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**The Valley Profile**

## War interest drives community service

By GORDON PREECE

Establishing a commemorative wall to honour Waihi miners who built tunnels in World War II is the main community service highlight for Krishna Buckman.

The Waihi Heritage Vision secretary and treasurer was recently awarded the Hauraki District Council Tu Meke Onya Award for going above and beyond.

Krishna told *The Profile* she was “very humbled” by the award and it was dedicated to the “tremendous support” from the Waihi community.

“I couldn’t do what I’m doing without the people in Waihi and my husband Warwick as well, who has been a great support,” she said.

“All the support you get makes your job of organising an Anzac Day or Armistice Day at the memorial easy.

“People come in, you tap them on the shoulder and they’ll say ‘oh I can do that’ - so very lucky to have that tremendous support in our community.”

Originally from Whenuapai, Krishna said she had lived in Waihi since 1989 and had always had a connection with both world wars.

“My dad was Claude Harding and he was in World War II over in the Pacific as an engineer, and my mother, Barbara Jones, was in the Wrens [Women’s Royal New Zealand Naval Service] in World War II, so I’ve got a long family military history,” she said.

“[Dad] retired from the air force and came to live in Waihi,



Krishna Buckman at the Tunnellers Memorial.

Photo: GORDON PREECE

so that’s how I came to Waihi.”

Krishna, who also served in the Wrens for five years, said she and Warwick joined Waihi Heritage Vision in 2014.

The main project for the group, which aims to preserve Waihi history, was establishing the Tunnellers Memorial at Gilmore Reserve in 2016.

“Sue Baker Wilson found out there was no memorial to the Tunnelling Company in New

Zealand at all, they have memorials in Europe and of course a lot of our miners went from Waihi to Arras, France to enlarge the tunnels underground towards the German frontline,” she said.

“So we have this lovely memorial now for Anzac Day and Armistice Day and telling the story of our tunnellers.”

Krishna said the memorial was unveiled by Victoria Cross

recipient Willie Apiata and she made wreaths for the ceremony to commemorate the countries where the Waihi tunnellers came from, including Australia, Canada, Great Britain and the Cook Islands.

“The Australian wreaths depicted the wattles and the gumtrees, and the Canadian ones had the big maple leaf with a purple bow,” she said.

“Each wreath for each coun-

try was personalised and the defence people of that country that were here in New Zealand laid their wreath on behalf of their country.”

Krishna, who also volunteers at St John’s Anglican Church, said she was also instrumental in the Armistice Day centenary commemorations in Waihi in 2018.

“We had a big display down in the Waihi Memorial Hall with some huge photographs of our Waihi boys and women, and I was asked to supply the knitted poppies between each of the photographs,” she said.

“I needed about 3000 hand-crafted poppies so I went round all the women’s groups around Waihi and asked them if they could make the poppies and the women in Waihi were just wonderful.

“We also had Tauranga and RSA ladies help make us poppies, they heard of our project, so we were very lucky.”

Krishna said the next big project for Waihi Heritage Vision was establishing a SAG mill with interpretation panels of the history of mining at Waihi.

“We have been gifted from OceanaGold a SAG mill which they had to replace and at this stage we’re looking and working towards getting it set up on Kenny St as you come out of Union Hill,” she said.

“The idea is you can walk or cycle through the SAG mill and we’ll have interpretation panels of the old mining days.

“It’s a slow process at getting permits, drawings and consents but it’s going to be quite a feature.”

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# Students given financial boost

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

Five students from three Thames Valley schools will be getting a financial boost to further their studies this year.

Jan Honza Andrews from Waihi College, Isabella Fox and Nicole Reid from Thames High School, and Alesha-Ann De Penning and Lara Forsyth from Hauraki Plains College are all recipients of the David Johnstone award.

The award comes in the form of a \$6000 scholarship to start their tertiary career in 2023, and comes from a trust honoring a pioneering Waikato farmer.

This year, an unprecedented 31 scholarships were given to school leavers from 17 schools across the district, and at the annual awards ceremony, held on December 8 at the University of Waikato, lecturer in health, engineering, computing and science Dr Chanelle Gavin said receiving a scholarship had allowed her to find a career she loved.

"I received a David Johnstone Charitable Trust scholarship in 2010 when I started my engineering studies at Waikato. Personally, I found it enabled me to focus more on my tertiary studies as I was less concerned about financial pressure," she said.

"Additionally, this scholarship enabled me to take up other opportunities that arose during my studies. This includ-



Clockwise from left: Students Alesha-Ann de Penning, Jan Honza Andrews, and Lara Forsyth, and late Waikato farmer David Johnstone. Photos: SUPPLIED



ed a work placement in a different part of New Zealand where I otherwise may not have been able to afford accommodation.

"This scholarship ultimately placed me in an academic career that I love; the support was invaluable in helping me pursue my chosen field of study, for which I am incredibly grateful."

The late David Johnstone was a pioneering Waikato farmer and philanthropist who sought to support the efforts of

science, engineering, teaching, and tech students long after his lifetime, and in the 29 years of annual scholarship awards in his name, students have received a total of around \$3.7 million.

The David Johnstone Charitable Trust, administered by Perpetual Guardian, began its operations in 1991, the year after Mr Johnstone's death.

The first of the annual scholarships were awarded in 1993. This year, a total of \$186,000

was distributed to 31 recipients. Six recipients will be studying at Wintec and 25 will be studying at the Waikato University. It is expected that scholarship recipients, after their first year of study, make themselves available to mentor new students and return to their nominating secondary school to promote the scholarships to students and staff.



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## Thames Tides

Wed Jan 11		Thu Jan 12		Fri Jan 13		Sat Jan 14		Sun Jan 15		Mon Jan 16		Tue Jan 17	
Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
4:43am 0.6	5:13pm 0.8	5:21am 0.7	5:52pm 0.8	12:05am 3.1	12:23pm 3.2	12:43am 3.0	1:04pm 3.2	1:25am 3.0	1:47pm 3.1	2:12am 3.0	2:34pm 3.1	3:06am 3.0	3:25pm 3.1
11:06am 3.2	11:28pm 3.1	11:43am 3.2		5:59am 0.7	6:32pm 0.8	6:41am 0.8	7:14pm 0.8	7:27am 0.9	7:58pm 0.8	8:19am 0.9	8:48pm 0.8	9:17am 1.0	9:44pm 0.8
☀️ 6:10am	8:41pm	☀️ 6:11am	8:41pm	☀️ 6:12am	8:40pm	☀️ 6:13am	8:40pm	☀️ 6:14am	8:40pm	☀️ 6:15am	8:39pm	☀️ 6:16am	8:39pm
🐟 Best At 4:13am	4:34pm	🐟 Best At 4:55am	5:16pm	🐟 Best At 5:36am	5:57pm	🐟 Best At 6:17am	6:38pm	🐟 Best At 6:59am	7:21pm	🐟 Best At 7:44am	8:07pm	🐟 Best At 8:32am	8:58pm
🌙 Set 9:36am	Rise 11:24pm	🌙 Set 10:35am	Rise 11:48pm	🌙 Set 11:34am		🌙 Rise 12:11am	Set 12:33pm	🌙 Rise 12:34am	Set 1:35pm	🌙 Rise 1:00am	Set 2:39pm	🌙 Rise 1:29am	Set 3:48pm

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☾	☾	☀️	☾
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	HIGH		LOW	
	Hr	Mn	Hr	Mn
Coromandel	-0	05	-0	04
Whitianga	-0	01	-0	06
Tairua	+0	10	+0	21
Whangamata	-0	03	-0	05
Waihi Beach	-0	12	-0	12



# District welcomes new Kiwi citizens

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

A mum and dad from Brazil now have the same citizenship as their Kiwi-born children, while for others, becoming a New Zealander has been a decades-long process.

Hugo Bonnel and his wife Anelise Muller are two of Thames-Coromandel's newest citizens, after receiving their citizenship certificate at an event last month.

"It's been almost 18 years," Hugo said, "and in this country we have our two beautiful daughters, and now I am the same level as they are, because they were citizens before me."

Len Salt, hosting his first citizenship ceremony as Mayor, said he was "thrilled" to see so many new Kiwis at the event on December 15.

"New Zealand is a unique community stemming from the uniting of two cultures... from early history, people of New Zealand have welcomed new residents and by doing so, have enriched the social, cultural, and heritage of this country," he said.

"Many people have undergone difficulties and hardship to come to this country. You have uprooted yourselves from your country of birth and the places and customs you have known. To do so required courage and determination, such qualities are valuable

anywhere; in the future they will be of benefit to you and our country."

Of the 24 new citizens, one was Thames-Coromandel District Council's district manager Dean Allen, who has been in the country for more than 20 years.

"It's really great that we can all be here today," he told the crowd. "And I'm really pleased that my family was able to make it. They just happened to be on holiday from the UK, so it's good to see you here, mum and dad."

"I'm just very grateful," John Gaffikin-Cowan, from Northern Ireland, said. "Thank you all for allowing me to be a part of your wonderful country."

The citizenship ceremony was attended by roughly 80 whanau, and it was the first time the event had been able to be held since June, 2021, due to Covid-19 restrictions.

Citizens hailed from countries including Brazil, the UK, South Africa, Germany, and Uzbekistan.

One new citizen suggested the group get together for a reunion in "10 years or so".

Meanwhile, on December 14, Hauraki District Council held its citizenship ceremony, where 20 new citizens were officially welcomed to the country.



Anelise Muller, top, receives her certificate from Thames-Coromandel Mayor Len Salt. Below: Peter Shorten, left, and Philippa Lawlor are two of New Zealand's newest Kiwis. Photos: KELLEY TANTAU



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# Great swamp fire breaks out



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.

### 1931

A fire which broke in a large tract of disused land known as the Thames Borough endowment area quickly assumed large and dangerous proportions. A light northerly wind drove the flames and it was estimated that the fire travelled some five miles in a single night. Peat provided fuel for the flames, but the fiercest portions of the fire were caused by huge areas of standing flax and scrub. The fires raged without interruption and passed over between 10,000 and 15,000 acres. Thousands of tons of flax were destroyed. A huge area was laid waste, including the whole of the Thames Borough endowment area, which contained many hundreds of acres of valuable flax. At night the fire showed up in a bright wall of flame some five miles in expanse, and at times resembled a city in the grip of a conflagration. The reflections were most awe-inspiring. The long curving bank of flames



A wall of flame that stretched for miles.

Photo: SUPPLIED

and the reflection in the lowering clouds made the country look as though it were in the throes of one of the old-time bush fires. The picking of blackberries at Paeroa provided nine of Auckland's unemployed with a lucrative source of revenue for a fortnight. The blackberries were of good quality in great quantity. The men worked seven days in the week and between 12 and 13 hours a day, and at the end of the fortnight had picked 70 kerosene tins full of berries. Each tin averaged about 30lb. An Auckland firm paid them 2 shillings per lb for the fruit. The residents of Paeroa treated the men exceptionally well, and they had been lent a house, where they camped the fortnight. At Karangahake a relief camp under the scheme for giving single men work under the Main Highways Board was established. The Public Works Department took over a county council shed and two old houses, and had them fitted up to accommodate 50 men. A Paeroa man was engaged as cook. The men were to widen and straighten the Paeroa-

Waihi Road on both sides of Karangahake. The popularity of the Thames Coast as a holiday seaside resort was very evident. Around 100 camping parties from all parts of the province were under canvas at Thornton's Bay, Puru and Waiomu, where the Thames Borough Council's 11 acre reserve was much appreciated. On New Year's Day over 2000 people thronged the beaches. The pōhutukawa, for which the coast road was famous, were blooming later than usual, presenting a gorgeous picture. The danger of indiscriminately throwing fruit skins on the sidewalks was demonstrated when an elderly Waihi man fell as a result of slipping on a banana skin in Kenny Street. He said he thought the chief participators in the 'skin game' were secondary and primary pupils of the Waihi schools who walked about the town eating their lunches. In the absence of proper rubbish receptacles provided by the Borough Council he suggested that the young people might at least go to the trouble of throwing the refuse in the waterways.



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# Cultures celebrated

Cambodian, Filipino, Indian, Māori, and Pasifika cultures were celebrated by the students, parents and teachers of St Francis Catholic School in Thames for its annual Christmas Cultural show on December 2. Principal Oliver Fahey said the performances were taught to the school's 82 students and some teachers and parents during Term Four and Christmas carols were also sung at the event.



Eve Wilcox, left, Maire Fahey and Uma Shakespeare perform.



Akira Sharma takes centre stage for her solo Indian performance.



Students, teachers and parents deliver a Filipino Performance.

Photos: SUPPLIED



Francis Fahey performs a Pasifika dance.



Rillaniya Rojo gives it her all.



Lena Rumble and Peter Sothear.



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# Funding boost for educational screens

By GORDON PREECE

A Goldfields School learning tool has been given a financial boost after more than \$14,000 was donated by the New Zealand Community Trust (NZCT).

The Paeroa school received a \$14,303 donation to go towards installing more ActivPanel interactive touch-screens to allow its 87 students and 67 staff to use.

Principal Cam McKenzie told *The Profile* the donation was “great” and the school “really appreciated it”.

“The class that gets the technology, the ActivPanel, they use it for their morning programme, for maths, for literacy, sensory lessons, songs, YouTube, and special programmes that we can put on there for students with diverse learning needs,” he said.

“A lot of them learn by touch, sound and sight, so these interactive boards are perfect, they’re really big and most of them can adjust to any height so students in wheelchairs can use them.

“They’re \$14,000 complete and the Board of Trustees had a plan to get a new one every year, so this funding helps us to get them sooner instead of waiting because we’ve got 13 classes.”

Mr McKenzie said the ActivPanels were supplied by Active Vision and the school was installing more to replace



Goldfields School students Elijah Barrett, left, and Moses Wong-Tung with one of the school’s ActivPanels.

Photo: GORDON PREECE

“glitchy” older ones.

“Because some of the old boards are 18 years old and they’re glitchy, the students get upset when they’re not work-

ing properly and so these new boards work really well,” he said. “The past four years I’ve been here we’ve started install-

ing them, we’ve had about six in the past four years, so this will be the seventh and eighth, one at Thames and one [in Paeroa].

“We also got \$10,000 from

The Lion Foundation at the same time as [NZCT] funding so we’re getting two [ActivPanels] and paying for one so we’re getting three.”



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# Rural Life



Te Aroha McKain inside her Hikutaia greenhouse, where she grows, harvests, and packages microgreens.  
Photos: KELLEY TANTAU

## Small greens pack a big punch

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

A Hikutaia woman on her own health journey has established a side hustle that will provide a more flavoursome and nutrient-rich alternative to salad.

Te Aroha McKain has started her small business, Mana Microgreens, from her home in rural Hauraki, growing, harvesting, and packaging microgreens.

The greens are young seedlings of edible vegetables and herbs, and though more commonly found in boutique stores or garnished on top of fancy dishes, Te Aroha is bringing microgreens to the forefront of healthy eating.

“People just see them as a garnish, but they are more than that, they are a superfood,” she told *The Profile*. “They are better than salad, they are packed with nutrients and flavour, and they’re convenient.”

Te Aroha said microgreens were the ultimate fast food, and could be used inside a sandwich or a wrap, a salad, soup, or a smoothie.

Among the greens she has growing in her greenhouse just outside of Paeroa are mustard greens, basil, parsley, kohlrabi, bok choy, and pea shoots.

Once harvested after around 10 days of growing, the greens are washed in a diluted apple cider vinegar mix and left to air dry.

Te Aroha does not use any chemicals during the process and said her business’ ethos was to provide a smarter way to eat.

“I’m on my own health journey with gut health and low iron levels, and I did a lot of reading and found that the only people who provide microgreens locally are up the Kaueranga Valley,” she said.

“Within the Hauraki area there’s nothing that provides this locally, and I know most of the restaurants get their stuff from Tauranga or Auckland. I want to be able to provide the local nutrition,” she said.

Mana Microgreens came to fruition after Te Aroha stumbled upon the Rebel Business School, a 10-day course that inspires and assists its attendees who are starting or developing a business.

She’s “starting off small” and has been planting her greens to sell online and at markets, but once she is MPI certified, she is hoping to sell her micros to cafes and restaurants throughout the district.

“I want to have a side hustle that makes me feel like I’m giving back,” she said.

“Being a mum and with the lifestyle that I live, I probably don’t eat the best, but I know if



Te Aroha McKain grows an array of microgreens in her greenhouse.

I have a handful of microgreens, I’m adding all of those daily nutrients that I need to keep me going.

“It’s definitely been a learning journey... but there’s nothing else like this available, and I’ve always enjoyed getting my hands

dirty.”  
**DETAILS:** To keep up to date with *Mana Microgreens*, find the business on Facebook or email: [manamicrogreen@gmail.com](mailto:manamicrogreen@gmail.com)



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# Rural Life

# Earthquakes, cyclones for summer

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

Movement underground and above the clouds has provided the region with shakes, slips, and surface flooding this summer season.

And there is another ex-tropical cyclone on the way this week.

A series of earthquakes near Te Aroha were felt by thousands of residents across the Waikato and Bay of Plenty districts, with the first major shake measuring M3.9 just before 7am on December 29.

At the time, GeoNet said it was the largest quake between Tauranga and Hamilton since 2014.

It was 7km deep and was felt as far away as Whitianga and Whangamatā, and also throughout the Bay of Plenty, Waikato and Auckland.

Another strong quake, with a 5.1 magnitude, also woke residents and damaged farm land at 5.39am on January 4.

Waikato Regional Council shared a series of images showing a Te Aroha maize crop sporting a new crack as deep as a fencing standard as a result of the shake.

Since then, there have been a series of quakes just outside of the Piako town, which sits near the Kerepēhi Fault Line.

According to an article in the New Zealand Journal of Geology



A Te Aroha maize crop is sporting a crack after a 5.1 magnitude earthquake, while inset, another storm is on its way.

Photos: SUPPLIED



and power outages” council’s civil defence controller Garry Towler said.

“The main areas of concern are erosion and inundation at Brophy’s and Buffalo beaches in Whitianga, erosion and structural damage across beaches all the way down to Whangamatā.”

**DETAILS:** According to MetService, Cyclone Hale is expected to move south as a subtropical low on Tuesday, bringing severe weather to parts of northern and central New Zealand on Tuesday and Wednesday. Refer to [www.metservice.com/warnings/home](http://www.metservice.com/warnings/home) for the latest information on Severe Weather Warnings and Watches.



and Geophysics, the Kerepēhi Fault is an active fault line with a total onshore length of up to 80km, and comprising six rupture segments, with four more offshore segments to the north.

The most recent shake occurred just past midnight on Monday, January 9. It was a magnitude 2.5 and had a depth of only 6km.

Meanwhile, wild weather has

continued to thrash the Thames-Coromandel, with the district council reporting more than 400mm of rain fell in just 72 hours during the first week of January, closing main roads and causing slips.

Another ex-tropical system, Cyclone Hale, is now expected to dump a further 230mm of rain in 24 hours, with easterly gales and gusts exceeding 110km/

hr, peaking Tuesday and passing through by Wednesday afternoon. Coupled with this, Thames-Coromandel District Council’s coastal scientists forecast storm surges of up to 30cm or more above the three high tides over this time.

“We are not sugar coating this one, it will hit hard and likely cause coastal damage as well as the usual slips, surface flooding,

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# Rural Life

## 'Helpful' changes to wetland legislation

Changes to freshwater regulations will help farmers continue to invest in wetland restoration, according to DairyNZ.

The changes are to the Essential Freshwater 2020 wetland regulations, which will come into effect later this year, and DairyNZ general manager sustainable dairy Dr David Burger said they will provide better wetland restoration, maintenance, and water storage options for farmers.

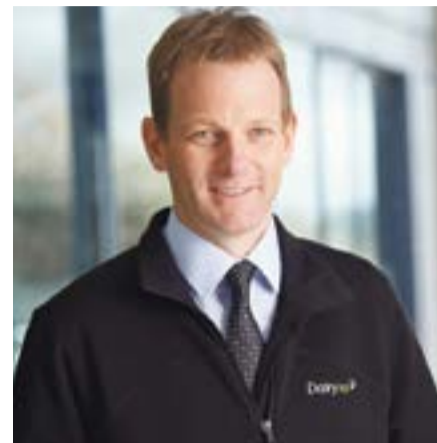
"We were concerned about initial Government proposals that had regulations applying to constructed wetlands," he said.

"It made getting consents for constructed wetlands difficult for farmers and could have discouraged them from creating wetlands that would benefit the environment. This has now changed, which is positive for farmers and the environment.

"The changes are timely, as more farmers are looking to reduce their environmental impact, and there's growing interest in re-establishing and constructing new wetlands," Dr Burger said.

According to DairyNZ, Wetlands can significantly reduce nutrient and sediment losses on farms and improve water quality.

They also boost biodiversity and can provide a habitat for birds and fish. A constructed wetland about 1 per cent of the catchment size can remove an average 20-25 percent of nitrogen and



DairyNZ general manager sustainable dairy Dr David Burger. Photo: SUPPLIED

50 percent of sediment. "The change addresses concerns raised in DairyNZ's 2021 government submission on proposed wetland management changes to the Resource Management [National Environmental Standards for Freshwater] Regulations 2020," Dr Burger said.

DairyNZ also made a joint submission with Fish & Game New Zealand on aligned positions.

DairyNZ said it continued to support farmers wanting to protect and restore existing wetlands.

Interested farmers should contact an environmental consultant to work through the guidance and seek regional council advice about consents and funding opportunities, it said.

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## SPORTS

## Grant for Badminton Thames Valley

By GORDON PREECE

A \$5000 grant from the New Zealand Community Trust has been flicked to Badminton Thames Valley to cover the cost of its shuttlecocks.

Badminton Thames Valley president Jeremy Rout told *The Profile* the costs of shuttlecocks was always increasing in the current market.

"We're always extremely grateful for any funding that we get and New Zealand Community Trust has been a massive supporter of ours over the last few years," he said.

"Shuttles are obviously something we need to play badminton which is a huge cost every year, and to receive it is awesome. We're just so grateful to the community trust for providing that to us for another year."

Jeremy said around 12 shuttles were contained in each tube which cost between \$35 and \$40. They were used for trainings, the representative programme, and the interclub and junior programmes at Badminton Thames Valley.

"It's probably the most significant cost we have because you can't use them all the time," he said.

"Because once you use them quite a lot they start to fall apart and the shuttle slows down or it doesn't quite head in the right direction when you hit it.



The four Badminton Thames Valley clubs have 20 to 30 fully paid members and a "whole heap" of casual members. Photo: SUPPLIED

"You could go through a tube of shuttles per night and it certainly adds up."

Jeremy said Badminton Thames Valley received the grant last month, and also received a \$2200 grant from The Lion Foundation in March last year, which went towards new uniforms with the new Badminton Thames Valley logo.

Jeremy said the organisation planned to maximise its junior players and coaching programme and competitions in

2023.

"The last couple of years through covid has been quite challenging in terms of some of the events we've run," he said.

"This season just gone has been the first season where we could run a full calendar of events, which is about eight events throughout the season.

"One of the big things we're really focusing on [in 2023] is our junior programme and we've been connecting with schools all around the region

to try and get more badminton out into our community."

Badminton was a rapidly growing sport around the country, he said.

"There's a lot of people who want to get into some form of exercise and we want to make sure we have accessibility around the region to be able to have people try badminton," he said.

"One of the New Zealand Badminton strategic objectives is for people to love badminton for life because it's such a quality sport that is for all ages and abilities."

Jeremy said Badminton Thames Valley had four affiliated clubs in Thames, Paeroa, Waihi and Morrinsville, which have between 20 and 30 fully paid members and a "whole heap" of casual members.

"In terms of who plays representatively for Thames Valley Badminton, we have three teams that compete in the New Zealand Inter-Association competition, which is three age groups," he said.

"There's an open senior age group and we have about 12 team members, and we have our masters team which is 35 years and over, which has about eight to 10 players; and then the veterans which are over 50s and that has eight to ten players as well."

Jeremy said the Badminton Thames Valley 2023 season begins in March.

## In Brief

**ABRACADABRA IN THE FOREST**  
The Abracadabra Arts and Music Festival will take place at a secret location in Paeroa between January 20 and 22. The event, hosted by The Busy Movement, will feature a handpicked platter of sound journey specialists, vinyl selectors, funk-swayers and pieces of New Zealand's best electronic DJs. Tickets available at Sic Entertainment.

**TAKE A KID FISHING**  
The Kaiua Boating Club Take a Kid Fishing Competition will cast off on January 14. Kids aged under 15 years can enter for \$5 for a great day on the water, goodie bags, spot prizes, cash prizes, bouncy castles and more at the clubrooms.

**LEARN TO SWIM**  
Waihi Swimming Club will host 25-minute learn to swim courses between January 23 and January 27. Four lessons cost \$35 or \$5 for four lessons if swimmers are in Year 6 or 7. Email waihiswimmingclub@gmail.com to register.

**WAIHI SUMMER EVENING BOWLS**  
Waihi Bowling Club on Kenny St will host summer evening bowls on January 11, 18 and 25 from 5:30pm. The events cost \$5 to enter and participants will compete in teams of three. For more information contact 027 254 4361.

## PROGRAMMES AVAILABLE FOR 2023

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# Student Life

ADVERTISING FEATURE

## River features in film

Before the year ended, students at Waihi East School had the chance to see themselves on the big screen at the premiere of their very own film, *Ohinemuri*.

Waihi Baptist Church laid down the red carpet, and invited tamariki and their whānau to enjoy some popcorn and a special VIP screening in their hall.

The school worked hard on the collaborative movie project in term three, aiming to explore the local river and tell its stories. Tamariki went out on location to shoot scenes at

important places such as Gilmore Lake, Waikino Tavern, and Karangahake Gorge.

Student Jimi Randall, whose voice features as the film's narrator, enjoyed being part of the project saying, "it's important to look after the river, and stop doing damage before it's too late".

"This is local curriculum in action," principal Briar Carden-Scott said. "The project was designed to give our tamariki the chance to find out about our awa [river], its uses past and present, and how it is rel-

evant to the people who live near it, and also to honour those who have gone before us. The awa was here before us, and will be here when we are gone; our gorgeous tamariki will be its custodians for a time.

"It is so important that we instil in them a sense of guardianship and aroha for our land."

**DETAILS:** The school would like to gift the film to the wider community, and the link is available on the school website [www.waihi-east.school.nz](http://www.waihi-east.school.nz).

- Supplied by Waihi East School



The school worked hard on the collaborative movie project in term three, aiming to explore the Ohinemuri River and tell its stories. Photo: SUPPLIED



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1st, 2nd & 3rd February

Pre-enrolments (in zone) or expressions of interest (out of zone) for 2023 are now invited. Pop in for a look around and a chat!

Briar Scott (Principal) [principal@east.school.nz](mailto:principal@east.school.nz)

**FOR MORE INFORMATION - CONTACT THE OFFICE P: 07 863 8693**



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**Out of Zone Information Evening**  
Thursday 2 March 7pm, College Hall

**Back to School Information 2022**  
Senior Course Confirmation: Wed 25 Jan Year 12s 9am to midday; Year 13s 1pm to 4pm  
First Day of School: Year 9 and 13 Tue 31 Jan. Powhiri at 9am. Everyone Back: Wed 1 Feb  
For Stationery go to [www.myschool.co.nz](http://www.myschool.co.nz)  
For Uniform [www.argyleonline.co.nz](http://www.argyleonline.co.nz) and for PE / Hapu uniform [www.nzuniforms.com](http://www.nzuniforms.com)



# Student Life

ADVERTISING FEATURE



## Welcome to 2023

- Wednesday 1st February – Year 11-Year 13 Course Confirmation. Online bookings available, further information will be emailed out.
- Thursday 2nd February – Leadership Day (Head Students and House Leaders) 9.30am – 3.00pm
- Friday 3rd February – Year 13 Day Camp and POET Training 10.00am – 3.00pm
- Tuesday 7th February – Year 9 & all new students Pōwhiri starting at 9.45am – all new students need to be at school by 9.20am. Returning Year 10 - Year 13 students school year starts at 8.40am

Enrolments for new students from Tuesday 31st January 2023

### Uniform Shop and Chromebook Distribution:

31st January – 2nd February 2023 8.30am – 3.30pm  
 School is closed 30th January – Auckland Anniversary Day  
 6th February – Waitangi Day



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## PCST is proud to serve

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 Meeting the community's needs 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 PCST



## WAIHI COLLEGE

[www.waihicol.school.nz](http://www.waihicol.school.nz)

With the start of the new year here and so many dates and important events to remember, it's great to know you can find everything you need on the Waihi College website: [www.waihicol.school.nz](http://www.waihicol.school.nz). Choose the 'Our School' tab in the top menu for all your back to school needs such as the 2023 stationery lists, uniform ordering and essentials, bus routes, start back dates and our staff directory; or head to Keeping Informed to check out our Latest News, calendar and daily notices.



### Term 1 2023:

- 6th February – Waitangi Day (Public Holiday)
- 7th February – Year 11-13 start: Year 11 doing Kickstart Project & Year 12-13 at Camp
- 8th February – Year 11-13 continue with Kickstart Project & Year 12-13 continue at Camp
- 9th February – Year 8-11 start classes & Year 12-13 continue at camp
- 10th February – Year 7's start (powhiri) & Year 12-13 start classes

You can also check out the Events Calendar in our Parent Portal. There are some handy instructions for how you can log on and use the Parent Portal if you're a first time user or need a re-cap

<https://www.waihicol.school.nz/using-the-portal/>

## COMMUNITY PROGRAMS

- After School Care & Holiday Program (OSCAR)
- Breakaway FRFF Youth Holiday Program
- Music and Movement
- Music Tuition
- Disco Action
- Kids Can Cook
- Friday Night Friend-zy
- Leaders in Training for Youth
- Paeroa Children's Day
- Day Camp
- Maximised Cooking
- Seniors Exercise
- Tuning In - Senior music appreciation
- Keen Team (Weigh In group)
- Mahi Putea - Making Money Personal
- Senior Bus Trips

## COMMUNITY SERVICES

- Hauraki Resource Centre - Information & Advice
- Paeroa Budgeting & Financial Mentoring Services
- Furniture Bank
- Paeroa Neighbours Food Bank
- Supervised Contact
- Paeroa Volunteer Drivers
- Toy Library
- Community Bus
- Thames Valley Alternative Learning

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Paeroa Community Support Trust



# Health & Wellbeing

## Keep it close... Or cut it loose

### OPINION



By MICHAEL WILKES

I was listening to *The Gambler* by Kenny Rogers the other day. "You gotta know when to hold em, know when to fold them, know when to walk away, know when to run. You never count your money, when you're sitting at the table. There'll be time enough for counting, when the dealings done."

I love that song. It's funny though how sometimes we can hear or see something a thousand times and then suddenly something hits us at a whole different angle or catches us in a different headspace and connects in a new way.

This time Kenny caught me in one of those moments. We have a saying we all know well. "Keep your cards close to your chest." This is great advice in poker, and likely in a business deal... but maybe not so much for those hard

thoughts that undermine each and every one of us.

This last term has been hard for me. As you may know if you're a regular reader I am a youth worker for Living Well Trust. I lost my team for the term. One member got stuck overseas with Visa issues and the other had reconstructive surgery which will take time to heal. On top of that I found out we needed to secure another \$90,000 to ensure we can continue next year.

This left me carrying the load mostly on my own. And with hints of burnout mid-term, I was wanting to quit. To walk away... to run. It was all feeling a bit much, and I started to wonder. "Am I making a difference here?" "Is this worth it?" "Can I keep going?" But I am still here. And I will keep going.

Because I know that many of us struggle with similar thoughts at times. And just because I think it, does not mean it is true. We have a therapeutic model that underpins our work called DNA-V (google it to find out more). At the heart of it, it's about teaching people how to get out of their heads and into building value in their lives. We do an activity with the students that explores the hard thoughts.

We sit in a circle and write down the regular negative or critical thoughts that we each struggle with.

After this we collect them up, shuffle them and hand them back out to the group. Students then are

invited to tick each comment that they have thought or struggled with and pass it round. The result as you can imagine is a revelation for many; they are not alone, that their struggles are normal, and that they can talk about these things with their peers, or adults they trust.

We ran a workshop for school staff and used this activity as an example of what we do with students. What happened next was a great release for teachers to realise the same thing. They too have hard and critical thoughts. They too can feel isolated and alone in those thoughts. But when we come with vulnerability, when we stop "holding our cards close to our chest", and instead "get it off our chest".

Things change. When done in the right context our vulnerability invites others to be vulnerable.

We spend so much time keeping all the pain and the struggle to ourselves. We push it down so tight and hope to keep a lid on it. Most of us will be fine... but for some they desperately need to know they are ok, to know this is normal. So today if you are struggling or know of someone else who is finding things hard, maybe take a moment to check in. To be vulnerable and share the hard stuff.

Because in doing so you just may ease the burden or even help save a life.

- Michael Wilkes is a Living Well Trust Youth Worker

## Plan for a safe-as summer

While people are enjoying a well-earned break, it is important we continue to look after each other, and take steps to prevent the spread of Covid-19, the Waikato health authority says.

Te Whatu Ora Health NZ Waikato Covid-19 directorate executive lead Maree Munro said with summer hotspots filling up, it was increasingly important that steps are taken to reduce risk.

"Unfortunately Covid-19 isn't taking a break. Around 160,000 visitors arrive at the Thames-Coromandel area over the summer break. This area normally has around 32,000 people so services can already be stretched.

"We are asking people to plan ahead for how they will manage any healthcare needs to avoid having to seek non-urgent care so they can continue to enjoy their holidays.

"Be prepared is our message. When travelling expect delays and ensure you have adequate supplies including water, sunscreen, RAT kits, masks and any prescribed medications you may require

"While most local medical centres and pharmacies will be open for non-urgent care, some may be closed, have limited hours and limited ability to see non-registered patients so check ahead as part of your planning."

Healthpoint: [www.healthpoint.co.nz](http://www.healthpoint.co.nz), provides details on the opening hours of local medical centres and pharmacies. Health-

line, Ph 0800 611 116, is also a recommended first point of call for free, 24/7 healthcare advice.

Te Whatu Ora Waikato hospitals are open over the holiday period and emergency departments will continue to provide urgent care.

Ms Munro said those in the healthcare sector want to remind people the most effective way to keep Covid-19 at bay is keeping your vaccinations up to date and following guidance for mask use and isolation.

"This week there are over 3000 active cases of Covid-19 in the Waikato so it's important not to be complacent over the festive period.

"If you get sick, stay home and test immediately if you develop any Covid-19 symptoms.

Have enough RAT kits for your whole whānau for the holidays and, if travelling, take some with you."

Free RAT kits can be ordered and results should be reported online via [covid19.govt.nz](http://covid19.govt.nz).

"Even if you test negative, avoid infecting others with whatever is making you ill, especially those who are vulnerable to infections.

"We continue to encourage people to wear masks when in crowded areas, and do everything you can to reduce the spread and protect your whānau."

**DETAILS: Free Covid-19 advice is available 24/7 via the Covid-19 Healthline on 0800 358 5453 or via [Covid19.govt.nz](http://Covid19.govt.nz).**

## Ohu Hinengaro

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- Te Kūwatawata ki Hauraki (Kaupapa Māori Approach)
- Whānau Pai (Integrated Primary Mental Health)

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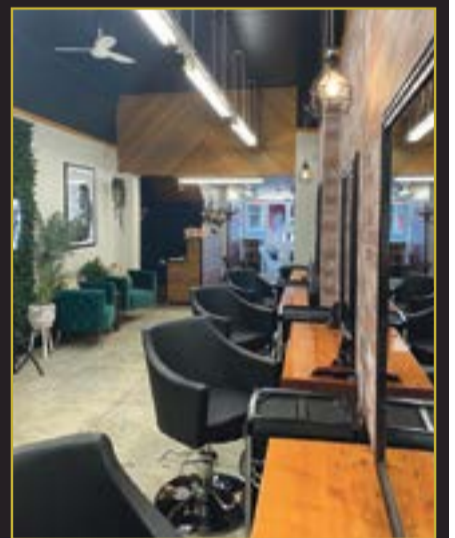


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2018 Kia Cerato LX, 2.0P, 6AT	\$15,990
2017 Nissan Navara ST 2.3D 2.WD 6MT	\$34,990
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Perrin Newland, of Thames Hire Centre, offers a high level of service. Photo: GORDON PREECE

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hitching a trailer, providing that high level of customer service for someone who comes in. "I'm very big on supporting our local tradesmen so I try to do my best for the tradesmen in the area and meet their requirements." Perrin, whose wife Natasha also helps with the business, said he planned to offer more modern equipment in the future. "You've got to have well maintained and working equipment... and make things more dependable for the customers." **Email: hire@thameshire.co.nz, Call: 07 868 9350, After Hours: 021 669 850.**

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Last month's winner of the lotto ticket was Mary Jamieson, who found Pete in the December 14th edition in the Mobilitech advert.

Go to page 2 for details on how to enter.



# CLASSIFIEDS - Deadline 1pm Monday

## Wanted to Buy

Aerial photos of Thornton Bay 1998 - 2020. Good money paid for the right pictures. Phone Peter 027 414 8633

## Situations Vacant

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[admin@valleyprofile.co.nz](mailto:admin@valleyprofile.co.nz)

for more information.



# CLASSIFIEDS - Deadline 1pm Monday

## Death Notice

**GODWIN, Stephen Charles (Turk):** Born July 18th 1960, passed away peacefully surrounded by family on 29th December 2022 at Waikato Hospice. Devoted soul mate of Sharryn for 22 years. Dearest son of Jim (deceased) and Yvonne. Much loved brother and brother in law of Sherylanne and Graham, Shona and Tony. Treasured father and father in law of Toni and Ben, Jayme and Rosa, Tayla and Michael. Cherished poppa of Jack and Eve, and Charlie. Much loved uncle of Danielle, Tash, Taryn and Slade. A special thanks to Waikato Hospice and District Nurses. A service to celebrate Turk's life will be held at the Old Boys Rugby Club, Tower St, Paeroa on Saturday 14th January 2023 at 1.30pm followed by his last ride. "Off in the sunset on your Harley for a catchup and beer with Jimbob. Forever in our Hearts."



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## Death Notice

**DALLY, Ronald Vernal:** Passed away peacefully on 5th January 2023 in his 92nd year. Much loved father of Judith, John and Graham. Grandfather of 6 and great-grandfather of 11. A graveside service for Ronald will be held at the Totara Memorial Park, Thames on Thursday 12th January 2023 at 11am.



## Garage Sale

**January 14th 9am -12 midday**  
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## Public Notice

### PAPER DELIVERIES

Please be advised that due to school holidays and a recent surge in COVID infections, we might not be able to cover all of our runs throughout the Valley over the next few weeks. If you do not receive your weekly paper, please note they are available at these locations.

**NGATEA**  
 Ngatea 4 Square, HDC Council Offices, Ngatea Post Shop, Z Petrol Station, Ngatea Purple Dairy

**PAEROA**  
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**WAIHI**  
 Maybelle Superette, New World, Toyworld/Takenote, Information Centre, Kenney St Dairy, Daffodil Dairy, Waihi Supervalue

**THAMES**  
 Totara Veggie Shop, Mobil Kopu, Gull Service Station, Martina 4 Square, Bin Inn, Tararu Dairy, Queen St Mobil, Goldfields Mall, Pak'N'Save, Paper Power, Thames 4 Square, Carson's Bookshop, Thames Council Offices, Kauaeranga Store

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Crowds gather for the prizegiving at Hugh Hayward Domain. Photos: TREVOR BIRCHALL

## Thousands raised for rowers

More than 300 vehicles revved into Hugh Hayward Domain on December 27 for the annual Ngātea Customs and Classics and Van Revival. Organiser Fish Mackay said the event was an “amazing day” with around 1000 people from across the North Island in attendance and more than \$2200 was raised for Hauraki Rowing Club.



Classic cars line the domain.



Onlookers observe a display of motorcycles.



Car show organiser Fish Mackay, left, leads the prizegiving.



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# SUDOKU

82

Fill the grid so every row, every column and every 3x3 box contains the numbers 1-9

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

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MEDIUM

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HARD

82

HARD

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

MEDIUM

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

EASY

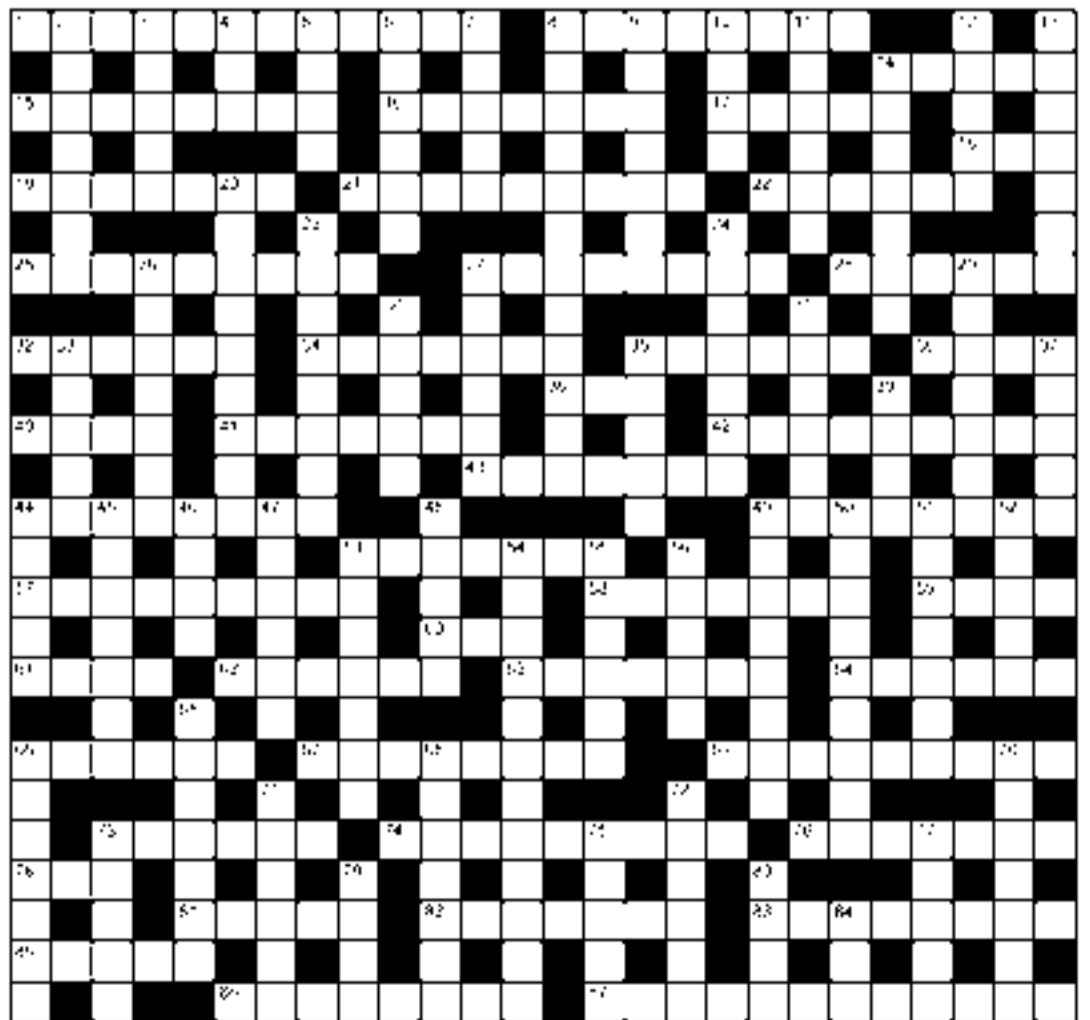
9	4	2	7	5	6	1	8	3
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4	2	9	5	8	3	6	7	1
8	7	5	4	6	1	9	3	2
3	6	1	2	7	9	5	4	8
7	9	6	1	3	5	8	2	4
2	1	4	8	9	7	3	6	5
5	3	8	6	4	2	7	1	9

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# JUMBO CROSSWORD

102

- ACROSS**
- 1 Ability to speak effortlessly, glibly, or persuasively (4,2,3,3)
  - 8 Book divisions (8)
  - 14 Investigation (5)
  - 15 Lawbreaker (8)
  - 16 Yearly publications (7)
  - 17 Ski run (5)
  - 18 Fitting (3)
  - 19 Scribes (7)
  - 21 Regretful expressions for offence or failure (9)
  - 22 Smokestack (6)
  - 25 Surrendered as a penalty (9)
  - 27 Hard metal (8)
  - 28 Explosive exhalation (6)
  - 32 Alleviation (6)
  - 34 Holed (7)
  - 35 Trying experience (6)
  - 36 Expectorate (4)
  - 38 Cancelled (3)
  - 40 Bridge (4)
  - 41 Recovery setback (7)
  - 42 Make worse (9)
  - 43 Hide treatment plant (7)
  - 44 Club (8)
  - 49 Gut feeling (8)
  - 53 Turned (7)
  - 57 Newspaper scoop (9)
  - 58 Insignia of royalty (7)
  - 59 Knitting stitch (4)
  - 60 Make imperfect (3)
  - 61 Plummet (4)
  - 62 Circus tent (3,3)
  - 63 Presaging ill-fortune (7)
  - 64 Old gun (6)
  - 66 Mistakes (6)
  - 67 Buy (8)
  - 69 Race winner's award (4,5)
  - 73 Mountain top (6)
  - 74 Engine-powered craft (9)
  - 76 Cold block (3,4)
  - 78 Gratuity (3)
  - 81 Jockey (5)
  - 82 Community settlement in Israel (7)
  - 83 Innkeeper (8)
  - 85 Trivial (5)
  - 86 Amiable (8)
  - 87 Neat, clean (5,3,4)
  - DOWN**
  - 2 Conflagration (7)
  - 3 Shoplifting (5)
  - 4 Craze (3)
  - 5 Stringed instrument (4)
  - 6 Holds firmly (6)
  - 7 Hackneyed (5)
  - 8 Engaging lower gear (8,4)
  - 9 Responses (7)
  - 10 Adhesive strip (4)
  - 11 Bawdy (6)
  - 12 Reef material (5)
  - 13 Fecund (7)
  - 14 Flag (7)
  - 20 Add strength to (9)
  - 23 Airship (8)
  - 24 Progress (7)
  - 26 Pretended (7)
  - 27 Travel document (6)
  - 29 Give a reason for (7)
  - 30 Speed (5)
  - 31 Technical language (6)
  - 33 Oust (5)
  - 35 Frequently (5)
  - 37 Medicate (5)
  - 39 Diplomacy (4)
  - 44 Coalesce (5)
  - 45 Make visible, reveal (7)
  - 46 Larva (4)
  - 47 Genesis (6)
  - 48 Postage sticker (5)
  - 49 Mirage (8)
  - 50 Happening in sudden brief bursts (9)
  - 51 Deadlock (7)
  - 52 Arc (5)
  - 53 Relaxing (7)
  - 54 Have a tantrum (5,1,6)
  - 55 Solid carbon dioxide (3,3)
  - 56 Snow house (5)
  - 65 First in importance, rank (7)
  - 66 Tomb inscription (7)
  - 68 Dishonest (7)
  - 70 Canadian province (7)
  - 71 Beam (6)
  - 72 Japanese battle cry (6)
  - 73 Acne (5)
  - 75 Boxing matches (5)
  - 77 Honeycomb compartments (5)
  - 79 Accurate (4)
  - 80 Anti-aircraft fire (4)
  - 84 Religious sister (3)



**PREVIOUS SOLUTION**

**ROSS:** 1 No great shakes, 8 Cinema, 14 Circa, 15 Strategy, 16 Sporrán, 17 Vodka, 18 Tic, 19 Highway, 21 Enchanted, 22 Pledge, 25 Rheumatism, 27 Familiar, 28 Recite, 31 Deduct, 33 Dentist, 34 Fondue, 35 Snag, 37 Toe, 39 Free, 40 Enamels, 41 Serviette, 42 Yiddish, 43 Pedestal, 48 Synopsis, 52 Pounded, 56 Nostalgia, 57 Earning, 58 Meek, 59 Gun, 60 Hard, 61 Mettle, 62 Snigger, 63 Treaty, 65 Prefer, 66 Preceded, 68 Emphasised, 71 Beetle, 72 Hierarchy, 74 Playful, 76 Sue, 79 Sates, 80 Pit prop, 81 Dead heat, 83 Shove, 84 Censor, 85 Play hard to get.

**DOWN:** 2 Ostrich, 3 Reach, 4 Awe, 5 Says, 6 Absentminded, 7 Epoch, 8 Conceal, 9 Navy, 10 Meddle, 11 Wrote, 12 Cascade, 13 Transmitted, 14 Candles, 20 Apartment, 23 Windfall, 24 Varnish, 26 Ukulele, 27 Flimsy, 29 Ignites, 30 Quarry, 32 Eerie, 34 Fetid, 36 Guess, 38 Silo, 43 Punch, 44 Deserve, 45 Scar, 46 Argued, 47 Bulge, 48 Stirrups, 49 Nightfall, 50 Pompeii, 51 Inept, 52 Pattern, 53 Considerate, 54 Denied, 55 Trigger-happy, 64 Reverse, 65 Persist, 67 Clipper, 69 Emulate, 70 Clothe, 71 Below, 73 Rural, 75 Yahoo, 77 Uses, 78 Idea, 82 Add.



## SPORTS

# Gym coach named regional finalist

By GORDON PREECE

Janet Mischewski was “quite stunned” after becoming a community coach finalist in the 2022 Waikato Sport & Active Recreation Awards.

The 68-year-old, who has been a periodical gymnastics coach for 50 years, told *The Profile* patience, a passion for the sport and working with children kept her balanced.

“I really enjoy working with the young ones, just to watch their progress, and it takes a little while especially when they haven’t had much to do with it and just their reaction when they do something that they didn’t think they could do.

“The last school holidays, we went up to North Harbour and that’s the first time we’ve gone to Auckland and we took a large group and it was the team gym plus individuals and they did very well, and of course the more they like it the more we enjoy it.”

Janet, who’s fondly called Nana Janet by the Thames Gymsports community, said she first flexed her gymnastics skills as an eight-year-old.

“I started in Porirua and I always enjoyed it, then I went to eight schools because dad worked in the post office so we shifted all the time maybe for two and a half years, but it didn’t matter where I went, I



Janet Mischewski said she’ll continue coaching until she can’t walk.

Photo: GORDON PREECE

seemed to be able to get into a club,” she said.

Janet said she competed in gymnastics while she and her family lived in Morrinsville and Ōpunake before she vaulted into coaching at Waihi Memorial Hall as an 18-year-old.

“Then I didn’t start again

until my own daughter [Julia] started gym at Ngātea Primary School in 1990 and I used to go down at lunchtime in the winter and coach them for a few years and then it stopped.”

Julia said she then coached gymnastics again at Ngātea Primary School for seven years

from 2006, which included a two-year stint teaching gymnastics at Thames High School.

“Then Julia said to me one day [in 2016] come and watch Caeleigh and Haven [grandchildren], I’ve started them at gymnastics so I went and watched and they took one look at me

and said ‘oh you’re back’, so I was sort of roped back again.”

Janet said she had now been a coach for five to six years at Thames Gymsports and said she’ll continue until she can’t walk.

“If we didn’t have such a well organised club, I probably wouldn’t have kept going.

“If it wasn’t for who I’m working with, the other coaches and the other committee members, they’re like a family and it makes it so much easier to work with people like that,” she said.

“It’s all about balance the body and balance the mind.

“If you’ve done a term or two at gymnastics you’ll be better at sports because it balances the body, and the kids get a great response.”

Janet said Thames Gymsports chairperson Andrea Johnston nominated her for the community coach award, which noted Janet supported all the gymnasts to have a go, to achieve their goals and to have fun and be active.

She upheld the club’s commitment to being inclusive, aiming to inspire, develop and challenge kids of all ages and skill levels, she said.

**DETAILS: Winners will be announced at a special event on January 26 in Hamilton. For more information, go to: [www.sportwaikato.org.nz](http://www.sportwaikato.org.nz).**

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