

# The Valley Profile

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## Principal ballerina at home in Turua

By KELLEY TANTAU, Public Interest Journalism funded by NZ On Air

People always ask Pauline Germon what she, a former principal ballerina, is doing in the Hauraki Plains.

But for Pauline, who danced with the Royal New Zealand Ballet for 12 years, was named one of the 100 most influential alumni of Epsom Girls Grammar and, more recently, named a Hauraki District Council OnYa community award recipient, there's no place she'd rather be.

Born and bred in Auckland, Pauline, née Pauline Tronson, began her career as a ballerina at age 18. She went on to have a long-running vocation with the Royal New Zealand Ballet, and was the company's principal ballerina for six years, dancing most of the major roles in a range of repertoires.

At age 27, she toured the country as the female lead in *Romeo & Juliet*, performing opening night "by default" because the other leading lady twisted her ankle at dress rehearsal.

"In ballet, you can be dancing a lot of fantasy roles, but Juliet was a real young woman with a tragic story, and I think that both artistically, technically, creatively... in every way, that was the most rewarding piece I've ever danced."

Principal roles were "hugely demanding", she said, but for 12 years, she sustained only minor ankle injuries.

"As a professional dancer, what used to carry me through when I was often exhausted was the music. If I just involved myself in the music, I could always push through," she said.



Pauline Germon began teaching at the Turua Hall 20 years ago under the banner of the Thames Hauraki Ballet Theatre. INSET: Pauline as the Sugar Plum Fairy from *The Nutcracker*, with Tim Storey when she was a principal ballerina with the Royal New Zealand Ballet.

"Another reason that I endured for such a long time was that I remained almost injury-free. Professional dancers have probably about five years, maximum, and a lot of that is because of the touring life, and then your personal life starts to collide.

"There were some good marriages within the company, with dancers marrying dancers,

but what would happen is both male and female dancers would meet someone who wasn't involved in the career, and then they would have to make the decision to leave the touring life and train for another career."

But Pauline met her husband, Robin Germon, after she retired from dancing at age 31, meaning she didn't have to

abandon her lifestyle.

They married in 1998 and had a daughter, Ruth.

"When Ruth was getting up to five, we realised what the city had to offer for our future was not there. But we used to come through here to go to holidays at Waihi Beach, so we drove through Ngatea and stopped at The Copper Kettle umpteen times like people do,

and then we put our house on the market and ended up with six weeks to make a decision."

When they found a house in Ngatea, they knew they had to make the "jump" - and it turned out to be a fortuitous decision.

"I had plans to go to Auckland to continue teaching, but I'd only been here a week when

CONTINUED P2

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# Mrs G celebrates 20 years in Hauraki

CONTINUED FROM P1

the local teacher offered me the school, and the Thames teacher had moved to Auckland, so I saw the open door," she said.

"The other part of it was extraordinary... I had Doreen's Dress Ups up the road, and one more block away was a chap who did woodturning, and his wife painted things. So, I had my costume lady and my props and set man just two blocks up from the Turua Hall. "So many things were quite astounding."

Pauline began teaching at the Turua Hall 20 years ago under the banner of the Thames Hauraki Ballet Theatre, but to run the school, she needed to be Royal Academy registered.

"I actually sat my teachers registration exam in the Ngatea War Memorial Hall, with an Australian examiner who came all the way from Adelaide. She got off the bus at Waitakaruru and thought she was in the back of nowhere," she recalled.

"I remember that every time I go into the hall now."

Pauline has remained at the green-painted Turua Hall ever since, passing on her skills and knowledge to local dancers who have gone on to do illustrious things.

Like Vida Polakov, who danced with the West Australian Ballet, or Kimberley Mear, who went on to train at the National Theatre Ballet School



Pauline Germon was recently named a Hauraki District Council Onya award recipient. Photo: KELLEY TANTAU

in Melbourne.

"What I have been very pleasantly astonished about is the level of talent that I have found here, as well as a tremendous percentage of mixed nationalities. At one point, I had 30 different nationalities in my school out of 60 students, and I would have never got that in Auckland."

Ballet was known to be a demanding art form, not just for the students, but for those teaching it too, she said.

"Because we have to keep up our game; we can't say 'no, that's OK'. I asked a little girl if she enjoyed dancing, and she said to me: 'I love dancing Mrs G, but I don't always like to get it right', and you've got to get it

right," she said.

"That's why I'm still here. I love the excellence, I love that there's only one way to do it, and it's the right way. It's a lifelong challenge, and you can never say you know it all."



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## Thames Tides

Wed Jan 12		Thu Jan 13		Fri Jan 14		Sat Jan 15		Sun Jan 16		Mon Jan 17		Tue Jan 18	
Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
3:27am 3.0	3:55pm 3.1	4:28am 3.0	4:48pm 3.0	5:29am 3.0	5:42pm 3.0	6:24am 3.0	12:27pm 1.1	12:48am 0.9	1:13pm 1.1	1:34am 0.9	1:56pm 1.0	2:16am 0.8	2:38pm 1.0
9:42am 1.1	10:05pm 1.0	10:42am 1.2	11:02pm 1.0	11:37am 1.2	11:57pm 1.0	6:35pm 3.0		7:13am 3.1	7:25pm 3.0	7:57am 3.2	8:13pm 3.1	8:37am 3.3	8:56pm 3.1
Sun 6:11am	8:41pm	Sun 6:12am	8:40pm	Sun 6:13am	8:40pm	Sun 6:14am	8:40pm	Sun 6:15am	8:39pm	Sun 6:16am	8:39pm	Sun 6:17am	8:39pm
Fish F	Best At 8:42am 9:04pm	Fish B	Best At 9:26am 9:49pm	Fish B	Best At 10:12am 10:36pm	Fish B	Best At 11:00am 11:25pm	Fish F	Best At 11:51am	Fish F	Best At 12:16am 12:42pm	Fish G	Best At 1:07am 1:33pm
Moon	Set 1:48am Rise 3:46pm	Moon	Set 2:17am Rise 4:45pm	Moon	Set 2:49am Rise 5:44pm	Moon	Set 3:26am Rise 6:41pm	Moon	Set 4:09am Rise 7:35pm	Moon	Set 4:58am Rise 8:25pm	Moon	Full Moon Set 5:53am Rise 9:08pm

\*Not for navigational purposes. Graphic supplied by OceanFun Publishing Ltd. [www.tidewiz.com](http://www.tidewiz.com) [www.tidespy.com](http://www.tidespy.com) [www.ofu.co.nz](http://www.ofu.co.nz)

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**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	HIGH Mtn	LOW Mtn
Coromandel	-0	05	-0 04
Whitianga	-0	02	-0 06
Tairua	+0	10	+0 21
Whangamata	-0	07	-0 07
Waihi Beach	-0	12	-0 12



# Community programme revs up driver licence help

By GORDON PREECE

More than 50 volunteers have received help with their driver licences this year thanks to a Thames Community Centre programme.

The centre's Drivers Programme involves fundraising for volunteers' learners, restricted and full licence fees, driving lessons and defensive driving courses as a gift for completing community work.

At a gathering at the centre on December 8, manager Jeff Whitfield acknowledged all volunteers, mentors and driving instructors for their participation in the programme, which was established in 2017.

The aim of the programme was to help people become "more employable", he said.

"The genesis of it was creating legal, safe drivers so they wouldn't get hooked up with the justice system," he said.

"Through the programme they [the volunteers] learn about themselves, gain confidence, get community creditably, gain connections and get jobs."

Mr Whitfield said in 2020 the centre realised some learner drivers couldn't get their restricted licence because they didn't have a car to practice in or a caregiver to practice with.

So in 2021, Valley Toyota chief executive Wayne Richards donated a car for driving lessons.

The centre was then able to engage 12 mentors to teach volunteers through a 12-week programme, which included les-



180 volunteers have come through Thames Community Centre's driver programme since 2017.

Photo: GORDON PREECE

sons with professional driving instructors.

Brennan Dollard got involved in the programme through voluntary IT work at Thames Community Centre.

"Jeff noticed I had a few struggles with getting my restricted licence as I had no one to practice with as my parents were busy with their jobs," he said.

"While I was working on getting my restricted licence, the

centre managed to get me a job at Mobil Thames and then a month later I got my restricted. So that's definitely helped with me being independent and getting myself to work without relying on my parents."

Brennan said he recommended the programme.

"It's amazing, there's no better way to describe it, it opened a lot of doors and avenues to get further in my licence," he said.

Mentor Don McAndie said the programme for him was about giving back to the community and the younger generation.

"I've been part of the motor industry for many years and I think it's great to see the younger generation have the opportunity to get their licence so they can embark on careers requiring a licence, which open up their lives," he said.

Organisations who provided

financial support for the centre's driver programme include Trust Waikato, TCDC Community Board, Harcourts Foundation and Community Waikato Tindall Foundation.

Establishments in the community where drivers volunteer include SPCA OP Shop, Bright Smile Community Gardens, Thames High School, Te Korowai Hauora o Hauraki and the Seagull Centre.



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# Fruity sweet treats delight at The Wharf

## Summer Series

As part of a *Valley Profile* feature on a popular Kiwi summer treat, the ice cream, we asked residents where they found the best scoop. The results were delicious.

By GORDON PREECE

The views of the Kauaeranga River from The Wharf Cafe in Thames is what makes it a cool place to eat and be served ice cream, according to its co-owners.

Janene Mustafa and Caroline Dally have been selling ice creams at The Wharf for more than a decade, with today's most popular being their real fruit ice cream sold from their ice cream cart.

"Over the past few years we've started doing the real fruit ice creams again and customers are very surprised we have it," Janene said.

Janene said the real fruit ice cream flavours included boysenberry, raspberry and banana and they also served frozen yoghurt with the same flavours.

The Wharf also rotates through flavours such as chocolate, goody goody gum drops, boysenberry ripple and the fancy butterscotch in their cafe.

Caroline said customers generally go for The Wharf's ice creams to go alongside their fish and chips. Over time, the pair have memorised kids' ice cream orders when their regu-



The Wharf co-owners Janene Mustafa and Caroline Dally with real fruit and butterscotch ice cream.

Photos: GORDON PREECE

lars ordered coffee.

"We have long term staff who produce a good vibe and that's something a lot of the returning local customers pick up on," she said.

Janene encouraged everyone to head to The Wharf for their ice cream this summer after the ice cream cart's atmosphere was frosty for most of 2021 due to Covid-19 restrictions.

"There's more of a domestic market at the moment and it's

up to 30 per cent quieter than normal due to less foot traffic and travellers to the Coromandel, which makes a big difference," she said.

"Ice cream is a kiwi thing, and on a hot summer's day there's nothing better than an ice cream at The Wharf so come on down and enjoy the fruits of our labour, literally."

RIGHT: A real fruit ice cream with a Kauaeranga River view.



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# Cave in to ice cream fix at Thames Coast cafe

## Summer Series

By KELLEY TANTAU, Public Interest Journalism funded by NZ On Air

Ice cream is to kids what coffee is to adults.

That's what Julie McMillan has seen throughout her 13 years running the Waiomu Beach Cafe along the Thames Coast - although even adults are tempted by the treats in the chiller.

"Ice cream is an adventure. It's about the excitement of coming in, seeing the selection, and deciding what you're going to have that day," she told *The Profile*.

"Some people will stay true to their favourites, and some will give something else a go."

The cafe is a popular pit-stop among locals and Thames Coast travellers.

It not only provides fan favourites or experimental flavours, but also sorbets for the lactose intolerant, and Dr Feelgood Frozen Pops for people with allergies who "still want to enjoy an ice cream treat".

The ice creams in the chiller come from the award-winning New Zealand brand Deep South.

"They have a very nice texture and a really nice mouth-feel, and most importantly, they have liquorice ice cream," Julie said.

"It's my favourite, and we get a lot of people who come in just for it."

The brand also offers flavours

such as slime lime, fairy bread, rum and raisin, salted caramel fudge - even pinky winky.

"It's raspberry ice cream, chocolate chips, and caramel swirl," Julie said. "They have nice, creamy ice creams with really good, rich, decadent flavours."

This year will be her second summer with Deep South, and the range helps Julie and her staff broaden the palates of their customers.

"I'm an experimental taster, so I love trying something new. There are people who stick with what they know... but as much as they go in with an idea of what they're going to buy, they might be leaving with fairy bread."

Another aspect which made the cafe one of the best in ice cream scooping was its communication with customers.

"For me, it's about my team taking time with the kids, asking them which flavour they want to eat first," Julie said.

"One of them suggested putting a marshmallow on the bottom of a cone... but then the tricky thing is [the child] having to decide whether they want a pink one or a white one!"

Julie also said she went back to "the old fashioned way of doing ice creams" - with sprinkles or chocolate dip, or in a waffle cone or regular cone, or as a banana split.

"Ice cream is an adventure, and it's not cheap anymore," she said.

"It used to be one of those cheap, frivolous things and it's



Waiomu Beach Cafe owner Julie McMillan makes buying an ice cream just as exciting to adults as it is to kids.

not anymore.

"The prices have gone up, so it's about making ice cream an experience, and that brings it back to it being just as exciting to adults as it is to kids."

RIGHT: The infamous banana split from Waiomu Cafe. Photos: KELLEY TANTAU



# COMMUNITIES MATTER

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# Council votes for wheelie bin

By KELLEY TANTAU, Public Interest Journalism funded by NZ On Air

Gone will be the yellow rubbish bags from Hauraki kerbsides come 2023.

In an effort to minimise the amount of organic waste going to landfill, Hauraki District Council has decided to rid the community of the yellow plastic bags and replace them with a wheelie bin.

At a recent hearing, councillors voted for the public-preferred 'Enhanced Status Quo' option - which would see residents provided with a 240L wheelie bin for mixed recycling, a glass crate, a new "caddy" for food waste collected weekly, and a second, smaller wheelie bin for landfill. It will be either a 120L or 140L bin, depending on the product's endurance against the elements, and will be collected fortnightly on a user-pays basis.

The hearing preceded council's adoption of its Waste Management and Minimisation Plan, and followed a month-long consultation process, which saw 184 individual submissions received, and a total of 825 topics addressed.

Speaking at the hearing was Alli Mitchell, from the Hauraki Repair and Reuse Centre, who told councillors the centre viewed organic waste as a resource, not rubbish.

"Organic waste can be composted or fed to worms... It can be fed to crops to produce food

and also be sold to offset expenses and produce income. We have a number of initiatives to use such a resource," she said.

"Firstly, we can start a very small scale composting operation and worm farm in a central space in Paeroa township as a practice run, as such."

She alluded to initiatives in other parts of the country, where food waste was collected from cafes and homes.

"Although this is a very small step in the food waste issue, it is a solution the community can participate in, and this helps to change the behaviour of people landfilling their food waste."

Waihi councillor Duncan Smeaton said reducing the district's waste was "a lump of low hanging fruit" that staff should support.

He said if they could halve the waste heading to landfill, it would be a "colossal" improvement.

The new kerbside methodology, including the food waste collection, will commence on September 1, 2023, and by that point council staff hoped to work with the Hauraki Repair and Reuse Centre in terms of finding a suitable recycling and composting solution. The final Waste Management and Minimisation Plan will be presented to council on February 9 for adoption.



Panoramic view of Pārāwai, Thames - Kauaeranga River and Railway Bridge in the foreground.

Photo: SUPPLIED

# Women poisoned by oysters at Tapu



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.

## 1908

Two young ladies - Miss Medhurst and Miss Frogley - had a very unpleasant experience at Tapu. The ladies, who were camping on the coast, took seriously ill and seemed to be suffering from the same complaint. Medical aid was summoned from Thames, the resident surgeon from the hospital arriving at 2am. In the meantime, it was discovered that the sudden and violent attack was due to poisoning caused by eating oysters which the ladies had found on the top of some rocks.

Emetics were administered and proved successful, both young la-

dies recovering rapidly. Their experience was a warning to others not to eat shelled fish which were subject to the heat of the sun for such a long time every day.

An immense fire raged in the Piako lands near Waitakaruru, Miranda, and in the direction of Netherton. It was fortunately confined to areas where raupo and small quantities of commercial flax were grown but the damage was not great and the flax roots were not destroyed. Drainage works foiled the fire - it would have been nothing short of a calamity had it got to mills, tramlines, and dwellings. Residents were praised for their readiness to help others - a commendable spirit of comradeship existed, and when the raging fires threatened destruction and ruin, there were many hands extended in assistance.

Paeroa was on the way to becoming one of the largest and most flourishing inland towns in the Dominion. The producers were on one side of the town, and the consumers on the other, and Paeroa was in the happy position of being the natural market place for the whole of the district.

The price of land round about Paeroa had gone up considerably and the farmers were flourishing. Fresh land, promising to yield golden harvests, was cultivated every year. The growth of the butter company was proof of the prosperity of the farming district; from a small business it had grown to be one of the most important butter factories in the colony, while the quality of its product was second to none. Now the company found it necessary to build larger and more up-to-date premises. The goldfields up-country made a splendid market for the farmers, and the prosperity of the farmers meant prosperity for all.

A narrow escape from a serious accident occurred on the County Road near the Pārāwai Railway Station.

Two men were driving home in a gig and in turning the corner rather sharply, the gig overturned and dashed its occupants to the ground. Help was soon at hand and it was found that one of the occupants had escaped with a severe shaking, while the other had his face cut and arm badly bruised. The gig was broken to pieces.

# Our water – our assets – hands off!



SANDRA GOUDIE

HER WORSHIP THE MAYOR



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PETER REVELL

THAMES COMMUNITY BOARD MEMBER

We do not support the way the Three Waters mandate has been handled and we're fighting for your interests.

We've expressed our absolute concern with the Government's decision to mandate Three Waters reform and we're going to fight hard for our communities at an upcoming Select Committee hearing.

The mandate is a total betrayal of the principles of local government, and we will be expressing our communities' strong opposition at every available forum.

The reforms had initially been progressed through a voluntary, partnership-based approach, and in 2020 we agreed to opt into the early stages of the reform package. This did not commit us to further reform or to transfer of assets.

We have since been listening closely to our communities and the very clear message we're getting is that we must hold the line on our water infrastructure staying in our public ownership.

We haven't been provided with enough information by the government to make any formal decisions. We relayed our communities' key positions through a formal feedback process in October. Shortly afterward, government announced the reforms would be forced through.

There's been no attempt to either consult properly, nor to listen to the input received so far. It's been an abysmal process.

We don't intend to back down. Our role now is to advocate strongly on your behalf, and to ensure your positions are on the record and we retain whatever local powers are possible.

Through the next stage of the reform programme, we intend to fight for:

- Water and water-related infrastructure assets to remain in public ownership.
- Local voices to have a place in planning and service delivery.
- Assessments about our district to be made on rateable household property numbers, rather than usually resident population.
- Local determination of the entity boundary that is most appropriate for our district, based on community feedback.



# St George's to celebrate 150 years

**St George's Church in Thames has seen many changes and challenges during its 150 years, but its commitment to serving the community and supporting those in need stands strong. Valley Profile reporter GORDON PREECE takes a pew to find out more.**

St George's Anglican Church in Thames has become more inclusive and diverse since opening 150 years ago.

Paul Jennings, who is heading the church's 150th anniversary committee, said for the church to have survived this long was "absolutely wonderful".

"Over time the church has evolved where we now welcome anyone to come and worship here, we have more te reo being incorporated and we're forming stronger affinities with Holy Trinity Church in Pārāwai," he said.

"We still have a prominent role in Thames, especially after five churches in the town have closed in recent times, so that makes us more relevant."

Paul said St George's has also had many challenges over the years.

"We've always struggled in terms of maintenance because it's a Kauri building of exceptional historic importance," he said.

"But it's beholden on us to

keep the church going even though it's a huge financial burden at times, so we trust in the Lord he'll provide."

September, 1871, was the church's second attempt at its construction after it blew over in a horrendous storm six months earlier, and by December, its superstructure was in place.

The MacKay St church opened in 1872 by Bishop Cowie of Auckland was built because the original St George's built in 1868 couldn't cater for its congregation due to the growing population of gold miners in Thames.

Paul said St George's main focus today was christianity and its mission work.

"Younger generations of families are moving away from faith but younger ones are also returning, so that's important we keep that going," he said.

Currently, one of the biggest roles for the church was supporting those in need, he said.

"There are a lot of people with mental health issues and



Head of St George's 150th committee Paul Jennings says the church's survival has been challenging but also "absolutely wonderful". BELOW RIGHT: St George's today. Photos: GORDON PREECE

a lot of families disadvantaged through the economic situation who are desperate.

"So every Sunday they come into the church after the service and are fed, then the women of the church prepare a whole lot of food and send out over 140 meals on Monday night and any food that's leftover gets delivered throughout the week."

The first of St George's 150th anniversary events will take place on January 28, the exact anniversary date, with a thanksgiving service hosted by Vicar Brendon Wilkinson followed by the congregation's oldest member cutting the anniversary cake.

Events will also include a traditional dance at the church hall on February 4, a church service led by Auckland Bishop Ross Bay on February 5 and a public opening of the church throughout the week with photographic displays of the church's history, architecture and current mission work.

In November last year, the church was also set to re-enact a performance of Handel's Messiah by Thames Choir and Auckland choristers when the church was established in 1871 but the event was postponed due to Covid-19.



## ST GEORGE'S CHURCH

1868 - The original St George's was built.

1871 - The congregation held events to raise funds for a second construction attempt after being destroyed by a storm

1872 - The current St George's Church opens.

2022 - St Georges's will celebrate 150 years in January-February.

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# Rural Life



Tina Harrison, AgriSea's research and development technician, has made some "really nice" seaweed concoctions, as well as some "not so nice" ones.  
Photo: KELLEY TANTAU

## Seaweed drink sweeter than expected

By KELLEY TANTAU, Public Interest Journalism funded by NZ On Air

It's a drink made of seaweed, but it's sweeter than expected.

Though that's not to say some trials saw a few "funky" and "fishy" concoctions get brewed inside the AgriSea lab.

The Paeroa agriculture business, which has excelled in creating organic seaweed biostimulants and nutritional supplements for the farming industry for more than 20 years, has turned its attention to human tummies.

It's in the midst of creating a seaweed drink filled with ben-

eficial antioxidants and minerals, and which could soon rival the rise of kombucha.

Back in 2004, the company, headed by Clare and Tane Bradley, created a liquid nutrition product for animals such as dairy cows, horses, chickens, dogs, and cats. Science undertaken at Lincoln University showed the product increased antioxidants and decreased oxidative stress in the animals. "So actually, the inclusion of seaweed into the diet decreased their stress. Think about that for a human," Tane said.

"If this can play a part in our mental health, and our physi-

cal gut health, how amazing is that?"

Word started to spread that ingesting the animal nutrition could also reap benefits for humans, and soon, Tane and Clare - who have also drunk the healthy concoction - were inundated with calls from people inquiring about it.

"People started coming in and asking if they could drink the animal health tonic, and we couldn't sell it to them for human consumption," Clare said.

So, they started making freeze-dried kelp capsules, which could be eaten by humans, but the wheels never



Different types of seaweed have been fermented in different ways to create a variety of drink flavours.  
Photo: SUPPLIED

stopped turning on a tonic that could be drunk by people. Now, after 17 years and a \$48,000 cash injection from the High-Value Nutrition

CONTINUED P9

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# Rural Life

## Fermented drink to pack a nutritional punch

CONTINUED FROM P8

National Science Challenge, Clare and Tane have fulfilled their dream.

They've been fermenting different species of seaweed using different methods, in order to create a seaweed drink that packs a punch.

"We've always wanted to be able to make this product for humans, because we know it's got really good antioxidants, really good vitamins and minerals... it's just a power punch of a nutrition package," Clare said.

"There's definitely stuff that's in the seaweed we don't find on land plants, so I think that's why it reacts so well within your body," Tane added.

The drink doesn't taste salty, as expected, but sweet, with the pair saying there was "no point making a disgusting drink that no one's going to have".

"[The flavour] hugely depends on the seaweed species you're using. We found some were quite fishy in flavor, and that probably was not going to be a target for wide human consumption, for a western palate especially, but the brown [species] are quite sweet," Clare said.

"As we learn more through the project, we'll become clearer in what our end strategy is,

whether it's a drink on a shelf, or whether its an ingredient to fortify things like aged care food, there's lots of potential avenues for it."

Traditionally, the pair have used ecklonia radiata seaweed, which has good iodine levels, they said, but recently they've looked at using red seaweeds, green seaweeds, and brown seaweeds.

"We've fermented different seaweed species in different ways, and some of them have been a bit funky, but we've been narrowing down our targets we're going to go with. Then, what we've done with those targets is go through food safety testing."

The targets have all passed the food safety tests so far.

Next, it will go through functional properties testing at Auckland University, as well as tasting panels.

All of the magic has been made inside AgriSea's certified food grade facility at their Paeroa business park - without which, the concoction would not be possible.

"We've been wanting to do this forever, but part of the struggle has been around getting a food grade facility," Clare said. "In our old building, it would've cost a lot to kit it out. So, buying this building three years ago meant we could make it a reality.



Tina Harrison and Nicole Clare sample the seaweed drink for humans.

Photo: SUPPLIED

"We've been working on soil health, we've been working on animal health, we've been working on green cosmetics, and now we get to do what we've always wanted to do," Tane added.

Tina Harrison, AgriSea's research and development tech-

nician, has been working on the human nutrition trial for six months. She said they've made some "really nice" concoctions, as well as some "not so nice" ones.

"I hadn't worked with seaweed before I came to AgriSea but when you look into it, it

makes a lot of sense. AgriSea already sees the benefits of the product for animal health, so seeing that translate through for people is really exciting."



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# Rural Life

## eDNA results show need for fish passage

By KELLEY TANTAU, Public Interest Journalism funded by NZ On Air

Environmental DNA collected from streams around the country is helping groups like the ones in Thames-Coromandel and Hauraki create change and “get things done”.

At an eDNA workshop on December 16, Landcare Trust’s Waikato catchments co-ordinator Ric Balfour told *The Profile* how samples taken from the Karaka Stream in Thames have highlighted the need for a fish passageway in the area.

According to the Environmental Protection Authority, eDNA refers to all the tiny traces of genetic material that is left behind as living things pass through water or soil.

For example, a bird flies over a lake and drops a feather. Likewise, an insect may fall into the lake, and leaves fall from trees.

These plants and animals leave behind ‘genetic breadcrumbs’ in the environments they live in, the authority said.

By collecting the discarded DNA and sequencing it, groups are able to get a picture of the plants and animals in a local area.

“The other cool thing about eDNA testing is that it gives you

a profile, and it doesn’t just tell you what’s in the stream, but in the case of the Karaka, there was a loud and clear message that there was some really key native fish missing,” Mr Balfour said.

“That led us to look at why - and that was easily explained by the 600m concrete culvert separating the tidal spawning area of our native fish, with the habitat that they would try to reach.

“So in the case of the Karaka in Thames, we’ve got an immediate use of the data, and we’re working with the regional council to fix that over the next year by making fish passage possible.”

Those who attended the workshop, held at the Civic Centre in Thames, included Thames High School science teacher Kiryn Curnow, Trudy Lane from the Western Firth Catchment Group, Waikato Regional Council’s Ruairi Kelly, and Beth Pearsal and Vanessa Edelsten from Colville Social Services Collective’s Moehau Ki Te Moana project.

Mr Balfour said the aim of the workshop was to turn eDNA results into “user-friendly and social media friendly” materials - so that people could make sense of them more easily.



Landcare Trust’s Ric Balfour at the eDNA workshop at Thames Civic Centre on December 16.

Photo: KELLEY TANTAU

“There are examples all around the country where eDNA is helping people not just know what is in a stream, but how to improve the conditions, whether through wetland restoration, or riparian planting, or fish passage enhancement, so it’s becoming that kind of extra lever in the argument to say: let’s get something done,”

he said.

Moehau Ki te Moana co-ordinator Vanessa Edelsten said the workshop was important for them to “communicate some really complex scientific data in a way that’s easy to access”.

“For our community and the people who are both living and working in our catchment, to have a better understanding of

what’s in their awa, means they can have a better understanding of how to manage it and look after it,” she said.

**DETAILS:** For more information on eDNA testing, visit: [www.epa.govt.nz](http://www.epa.govt.nz)



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The Pfizer vaccine for 5 to 11-year-olds has been through clinical trials with children in this age group. In general, the side effects that were reported were mild, didn't last long, and were similar to side effects from other routine immunisations.

Take time this summer to get the information and advice you need to make the best decision for your tamariki. Find out more at:

Unite Against COVID-19 – [Covid19.govt.nz/tamariki](https://Covid19.govt.nz/tamariki)  
 Ministry of Health – [Health.govt.nz/CovidVaccineKids](https://Health.govt.nz/CovidVaccineKids)  
 Te Puni Kōkiri – [Karawhiua.nz](https://Karawhiua.nz)  
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# Colleges look to ban cell phones for 2022

By KELLEY TANTAU  
Public Interest Journalist

Two Thames Valley high schools have turned their attention to the devices commonly seen clasped in students' hands, with the new year likely to bring changes to the ways teenagers can access their phones during class hours.

Hauraki Plains College has moved to change its cell phone at school policy to prevent students from carrying cell phones from the start of 2022.

It made the decision after researching the impacts of cell phones on student learning, and following consultation with staff and whānau.

According to the school's newsletter "farming the 'likes' and checking one's messages" had become "highly addictive" to the point of being a significant distraction in the classroom.

The college also noticed increasing levels of antisocial behaviours, aggressive responses when teachers asked students to hand cell phones over, and incidences of "online bullying and dramas" that spilled over into the school environment.

Around half of all disciplinary issues at the college were



Around half of all disciplinary issues at one school are related to social media and cell phone use.

Photo: KELLEY TANTAU

related to social media and cell phone use.

Principal Ngaire Harris told *The Profile* that while the school remained positive about the role of digital technologies for learning, they needed to teach students how to manage their device use.

"So many employers are saying that the younger ones

they're employing can't get away from their phones; they are forever checking them.

"To make sure that our students are going to be work-ready, that's another reason for saying there's a time and a place, and when you're learning, unless you're using them as a learning tool, that's not the time to be checking your cell

phone."

Back in September, the *Valley Profile* reported students' cell phone use during on-the-job work placements had become a "big issue".

The college's careers co-ordinator Stu Green earlier said cell phone use was one of the things students "weren't prepared for".

Mrs Harris said that needed to change.

"We want to do something about that. We've asked for feedback [from employers], they've given it, and we want to respond to that."

Meanwhile, the month of December saw consultation open between students and their families over cell phone use at Thames High School.

Principal Michael Hart said throughout the year, the school had responded to the behaviour of students that had, for the most part, started or occurred online.

Cyberbullying, sexting, and other risky behaviours had all become prevalent.

"The experiences we are having have led to this idea that it is time to have a really good, hard look at what our settings are, because they've not changed for quite some time," he said.

"Maybe a different setting will give us a different outcome when it comes to what we're seeing are some of the disadvantages of technology, rather than all the advantages we know are there."

The school's current level

CONTINUED P14



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# Student Life

ADVERTISING FEATURE



Valley Education students clean up the Kōpū area.

Photos: SUPPLIED

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## Cell phone ban looms

CONTINUED FROM P13

of control is trying to prevent phones being a distraction in class, so the devices are left in bags or with the teacher. However, at break time, students were often in groups with their heads buried in their phones.

The school consulted on a range of different options for the new year that included phones becoming a banned item, like at Hauraki Plains, phones only being allowed at break times, or, removing all restrictions and leaving it to individual choice.

"We're quite clear that our responsibility is to provide the safest and healthiest environment that we can, and we are

obliged to do what we can to make that happen. In this case, we are balancing two conflicting ideas," Mr Hart said.

"I know already, having spoken to a number of [students], there are a variety of views that have been expressed."

Around the country, many other secondary schools have moved to restrict the use of cell phones during school hours.

Hillmorton High School in Christchurch, Waiuku College in South Auckland, Auckland's Diocesan School for Girls, and St Paul's Collegiate in Hamilton have all banned cell phone use in some form.





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The Valley  
**Profile**



# Student Life

ADVERTISING FEATURE

## Meeting the community's needs

The vision of the Paeroa Community Support Trust (PCST) is to meet the needs, enrich the lives, and encourage service to the community of Paeroa in a manner reflecting and consistent with the teachings of Jesus Christ.

The PCST was founded in 1996 as an outreach of the Paeroa Cooperating Parish and is proud to serve everyone in our community.

We achieve great outcomes through having devoted and trained staff and trustees and collaborating with smaller independent groups.

We engage with some 120 volunteers who selflessly offer their time and help with various programmes. We survive through the generosity of funders.

Through the services we offer we direct clients to the support they require, answer queries they have and, where appropriate, support them to help themselves.

Our aim is to ensure all members of our community feel valued and supported, have better health outcomes, have opportunities to socialize, are helped materially where appropriate, and learn new skills.

We continually look for opportunities where we can



PCST engages with around 120 volunteers who help run various programmes that make a positive impact in the Paeroa community. Photos: SUPPLIED

discuss needs within the community that we may be able to help with through existing programmes or investigating new programmes, and by creating

new, beneficial relationships. The PCST is continually evolving to ensure we are making a positive impact in our community.

- Supplied by the PCST

## Prepare for NCEA results

Even though it's normal to feel stressed and anxious about upcoming exam results, NZQA urges students not to dwell on those feelings and over-analyse their responses.

They say students should instead reward themselves for their hard work, relax, and make the most of their summer break.

StudyTime, a website dedicated to helping New Zealand high school students, describes exam results as the academic version of a World Cup with less cardio, and like all great athletes, needs strategy.

They say it's important for students to not beat themselves up too much and not focus on things they can't control. Students should instead focus on their perspective.

Because there will always be good and bad results for everyone but disappointing results are not often indicative of lack of knowledge or effort.

NCEA results will be released on January 20 with Scholarship results released on February 10.

Students can view their marked exam papers online from January 25 and can apply for a review or reconsideration of their exam paper if they believe it's been incorrectly



Students should reward themselves for their hard work and relax.

marked. Should students receive their results and find they aren't quite what they were hoping for, there are several things they can do.

StudyTime encourages students, especially those who've just done NCEA Level 1 and 2, to look over their exam results and ask themselves a few questions about their exam answers, strategy and preparation and whether they can be improved.

If students need 12 credits or less to attain NCEA or University Entrance they could study for free at Te Kura's Summer School, a state-funded distance education provider offering personalised NCEA learning programmes and courses.

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1	4					5	8	2
2	3		8		5			
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	8	5	7					3
6	7						4	5
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EASY

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HARD

32

HARD

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

32

MEDIUM

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

EASY

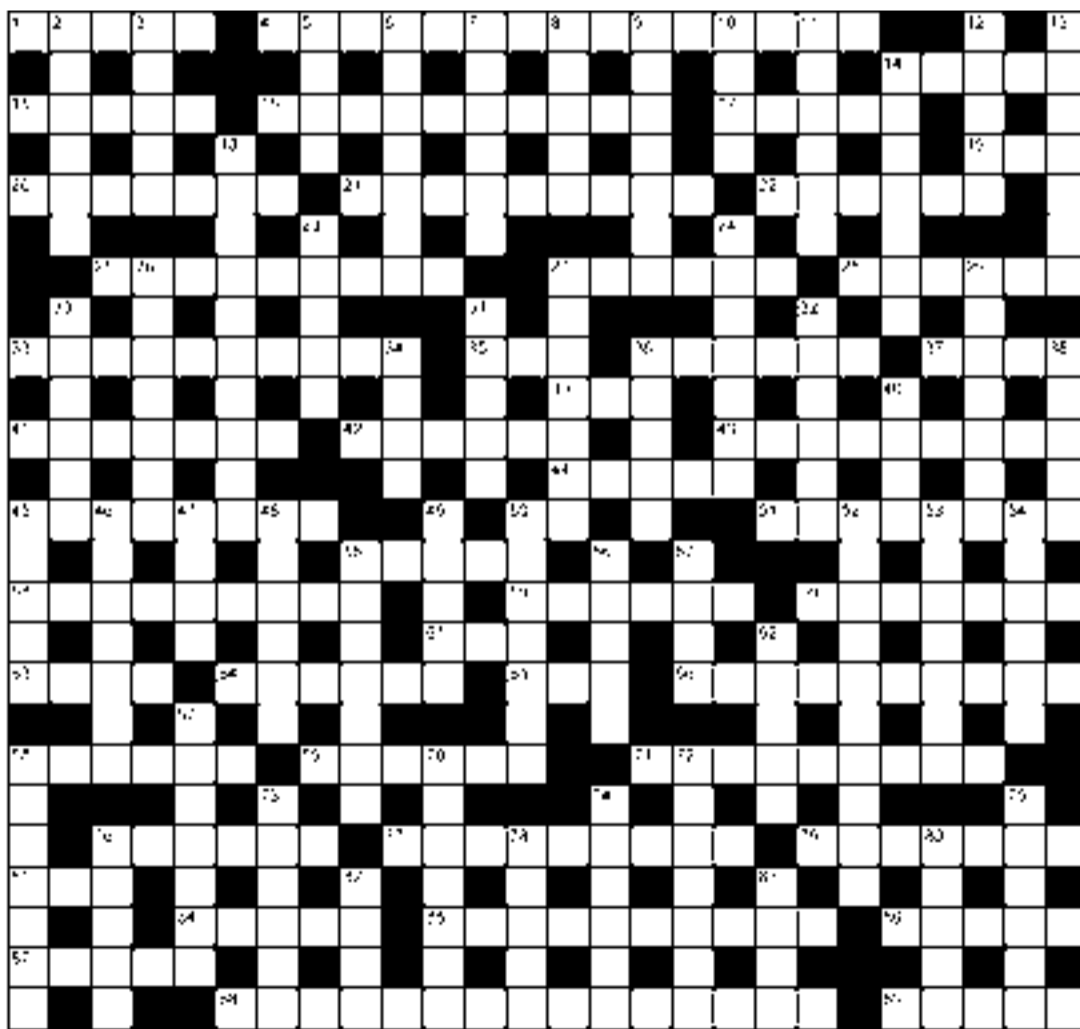
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4	5	2	1	7	9	3	6	8
8	1	3	6	2	4	9	5	7
7	6	9	3	5	8	1	2	4

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# JUMBO CROSSWORD

52

- ACROSS**
- 1 Observe (5)
  - 4 Inform about a situation (3,2,3,7)
  - 14 Seductive sea nymph (5)
  - 15 Outrider (5)
  - 16 Fellow workers (10)
  - 17 Sailboat (5)
  - 19 Carton (3)
  - 20 Make petty objections (7)
  - 21 Enclosing line (9)
  - 22 Subtle difference (6)
  - 25 Thoroughbred (9)
  - 27 Sire (6)
  - 28 Beginning (6)
  - 33 Great desire to travel (10)
  - 35 Wildebeest (3)
  - 36 Plays (6)
  - 37 Smooth-tongued (4)
  - 39 Impair (3)
  - 41 Law (7)
  - 42 Wobbly (6)
  - 43 Baltic urn (anag)(9)
  - 44 Of sheep (5)
  - 45 Quartet (8)
  - 50 Former partner (2)
  - 51 Pitted scar (8)
  - 55 Intestine part (5)
  - 58 Dry run (9)
  - 59 Mogul (6)
  - 60 Word puzzle (7)
  - 61 Tree (3)
  - 63 Adhesive strip (4)
  - 64 Allow (6)
  - 65 Application (3)
  - 66 From now on (10)
  - 68 Exit (3,3)
  - 69 Lithe (6)
  - 71 Make it up as you go along (9)
  - 76 Trinket (6)
  - 77 Wiring (9)
  - 79 In progress (7)
  - 81 Honey maker (3)
  - 84 Open-mouthed (5)
  - 85 Weakened insidiously (10)
  - 86 Relish (5)
  - 87 Keen (5)
  - 88 Ancient (2,3,2,3,5)
  - 89 Insurgent (5)
  - DOWN**
  - 2 Accumulate (6)
  - 3 Morsel (5)
  - 5 On (4)
  - 6 Malady (7)
  - 7 Calamitous (6)
  - 8 Give the slip to (5)
  - 9 Examine (7)
  - 10 Playthings (4)
  - 11 Recover a loss (6)
  - 12 Buy off (5)
  - 13 Not precise (7)
  - 14 Rise (5,2)
  - 18 Musically, in a fairly brisk tempo (10)
  - 23 Fashion (5)
  - 24 Fiasco (7)
  - 26 Accounts inspector (7)
  - 27 Perplex, bewilder (7)
  - 29 Dried grape (7)
  - 30 Sketch in skin (6)
  - 31 Once more (5)
  - 32 Panda food (6)
  - 34 Prong (4)
  - 36 Empty (5)
  - 38 Waxed and dyed cloth (5)
  - 40 Highlander's dagger (4)
  - 45 Lowest gear (5)
  - 46 Sad (7)
  - 47 Hidden drawback (4)
  - 48 Old gun (6)
  - 49 Swell (5)
  - 50 Wax lyrical (7)
  - 52 Using sparingly (10)
  - 53 Fly larvae (7)
  - 54 Traces (anag)(6)
  - 55 Loud persistent outcry (7)
  - 56 Metal joiner (5)
  - 57 Night insect (4)
  - 62 Trap (5)
  - 67 Neck vein (7)
  - 68 Trilled (7)
  - 70 Flowering plant (7)
  - 72 Cocktail (7)
  - 73 Forever (6)
  - 74 Savage (6)
  - 75 Nap (6)
  - 76 Sandy fawn colour (5)
  - 78 Trainee (5)
  - 80 Unit of weight (5)
  - 82 In good health (4)
  - 83 Longitudinal boat timber (4)



**PREVIOUS SOLUTION**

**ACROSS:** 1 Cheap, 4 Stamping ground, 11 Light, 14 Image, 15 Troublesome, 16 Anaconda, 19 General, 20 Claim, 21 Overwhelm, 24 Ascending, 26 Benign, 27 Escape, 31 Tabby, 32 Paranoia, 34 Underrated, 38 Drought, 39 Dahlia, 40 Helmet, 41 Afar, 42 Swedish, 45 Generosity, 50 Tangled, 54 Alps, 55 Swoops, 56 Upturn, 57 Finally, 60 Flashlight, 61 Daffodil, 62 Fussy, 65 Canary, 66 Drivel, 67 Smalltalk, 72 Solitaire, 73 Shard, 74 Academy, 79 Shortage, 80 Sidetracked, 81 Sitar, 82 Sight, 83 Throw the book at, 84 Jerky.

**DOWN:** 2 Hammer, 3 Argue, 5 Turn, 6 Maudlin, 7 Inlaid, 8 Gash, 9 Removing, 10 Dinghy, 11 Lacklustre, 12 Gone, 13 Trample, 17 Faded, 18 Originally, 22 Ideal, 23 Faithful, 25 Subdued, 26 Bravado, 28 Narrow, 29 Collie, 30 Fewest, 33 Awake, 35 Dared, 36 Thus, 37 Thai, 42 Scarf, 43 Explains, 44 Hawaii, 45 Geothermal, 46 Nest, 47 Roundel, 48 Setoff, 49 Torso, 51 Acid, 52 Gradual, 53 Enlist, 58 Thermostat, 59 Title, 63 Overview, 64 Stock, 65 Chooses, 68 Morocco, 69 Fidget, 70 Cherub, 71 Embark, 75 Drive, 76 Long, 77 Mesh, 78 Feta.



# HEALTH & WELLBEING



## Not all sunscreens are equal

You're probably free spirited during the summer period but Health Navigator NZ says it's important to keep focusing on protecting yourself from the harsh New Zealand sun.

NIWA says there's a 70 per cent chance Wai-kato's temperatures will be above average in January and February this year due to warmer overnight and coastal sea temperatures and higher humidity.

Too much time in the sun increases the risk of skin cancer and Cancer Society NZ says prevention's overwhelmingly the most effective and simple way to reduce the number of Aotearoa's skin cancer cases.

The New Zealand Dermatological Society says sunscreen is one form of protection along with suitable clothing, UV-protective sunglasses and shade time.

The public should use sunscreen with an SPF of 50 or above that's also water resistant with broad-spectrum protection. SPF measures protection against UVB rays which cause sunburn, and broad-spectrum sunscreens protect against UVA which penetrates the skin causing wrinkles and age spots.

It's recommended to apply sunscreen at least 20 minutes before heading outside and reapply sunscreen at least every two hours.

All sunscreens however are not created equal - six out of nine sunscreens tested by Consumer NZ in December last year met SPF and broad-spectrum label claims, including: Cetaphil Sun Kids Liposomal Lotion SPF50+; Eau Thermale Avene Face & Body Lotion SPF50+; Neutrogena Ultra Sheer Dry-Touch Lotion Sunscreen SPF50+; UV Guard Max Sunscreen SPF50+; Reef Coconut Sunscreen Dry-Touch Lotion SPF50 and Skinnies SunGel SPF30.

Natural Instinct Invisible Natural Sunscreen SPF30 and Sukin Skin Care Sheer Touch Facial Sunscreen Untinted SPF30 only provided moderate protection rather than their high protection claims and Sukin failed to meet broad-spectrum requirements based on Consumer NZ's test.

The new SunSmart website provides extra sun protection tips including a Sun Protection Alert for different parts of the country including Thames Valley: [www.sunsmart.org.nz](http://www.sunsmart.org.nz).



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**RRP223** 🏠 4 🛏 2 🚗 2 🚗 1



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# Raise leg-hold traps to protect Coro kiwi

Coromandel's backyard pest trappers are being urged to keep leg-hold traps off the ground after several unfortunate incidents involving the growing population of kiwi in the district.

Department of Conservation ranger Amy Blair said this year, the DOC Whitianga Office had received three reports of kiwi being caught accidentally in leg-hold traps set by well-intentioned peninsula residents trying to control introduced predators.

Although one kiwi was rescued from the trap and released back into the forest, a second bird was killed by dogs and a third also died before it could be rescued.

Amy said kiwi were becoming more widespread and beginning to populate areas closer to farms, houses, and roads across the Coromandel.

"We love the support of our community in trying to control pests which prey on our native birds, so we're urging people on both private and public land to ensure they are trapping safely.

"Keen backyard trappers may not be aware of the risk of capturing non-target species, especially if leg-hold traps are set on the ground.

"A kiwi can easily be caught by the leg or beak in a leg-hold trap, often causing injuries the bird cannot recover from," she said.

Creating kiwi-proof infrastructure for a leg-hold trap is



Two kiwi have died after being accidentally caught in leg-hold traps around the Coromandel.

Photo: NEIL HUTTON/DOC

simple, with the use of a wooden board about 1m long.

One end of the board is secured to a tree or post at least 70cm above the ground, creating a platform for a possum or cat to walk up. Kiwi are ground-based birds and will not clamber up a ramp.

Amy said the welfare of the

target animal should be taken into consideration.

"All animals deserve to be treated humanely and not left to suffer for an extended period of time. Traps must be checked daily, and any captured animal dispatched quickly."

If it were not practical to set raised leg-hold traps, people

should opt for live-capture cage traps to control pests, she said.

The risk of injury to non-target species would be greatly decreased, and like any live-capture trap, cage traps must also be checked daily.

Meanwhile, Save the Kiwi has emphasised the need for holiday-makers to be cautious and

keep their dogs under control when they venture to the Coromandel over the summer.

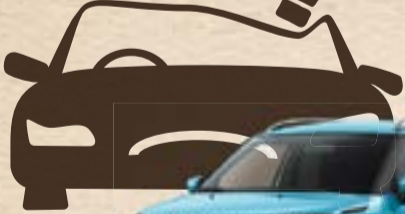
Coromandel has its own recognised species – the Coromandel brown kiwi. Predation by introduced pests and dogs is the greatest threat to kiwi.

**DETAILS: For more information, visit the Save the Kiwi website.**

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