, returned a negative Covid-19 test.

Mr Simpson said the Coromandel community had, by and large, been doing everything that had been asked

of them. “We were a bit unsettled in that our [town] was the focus of attention early on in this outbreak, clearly now though the man who visited Coromandel town wasn’t Case Zero, he was just the first case to be tested,” he said.

So far there are no positive Covid-19 tests throughout the Coromandel-Hauraki region, and wastewater testing had also not returned any positive Covid-19 results.



*“The best thing to do when you’re getting a needle put in your arm is to look the other way.”*

- Scott Simpson



Coromandel MP Scott Simpson got his first Covid-19 vaccination on August 20, three days after it was announced the Delta variant of the virus was in the community. Photo: SUPPLIED

However, with many local residents on septic tank, Mr Simpson said this was a reason for people to “remain vigilant”, to wear a mask when out, and to scan the Covid-19 QR codes, the latter now mandatory for large events, cafes, libraries, and restaurants across all alert levels.

He also had a word of advice for those anxious about getting the vaccine: “I’m not a big fan of needles, but I’ve learned over the years that the best thing to do when you’re getting a needle put in your arm is to look the other way.”

## WHAT YOU NEED TO KNOW

As of last week, Waikato District Health Board figures showed more than 44 per cent of Thames-Coromandel residents have had their first dose and about 14 per cent were fully vaccinated.

**HOW TO BOOK A VACCINE:** Book online at [www.bookmyvaccine.co.nz](http://www.bookmyvaccine.co.nz) or Ph 0800 28 29 26.

There are vaccinations centres throughout the Thames Valley and Coromandel Peninsula, as well as a Covid-19 community vaccination centre at Goldfields Shopping Centre in Thames.



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Collecting for Daffodil Day last year: Alby and Glenis Andersen, Barbara Berry, and Luc King, 4. (File photo: TERESA RAMSEY)

# Hopeful for delayed Daffodil Day

By KELLEY TANTAU

For the second year in a row, the Cancer Society's Daffodil Day street collection has been cancelled due to the resurgence of Covid-19 in the community. Planned for August 27, the street appeal typically raised about \$1m nationwide for those affected by cancer, but Paeroa co-ordinator Elaine Lally is hopeful Paeroa could still play its part at a later date.

Paeroa's annual Daffodil Day fundraiser was to be held at the RSA on August 23, but just six days before the event, it was announced the country would head into an Alert Level 4 lockdown.

"We had everything in place, with something like 170 people coming, so it was quite disappointing," Elaine said. "But we'd like to still have it, but we're not quite sure what we're going to do, and it depends on the lockdowns,

of course."

Last year, the Paeroa fundraiser was postponed until October 30, but they still raised close to \$4000 from the day.

Elaine said she couldn't see the fundraiser taking place this year until around the same time.

"We really do want to do it because it is such a worthy cause. We all have family members, friends, or neighbours that have got cancer or had cancer, so we really would still like to have it but when and what we're going to do, we're not quite sure."

Cancer Society of New Zealand chief executive Lucy Elwood said they were now counting on "generous supporters" to donate to the charity online.

"We've been through Covid lockdown before and the demand on our services goes up. Covid adds to the anxiety of many going through cancer. This is the time for the Cancer Society and New Zea-

landers to step up and not step back," she said.

After the announcement from the Government on August 17, the society quickly swung into action, putting in place protocols to ensure cancer services were still available in lockdown.

Elwood said it was a blow for many people who had been regular volunteers on Daffodil Day, but the fundraiser's campaign was: 'Cancer doesn't stop, so we won't either'.

"We are truly living those words right now – cancer doesn't stop because of Covid. Our staff are going above and beyond to support those using our services, communicate updates on scheduled treatments, and address any issues that are being experienced."

**DETAILS: ANZ is donating one dollar for every dollar raised through the ANZ Digital Daffodil QR code, or donate online. For more info, visit: www.anz.co.nz/donate.**



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# Mayors react to news of outbreak

By KELLEY TANTAU

Thames-Coromandel’s Mayor had no clue her community was preparing for its first Level 4 lockdown in more than a year.

Mayor Sandra Goudie was “glamping” around Port Jackson Rd in the upper Coromandel when the news broke on August 17 that Covid-19 was back in the community.

A 58-year-old man from Auckland tested positive for the more contagious Delta variant of the virus after visiting Coromandel township and Woodturners Cafe on August 13-15 with his fully vaccinated wife, who tested negative.

After fortuitously hearing the news over the radio, Mayor Goudie walked up a hill to get service, and from there, went through “56 calls over an hour and a half,” she told *The Profile*.

She made the hasty decision to head back to Thames, but on the way, she encountered a road block established by members of the public, who were turning away drivers heading into Manaia, anxious to protect their community.

“The line was starting to build up and I could see there were one or two people starting to get a bit irate, and of course it was dark, people were milling around in the middle of nowhere, so it wasn’t a healthy environment,” she said.

At least four police cars showed up to deal with the situation, she said. But overall, people within the district appeared to be doing “the right

thing” throughout the early days of the lockdown.

“We’ve been through all sorts of crises and emergencies, and we’ve just hunkered down, done the right things, and we’ve got through it, and the people of Coromandel are good at doing that,” she said.

“Everywhere else was actually fine, this was just a group of people at the Manaia one-way bridge and they were taking the opportunity for whatever reason.”

Mayor Goudie, who on August 18 came under fire for her “relaxed” approach to scanning the QR codes on the Covid-19 app, said she was now “totally on board” with contact tracing, but had admittedly become complacent.

In a council statement, Mayor Goudie said the tracer app was a “vital part of staying safe” and urged people to use it frequently.

“When the news of an outbreak came through, I had been off the grid and was too relaxed about my own complacency with scanning. I was upfront that my app use has been hit and miss, but there’s no question I’ll be using it now,” she said.

Throughout the lockdown’s early days - when Auckland and Coromandel were given an initial seven days, and the rest of the country an initial three - Hauraki District Council Mayor Toby Adams acknowledged there was confusion about whether or not the Hauraki district was included in the Coromandel border, particularly as one of the places of interest was



Queuing at Paeroa Countdown during lockdown.



Not a soul on Ngatea’s main street.



Thames’ main street in lockdown.



Chris is “masked up” with a bandana.



Shoppers time it right at Pak’nSave, Thames.



Paeroa’s main street is eerily quiet.

in the Hauraki.

“There was always a possibility that further parts of the country would go into a longer lockdown, because I’m sure the places the one man has been had people from all over New Zealand visit from some point over that time period... and as we know, Delta can basically

jump across a room in three seconds,” he said.

“I understand that it is the unknown again – but this time, it’s really not that unknown. We knew what it was like last time, we’ve spent some time in lockdown, and we understood that supermarkets restock and that we can get by. There’s enough

toilet paper to go around for everybody,” he said.

“So don’t panic, act normal, shop like normal, eat like normal, drink like normal, and if you do need to go out, whether it’s to a pharmacy or a service station, use the tracer app and let everyone know where you’ve been.”



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Rural Life

# More action planned by Groundswell NZ

Groundswell NZ says it's planning a major nationwide protest in November after a "lack of response" from the government over its concerns.

The farmer advocacy group staged the nationwide Howl of a Protest last month, which saw hundreds of people turn out in tractors and utes in Ngatea on July 16.

While a date in November is yet to be set, Groundswell NZ said it expected the next major protest action to be of a scale and impact that will be "significant in New Zealand's history".

Groundswell NZ spokesman

Bryce McKenzie said there was widespread concern among both rural and urban people, councils, and the business sector about the direction the government was taking and the "tsunami of unworkable regulations being rammed through".

A number of campaign actions are planned in the lead up to November's nationwide protest. The first of which, a series of three Friday protests from August 20, were disrupted because of the level 4 Covid-19 restrictions. Groundswell NZ had planned for a show of support from every car, bike, truck, train



Howl of a Protest in Ngatea.  
File photo: KELLEY TANTAU

to toot their horns for two minutes in support of its campaign. Groundswell NZ will also write

to all councils calling for a halt to all Resource Management Act planning processes, because of the "significant negative impact zonings like Significant Natural Areas, wetlands and landscapes are having on people and their property values".

They're also calling for all landowners to decline access for councils or their agents wanting to undertake mapping or information gathering on private land. The group's campaign is concerned about "unworkable" government regulations including freshwater, indigenous biodiversity and climate change.

"We are not against the need for regulation or the need to care for the environment", Mr McKenzie said.

"Nor are we calling for a halt to addressing environmental issues.

"We are saying there are much better, proven solutions to addressing environmental issues than the one size fits all approach being legislated by the government."

Groundswell NZ has recently added the Three Waters reform and the Water Services Bill to its growing list of unworkable regulations.

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# Goldfields manager John Freer to run for mayor

By KELLEY TANTAU

Former Thames Valley rugby player and current manager of Goldfields Shopping Centre John Freer has announced he'll run for mayor, 13 months ahead of the next local body elections.

Mr Freer, who took over the management of the Thames mall following the Covid-19 pandemic, will throw his name into the ring for Thames-Coromandel District Council's top job come October next year.

He told *The Profile* he was announcing his intention to run now in order to meet with community members, organisations, and clubs, and to prepare himself for the role, if successful.

"If I didn't think I had a chance, I wouldn't be doing this," he said.

Mr Freer, who lives in Onemana, a beach town on the eastern side of the Coromandel Peninsula, was a former *Thames Star* journalist, and is a member of the Onemana Residents and Community Association, the Thames Business Association, the Thames Business Association, and the Whangamata Community Patrol.

He said his decision to stand was not motivated by one issue - but to "unite" the wider community so all residents and ratepayers had a "shared and agreed" approach to future development.

"Through living on one side of the peninsula and working on the other, I have a good understanding of the whole



John Freer will run for district mayor at the local body elections next year.

Photo: KELLEY TANTAU

region, and I think that is so important in terms of having somebody that will look at the whole peninsula, rather than being east or west," he said.

"I think, too, that we've got to have a much more open approach to our local government here."

Prior to last year's Covid-19 lockdown, Mr Freer could be seen around the district helping freedom camping visitors find

the right places to stay, as one of five Responsible Camping Ambassadors hired by Thames-Coromandel District Council.

Seven months later, he set out to transform the Goldfields Shopping Centre into a mecca for shopping and entertainment, earlier telling *The Profile* he believed they could "turn [it] around".

He said he'd want to stay on in his role as manager of the

mall even if his mayoral campaign was successful.

"It's time to be different, and this is where, due to the size and diverse nature of our region, we have to find a new way forward," he said.

"We've all got differences, but we're not that big that we can't work together."

Mr Freer said there were certainly challenges facing the district at present, including fi-

nancial pressures, as well as the Three Waters review, but said by "working together", quality of life across the Thames-Coromandel would continue to improve.

"Someone has said to me: 'Good luck with that', but I can remember when I worked with Sir Edmund Hillary, and he told me a guy said the same thing to him before he climbed Everest: 'Good luck with that'."



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# Lockdown learning ‘stressful’

This year is an important one for many senior college students, who face the added stress of online learning in lockdown while NCEA exams loom. Hauraki student ANNA TUKUITOGA gives us a glimpse of the pressure students are facing.

The dynamics to the Covid-19 lockdown in 2021 is stressful. Being a year 12 student living in a society where learning from home is the new norm is hard.

My name is Anna Tukuitoga. I am a year 12 student at Hauraki Plains College. The return of lockdown is not a good time for young ones like myself to be caught up in, especially with exams just around the corner. It's inconvenient and frustrating.

I know other year 12 and 13 students in our area who feel the same. It's the pressure of preparing for exams coming up and relying on NCEA credits to be eligible for scholarships in the coming year. With scholarships, it means our tuition fees and accommodation cost are secured for university in 2022 and 2023.

I am very worried about not making enough credits.

Some of us don't have the ability to fund our own education after high school therefore we rely on scholarships to help us achieve our goals. The year has involved planning what happens in my future after college life. For me, I want to study music, and to do that I need a scholarship to go to the Victoria University. With-



Anna Tukuitoga says it's important to find balance during lockdown.

Photo SUPPLIED

out a scholarship I won't be able to go - unfortunately my mum doesn't have the luxury to help fund my living expenses whilst I live away from home.

So it's a stressful time and I am

**“The return of lockdown is not a good time for young ones like myself to be caught up in, especially with exams just around the corner.”**

- Anna Tukuitoga

frustrated.

With that in mind, I live with my 70-year-old grandmother who has dementia. Everyday during lockdown my job is to make breakfast and organise on-line fitness with my nana which

also helps me with establishing a good routine.

The way I cope and ensure I'm looking after my mental health is through creating music, doing TikToks, talking to my friends online and getting some fresh air. Having to balance everything is hard and I know every young person has their own struggles.

Some of us are struggling to do school work and have anxiety because of Covid.

So my advice to my peers is to try and find a balance, focus on your goals for after college because that is what will set you up for life.

And don't forget to look after your mental health - get some fresh air, and take time to learn some life skills i.e. cooking, baking and chores around the house.

## SPORTS RESULTS

### Fundraiser ‘a fabulous success’

More than \$5000 was raised to support cancer patients and their families at a recent charity golf tournament in Thames.

Held at the Thames Golf Club and run in conjunction with the Thames Community Cancer Support Group and Thames ANZ Bank, the event “was a fabulous success,” spokesperson Jill Stent said.

“The weather was fine, there were 85 starters - 12 nine-hole players and 73 18-hole players - and the sponsorship from local businesses was amazing.

“They were so incredibly generous,” she said.

The charity golf tournament is the only fundraiser held by the Thames Community Cancer Support Group annually.

This year, the thousands raised will allow the group to

provide petrol vouchers, food vouchers, counselling, and massages to cancer sufferers and their families in the Thames community and surrounding areas.

A cake auction was also held as part of the day and this raised more than \$1500, Jill said.

“Baking was provided by ANZ staff from Thames and Paeroa, Thames lady golf club members, Thames Community Cancer Support Group members, and even some cancer sufferers themselves.”

RESULTS: The tournament winners were: 9 hole players: K Batters, Whangamata, 1; B Irvine, Renner Park, 2. 18 hole women: A Keane, Hauraki, 1; F Nicol, Paeroa, 2. 18 hole players men: A Batie, Thames, 1; H Smith, Thames, 2.

### Good turnout for Kerepēhi bowls



Ian McLeod bowls for Kerepēhi.

Photo: TERRY KING

It was another good turnout at Kerepēhi Bowling Club for O'Hagan Vision Care sponsored optional fours last month. Occasional showers from lunchtime onwards were a nuisance, but games were completed with the following winners: 1st 4 wins + 18 points 19 ends (Paeroa) Arthur Thorburn team; 2nd 3 wins + 24 points 21 ends (Waihi Beach) A Murray team; 3rd 3 wins + 19 points 20 ends (Tui Park) K Paul team. Good bowling.

- Terry King

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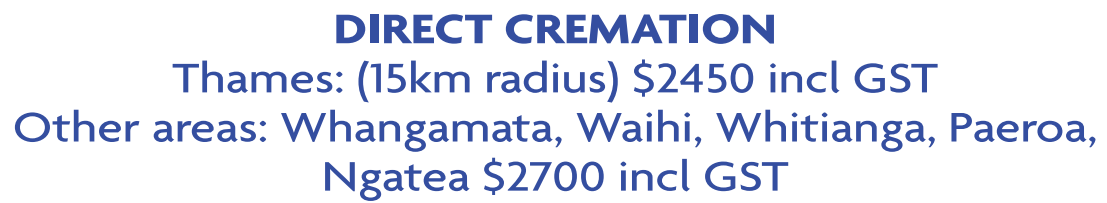
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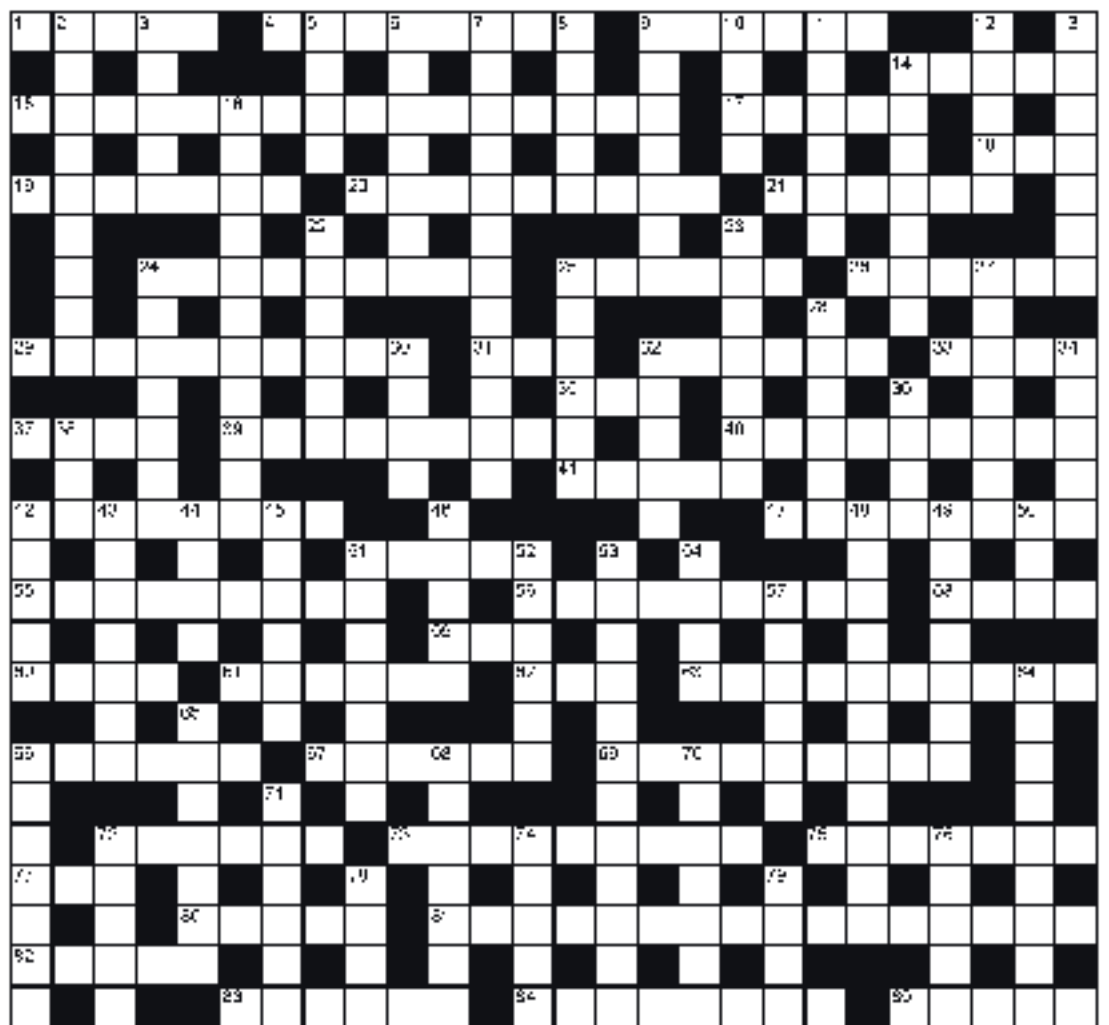
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|      | 3 | 9 | 8 | 7 | 1 | 2 | 4 | 5 | 6 |
|      | 1 | 7 | 2 | 5 | 6 | 4 | 8 | 3 | 9 |

## EASY

## 35

1 Perhaps (3)  
4 Capable of making mistakes (8)  
9 Informal get-together (6)  
14 Small arm of the sea (5)  
15 Very uninteresting, dreary, boring (4,2,10)  
17 Hungarian composer (5)  
18 Tune (3)  
19 Cautious (7)  
20 Saying "no" to (9)  
21 Dreaded (6)  
24 Municipal regulation (9)  
25 Intrusive (6)  
26 U-shaped nail (6)  
29 Giant's diet (anag) (10)  
31 Tankard (3)  
32 Hard hat (6)  
33 Charges (4)  
35 Mined mineral (3)  
37 Trendy (4)  
39 Made cheerful, spirited (9)  
40 Site (9)  
41 Assists in wrongdoing (5)  
42 Do deeply (anag)(8)  
47 Fluctuated back and forth (8)  
51 Short, flat-headed nail (5)  
55 Scent shop (9)  
56 Rock slide (9)  
58 Block up (4)  
60 Food shop (4)  
61 Standing posture (6)  
62 Small child (3)  
63 Body of persons entitled to vote (10)  
66 Dinner jacket (6)  
67 Slowly (mus)(6)  
69 Formal party after a wedding (9)  
72 Ebbs (6)  
73 Tourist (9)  
75 Mosque tower (7)  
77 Male offspring (3)  
80 Language (colloq)(5)  
81 Quick-witted; very perceptive (2,5,2,1,6)  
82 Student's composition (5)  
83 On land (6)  
84 Imaginary place abounding in gold (8)  
85 Workers (5)  
**DOWN**  
2 Excessive admiration (9)  
3 Swelling (5)  
5 Opera solo (4)  
6 Stand for holding a book (7)  
7 Confusion (12)  
8 Consumed (5)  
9 Rebounds readily (7)  
10 Young male horse (4)  
11 Gangways between seats (6)  
12 Implore (5)  
13 Make jump (7)  
14 Repeat (7)  
22 Put in drop by drop (6)  
23 Eternal (7)  
24 Of the eye (7)  
25 Eastern temple (6)  
27 Advance showing (7)  
28 Shelled insect (6)  
30 Plummet (4)  
32 Girl's name (5)  
34 Church council (5)  
36 Prohibits (4)  
38 Garden tool (3)  
42 Fooled (5)  
43 Baffle (7)  
44 Responsibility (4)  
45 Builds (6)  
46 Baggy (5)  
48 Power line worker (11)  
49 Pain-killing drug (7)  
50 Big bird (3)  
51 Deadly poison (7)  
52 Skin decoration (6)  
53 Pacific site of giant stone statues (6,6)  
54 Partner (4)  
57 Goes stealthily (6)  
64 Burrowed (9)  
65 In a perfect world (7)  
66 Kitchen appliance (7)  
68 Make faces (7)  
70 Spreading plant (7)  
71 Court game (6)  
72 Nonspecific sense of anxiety (5)  
74 Undue speed (5)  
76 Amphitheatre (5)  
78 Extinct bird (4)  
79 Hand-me-down (4)



ACROSS: 1 Appal, 4 As old as the hills, 14 Roads, 15 Staid, 16 Trespasser, 17 Tinge, 19 Emu, 20 Piquant, 21 Kilometre, 22 Refund, 25 Espionage, 27 Temper, 28 Medley, 33 Irreverent, 35 Inn, 36 Gauged, 37 Prod, 39 Goo, 41 Dewdrop, 42 Sneeze, 43 Turbulent, 44 Lanes, 45 Neurosis, 50 No, 51 Asbestos, 55 Unite, 58 Reception, 59 Gambol, 60 Loyalty, 61 Spa, 63 Yank, 64 Oldest, 65 Tun, 66 Assembling, 68 Flying, 69 Agates, 71 Departure, 76 Arrant, 77 Orchestra, 79 Scratch, 81 Eel, 84 Split, 85 Absorption, 86 Alias, 87 Gloss, 88 Davy Jones' locker, 89 Cycle.

DOWN: 2 Putrid, 3 Adieu, 5 Sore, 6 Lasting, 7 Amazon, 8 Taste, 9 Eardrum, 10 Into, 11 Landed, 12 Jaded, 13 Estuary, 14 Reduced, 18 Indigenous, 23 Anger, 24 Deducts, 26 Slender, 27 Tangelo, 29 Largest, 30 Breeze, 31 Libel, 32 Learns, 34 Tune, 36 Going, 38 Dates, 40 Sure, 45 Nervy, 46 Uncanny, 47 Oops, 48 Icicle, 49 First, 50 Negates, 52 Broomstick, 53 Smaller, 54 Outing, 55 Undergo, 56 Amend, 57 Rota, 62 Essay, 67 Undress, 68 Foreign, 70 Tornado, 72 Erratic, 73 Angina, 74 Astral, 75 Scrawl, 76 Allot, 78 Haste, 80 Alloy, 82 Stay, 83 Robe.



# Get out into your garden as soils start to warm for spring

The weather can still be changeable but the soil should be starting to warm up. It's a good time to get out into the garden and get your vegetable and flower garden organised.

**VEGETABLES**  
Complete the vegetable garden preparation by digging in plenty of compost, manure and blood and bone. Sow your favourite veggie seeds including carrots, beetroot, silverbeet and peas directly into your garden. Transplant any summer seedlings out that you have propagated like lettuces, cabbage, onions, silverbeet and spinach. Cover with cloches to give a good start. Protect all seedlings with slug bait. Once the risk of frosts has passed, you can start planting your potatoes which you have

previously chitted. Asparagus in established beds – spears should start to appear about the middle of the month. Allow spears to make approx 150mm growth before cutting. Harvest while bud is still tight. Broad Beans – flowers begin to show on early sowings and the growth rate becomes rapid as the weather warms, now is the time to provide some support. Peas – create supports for earlier sowings and make further sowings of main season varieties. Refresh your herb garden with new plants and sow more seeds for summer harvest.

**FLOWERS**  
Sow your favourite seeds of alyssum, aster, cornflower, California poppy, cosmos, carnation, dahlia, impatiens, lobelia, marigolds, petunia, phlox, salvia



Now's the time to sow cosmos seeds.

and zinnia. Sow seedlings of calendula, chrysanthemum, delphinium, hollyhock, marigold, polyanthus and primula just to name a few. Soft tip cuttings can be taken from many herbaceous perennials. Cyclamen: once finished flowering, grown in containers can be transplanted outdoors in a sheltered corner.

Whatever you plant, ensure that you keep them watered, fed and protected from the slugs and snails. Aphids are your roses' main pest. Look for them on new leaf growth and flower buds. If unchecked, you run the risk of nutrient depletion and deformed leaves and buds. Enrich the soil with blood and bone and seaweed. Add mulch keeping it away from the stem. Feed roses weekly.

**FRUIT**  
Feed berry vines, citrus and fruit trees with citrus fertiliser. All trees benefit from a dressing of fertiliser and a good layer of mulch. Prune passionfruit vines and feijoas to encourage new growth and more fruit. Apples, pears, peaches, nectarines, plums, apricots and cherries will

benefit from an application of copper sprays prior to bud burst and again after flowering will help to cover any diseases that are on the tree. Apply fortnightly applications of a foliar fertiliser to strawberries to stimulate sturdy growth. Continue to plant out strawberry plants as well as blueberries and rhubarb.

**LAWNS**  
Set mower higher and cut the grass at regular intervals. Broad leaf weeds and prickly weed (Onhunga weed) can be sprayed this month. Now is the perfect time to sow a new lawn or fix those bare patches.

**COMPOST HEAP**  
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Thames High School students and staff plant native trees. Photo: SUPPLIED

THS students plant flood-prone Waiotahi

Waiotahi Rd residents returning home were surprised by the appearance of more than 85 native plants that appeared in a small area of the flood-prone edge of the lower Waiotahi Stream in Thames recently.

A group of Year 12 Horticulture students from Thames High School planted the natives under the watchful eye of Steve Yule, of Recreation Services, who looked after site traffic management, with help from Thames-Coromandel District Council parks and facilities officer Jane Wright and Waikato Regional Council catchment management officer Amy Tsao.

The students planted kahikatea, including two donated by a local resident, plus totara, manuka, titoki, makomako, oioi, purei and karamu donated by the regional council in order to stabilise the banks and enhance the ecology of the stream.

Thames High teacher Ewan Grant-Mackie said the planting was a “win-win for everyone”.

“The immediate environment benefits from having the native plants around are to attract wildlife, stabilise and cleanse the stream, the residents no longer have to look at an unsightly weedy area of land, and the students benefit by gaining credits from this task,” he said.

He was also proud of the students’ willingness to complete the work under damp and drizzly conditions, he said.

While the primary purpose of the activity was to plant the plants, there was also the opportunity for the students to learn about the native species and how stream ecology can be encouraged, he said.

Jane Wright and Amy Tsao proved to be knowledgeable and prepared to lead by example, as well as opening students’ eyes to potential career pathways.

Jane Wright was also very complimentary of the students and their work.

“The planting went really well, and the plants are looking great,” she said.

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# Mineral water found in Puriri



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.

## 1868

A curious mineral water discovered at Puriri was analysed, and from its nauseous effect on the palate and action on the bowels it was dismissed as nothing more than a laxative. Mining at Puriri though, showed more promise.

A foundation for a twelve stamper battery and a waterwheel were in place and it would not be long before Puriri night owls were disturbed by the click-clack of iron stampers spinning round doing their fifty-five per minute.

A man named William Pennell left Thames in an open boat to cross to the Miranda Redoubt. When about six miles out a wave struck the boat and before she could recover was overtaken by a second one, which filled and sank her. She had on board flour, salt and other assorted goods.



Thames in 1867.

Photo: SUPPLIED

The boat and cargo were lost but the man was picked up by a passing fishing boat and landed safely at Grahamstown.

The township of Hastings (Tapu) boasted six public houses, six share brokers' offices and one butcher. About 2000 diggers were scattered around this part of the country, and every gully and spur was taken up by miners. From a distance, the numerous drives made into nearly perpendicular cliffs looked like pigeon-holes and the rugged ranges were dotted with small white tents.

If one followed the gorge for miles, climbed over waterfalls and scrambled up various spurs where a goat could scarcely find footing, there was the digger, his tent and axe.

Thames, the "Land of Gold" was denounced by a scornful visitor. There was lots of mud, plenty of rain, heaps of loafers and hard up people, but very little gold.

He pronounced the place

a gigantic swindle. Gold was there but to get it out you needed gold in your pockets; it was useless a man going to Thames, unless he was prepared to keep himself in tools, clothes and provisions for twelve months at least. Many of the claims were four or five miles back in the ranges; the men had to hump their provisions up, and their quartz down, as the hills were too steep to get up with a horse.

The whole yield of gold for twelve months past did not average more than three ounces per man.

The only way to work it profitably was by forming large companies with plenty of money. There were thousands of people who would gladly leave and there was talk of the government chartering a vessel to take them away, but the worst of it was that every vessel that arrived brought more and more men.

How the deuce they were going to live the vexed visitor did not know.

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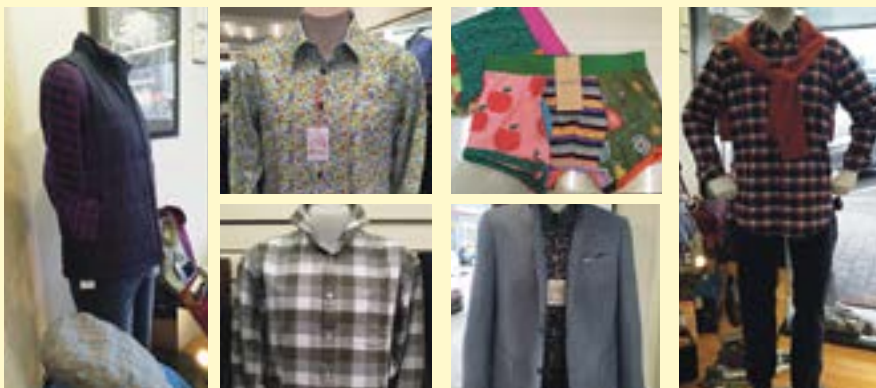
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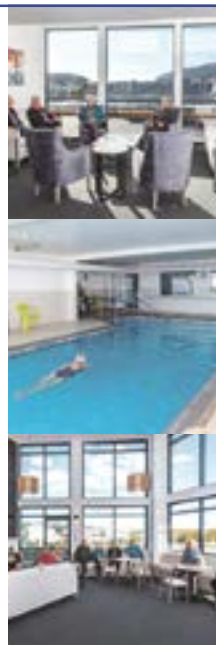
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SPORTS

# Top team all set for Special Olympics

By KELLEY TANTAU

Six athletes from the Supported Life Style Hauraki Trust are looking forward to representing the district when they participate at the Special Olympics at the end of the year.

Special Olympics Thames Valley have 14 athletes attending the National Summer Games in Hamilton from December 8-12, competing in four sports: athletics, bocce, indoor bowls, and swimming.

Six of the athletes are from the trust, and they include Carla Van Deventer (swimming), Henry Munro and Simon Ashby (bocce), Jonathan Read (athletics), and Kim Forrest (indoor bowls).

Bocce coach Murray Thomas said the athletes have been training weekly, depending on the sport and the season, in the build-up to the event.

“We’ll start bocce in the spring, Carla has been continuing her training in the gym and the pool, and Jono has been training in the gym over winter and he’ll be training on the track soon.”

In August, Special Olympics Thames Valley also hosted a Tier One (one-day) regional event in Ngatea, with teams from Counties Manukau, Rotorua, North Harbour, Tauranga, and Howick-Pakuranga attending.

These events were useful in seeing how the athletes per-



Henry Munro, left, Carla Van Deventer, Simon Ashby, Jonathan Read, Kim Forrest, and coach Murray Thomas.

Photo: KELLEY TANTAU

formed in a games environment, Murray said.

There were four main levels of events within the Special Olympics: local, regional, national and international.

“To qualify for the nationals, they have to complete 10 hours weekly training in the 10 weeks leading up to an event, and then they complete the Tier One, then Tier Two, which is a two-day event, and if every-

body is comfortable with that, they qualify to do the nationals, which is a four-day event this year,” Murray said.

Held every four years, the National Summer Games is Special Olympics New Zealand’s largest national event and one of the country’s largest multi-sport events.

More than 1300 athletes, 450 coaches and up to 600 volunteers from all across New Zea-

land will compete in four days of competition in 10 sports across eight Hamilton venues.

Special Olympics Thames Valley will be sending a coaching staff of six to the games to join the athletes, who come from all over the district and are aged from 21 to 65.

For many of the athletes, it will be their third summer games, Murray said.

And they all agreed that mak-

ing new friends and meeting new people was the highlight of the event. Each athlete pays \$500 to compete at the summer games, with Special Olympics Thames Valley relying on the support of its volunteers and fundraising efforts to make the event a reality.

To find out how to donate, or to keep up with the athletes, find Special Olympics Thames Valley on Facebook.



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