

# The Valley Profile

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# Accolades for ‘digging deep’



From left: Valley Profile reporter Alice Parminter, managing editor Teresa Ramsey, senior reporter Kelley Tantau, CNA awards MC Jason Gunn, advertising manager Nikki Sanders and feature writer Davidda Hikatangata.

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

The Valley Profile’s 2023 investigation into the homeless crisis in Thames and the subsequent community involvement that followed has been acknowledged with the highest praise at this year’s New Zealand Community Newspaper Association Awards.

The Profile scooped four awards, includ-

ing joint winner in the Best Community Involvement category for senior reporter Kelley Tantau’s *Living Rough* series of articles - which the judges described as “a real example of how a community newspaper can bring people together with an action plan”.

Advertising manager Nikki Sanders was named runner up Best Sales Professional, a category she won in both 2023 and 2022; The Profile was named runner up Best Front

Page - Newspaper, and Kelley also won Best Senior News Journalist for the second year in a row, with her work on the *Living Rough* investigation commended.

“An investigation into homelessness in Thames showcased Kelley’s ability to dig deep into a confronting story, accompanied by skillful writing,” the judges said. “Clearly she’s got great contacts who trust her to tell a sensitive story well. What I found most

commendable was she didn’t let it go. Follow-up stories gave the community several perspectives on an important issue.”

Kelley, who is now on maternity leave until the New Year, said she was “so thrilled” to have been named Best Senior News Journalist for the second year running. “And for our homelessness investigation to have been so well-received

CONTINUED ON P2

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# Club targeted by thieves twice in one week

By TERESA RAMSEY

Two burglaries a week apart at Thames Croquet Club have left its members “shocked and hurt” as they try to raise funds to replace stolen equipment and repair damaged sheds.

Police said the burglaries were part of an increase in thefts throughout the region recently, particularly thefts of copper piping and scrap metal.

Club spokesperson Sheryl McConnell said equipment, including tools, petrol cans, a leaf blower and a recently upgraded lawn mower were stolen in the burglaries, which happened overnight on May 3 and May 10 at the club’s Brown St premises.

The thieves, who broke three padlocks and damaged locks on two sheds during the burglaries, also tried to take the ride-on mower, but might have been disturbed as it was left damaged on the croquet lawns, she said. No croquet equipment was taken.

The thefts are expected to cost the club around \$2000 in total, for repairs and additional security following the burglaries, and a \$1000 insurance excess to claim for the damage and losses.

“[It’s] quite an expense for this small club who pride themselves on maintaining the lawns, providing a great facility for residents and neighbouring communities of all ages to play this fun and tactical game,” Sheryl said.

“We will gratefully receive some assistance from the insurance claim but this does not cover all of our losses.”



Thames Croquet Club committee member Dennis and lawn mowing contractor Tony repair the mower, which was damaged in the burglary.



A damaged door and lock on one of the equipment sheds.

The thefts were “very disappointing” for club members, she said. “It could sound like a privilege to be able to play croquet, whereas a lot of us have absolutely no spare cash at all these days.”

“We’re not privileged in any way, we are just people who enjoy the game - who love the friendship of it, love the competition on the lawn and the fresh air.”

The club, which will celebrate its 118th anniversary this year, has around 30 members, most of them

retired, she said.

“Most of us are not high income earners. All of this is very time consuming and difficult.”

“[We’re] shocked and hurt that people would do this, a club that’s there for the enjoyment of people and the amount of work that’s put into keep the grounds so good, and keep our machinery going, like our big mower.”

The committee was now looking into security lights and cameras to cover the sheds in addition to the

existing lights and a camera covering the clubrooms, as well as a secure automatic door for the main equipment shed.

“When we restock with our new mower, etc, we’re discussing what we’re going to do with it,” she said.

The club will fundraise to cover the cost of insurance excess, repairs and additional security, and also planned to hold a membership drive in the coming months.

Waikato Eastern Police Sergeant Tony Mumford said Police were

following lines of enquiry into an increase in thefts in the region, including thefts and burglary at the Croquet club.

Police were also aware of an increase in thefts of copper piping and scrap material in the Thames and Waikato Eastern area, he said.

“Police advise property owners to secure your properties, scrap metals and be aware of any suspicious activity,” he said.

“Any information no matter how small may be the piece of the puzzle we need in our investigations. If you see any suspicious or unlawful activity please contact Police on 105 if it’s after the fact or 111 if it’s happening now.”

**DETAILS: To donate to the club, email [thamescroquet@gmail.com](mailto:thamescroquet@gmail.com) or find Thames Croquet Club on Facebook.**

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# Our Coromandel

News from Thames-Coromandel District Council



## Long-awaited launch for Kōpū Precinct

The Kōpū marine servicing and business precinct will be officially launched by the Rt Hon Deputy Prime Minister Winston Peters on 21 June, completing a \$15 million project that is expected to generate up to 100 jobs in the long term.

The 80m long commercial wharf and floating pontoon enables in-water marine servicing and vessel loading, as well as providing an unsealed haul-out, an upgraded, concrete reinforced slipway, and a regional public boat ramp and car park. The project cost was met through an \$8.2 million grant from the government’s Crown



Infrastructure Partners Fund, bolstered with central, regional, district and community funds.

[tcdc.govt.nz/kopu](https://tcdc.govt.nz/kopu)



### Thames Community Board UPDATE

**Board Chair, Adrian Catran JP reports:**

“Two major projects that’ll benefit Thames for years to come are reaching fruition. Thames Community Board is very proud of the role it’s played in ensuring the Kōpū project went ahead by contributing \$1.4million, providing a huge boost for aquaculture in the district. Porritt Park Destination Playground is a great asset that will attract families from miles around. Great work all around.”

**adrian.catran@council.tcdc.govt.nz**

**The Board’s next meeting** is on Wednesday 5 June, 10am in Thames Council Chamber.

[tcdc.govt.nz/meetings](https://tcdc.govt.nz/meetings)



Photo by Mike Hill



### LTP close to adoption

Last month was a big milestone in our Long Term Plan (LTP) journey as Mayor Len, Councillors and staff heard more than 70 individuals and groups speak to their submissions on our LTP proposals over two days of hearings from 1-2 May.


Feedback was received from all five Community Boards, as well as representatives from a wide range of community groups including business and ratepayer associations, libraries, museums, clubs and trusts. Elected members deliberated on public feedback from 21-22 May, making their final decisions for the LTP.

The draft LTP will be audited on 6 June, and adopted later this month, when we’ll share the key decisions at [tcdc.govt.nz/LTP-2024-2034](https://tcdc.govt.nz/LTP-2024-2034)

### THAMES POOL SURVEY

Thanks to everybody who shared their views on options for an aquatic facility to replace Thames Centennial Pool. More than 1,400 completed survey responses were received – one of the highest responses to a survey we’ve had over the past few years.

The feedback is being analysed and will be part of a business case report being presented to Thames Community Board in July for selection of a preferred option. [tcdc.govt.nz/aquatics](https://tcdc.govt.nz/aquatics)



### Fairview apprentice success



Mayor Len Salt visited Fairview Windows & Doors to thank owner Mike Veal (2nd from left) for taking on apprentice Roman McGaskill (right) through the Mayors Taskforce for Jobs.

[tcdc.govt.nz/mtfapprenticeship](https://tcdc.govt.nz/mtfapprenticeship)

### PORRITT PARK OPENING

Excitement is mounting in the lead-up to the reopening of Porritt Park playground on Friday 31 May. Local dignitaries and school children will take part in the official launch in the morning. Security fencing will then be removed and the park opened to the public in the afternoon.

The new facilities include: the climbing tower lighthouse and ‘Wakatere’ boat, ‘hamster’ wheels, talking tunnels and accessible see-saw and carousel.

[tcdc.govt.nz/porritt](https://tcdc.govt.nz/porritt)

### It's time to register your dog




Register online or in-person from 1 June.

[tcdc.govt.nz/dogs](https://tcdc.govt.nz/dogs)

### Volunteer Week Celebrations

We’ll be celebrating the vital work performed by all our volunteers on Wednesday 19 June at 2pm in the Civic Centre.



### KERBSIDE COLLECTIONS IN JUNE



On the first week of June, yellow week recycling collections will take place a day later due to the King’s Birthday public holiday on Monday 3 June. Collections for Thames Coast and Manāia will be on Thursday 6 June and Thames & Surrounds and Thames Rural South will be on Friday 7 June.

Check your local calendar at [tcdc.govt.nz/bindays](https://tcdc.govt.nz/bindays)

Rubbish and Recycling Transfer Stations (RTS) will remain open as usual on King’s Birthday and Matariki public holidays on Monday 3 June and Friday 28 June, from 8.30am-4.30pm. The Thames area red week rubbish and food scraps collections will be unaffected by the Matariki holiday.

[tcdc.govt.nz/RTS](https://tcdc.govt.nz/RTS)

TCD MAY24



SPORTS

# Showjumper flies high in Argentina

By DAVIDDA HIKATANGATA

New friendships and connections aren't the only things that Camryn Young brought back from her "experience of a lifetime" in South America this month.

The 15-year-old showjumper also brought back two awards and a placing when she competed in three classes over three days at Sol de Mayo 2\* International as part of the Global Amateur Tour in Argentina.

Dubbed the Top Foreign Rider, securing the Best Style Award and placing fifth in the 1.10m class, Camryn told *The Profile*: "I was really shocked, but really proud of myself".

"It was a very big atmosphere and there [were] lots of people. It brings you all together so it was not too different from what it's like at home."

With 50 people in her age category, the Hauraki Plains College student said she "rode with an open mind" and did everything she needed to achieve her goals. One thing Camryn said she learnt from the experience was that she needed to believe in herself.

"I am more than capable of achieving results in my riding."

The Global Amateur Tour gives amateur horse riders the



15-year-old Camryn Young leaps over the obstacle with teammate CT Saul in Buenos Aires.

Photo: SUPPLIED

opportunity to feel what it's like to compete internationally and unites them with riders from all over the world.

"You meet so many different people, and ride these incredible horses," she said.

"[It's] unbelievable to travel so far and achieve so much on a horse that I had only just met and ridden three times before the comp."

It was love at first sight with her beautiful teammate CT

Saul, Camryn said.

"I wished I could take him home."

Camryn didn't need to learn any Spanish to communicate with her pal CT Saul.

"When you're on the horse,

*"[It's] unbelievable to travel so far and achieve so much on a horse that I had only just met and ridden three times before the comp."*

- Camryn Young

it's not the word itself - it's the way you say it.

"It's a bit of horse language."

A quick "get up" or a cluck could make the horse go a bit faster, or saying something slowly could do the trick to slow it down, she said.

Camryn said the whole experience helped her build relationships and make some really good friendships. There were 18 people in her tour group, which included riders from New Zealand, Australia, Namibia and "all over the world".

Camryn became good friends with one of the Australian riders and was invited to fly over and stay with her family for a couple of weeks.

"I met some super successful people that have opened up doors for me to travel," she said.

And now she has those connections in Argentina: "I can go back there whenever I like".

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# Further tragedy strikes in Karangahake Gorge

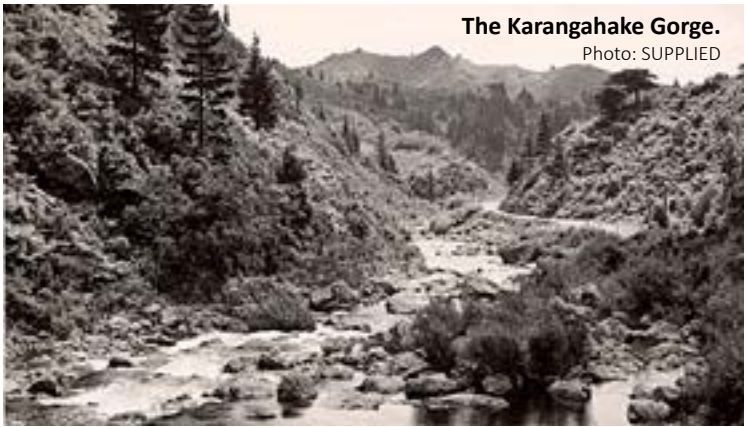


As part of a Valley Profile series, **MEGHAN HAWKES** explores our local history by seeking out stories of life and death in the Thames Valley

## PART TWO

Continued from last week's Valley Profile

After a failed attempt to return a raft to the other side of the Ohinemuri River following the search for 13-year-old Christina Pool, three young men were left in difficulties in the strong flowing water. Thomas Turnbull and James Whiting made it to the riverside but Harry Morris was now several feet from the bank. Ebenezer McLeod, 20, swam out to him. He got Harry to put his hand on his shoulder, and advised him to steady himself. Ebenezer was then forced under the water and on coming to the surface found the rope round his neck. He freed himself and swam back to Harry and caught his hand. Harry was struggling and pulled Ebenezer under. Ebenezer got back into shallow water but Harry had drifted still further downstream and further into the river. Ebenezer made another attempt, but Harry struggled so much that he lost his hold and got into deep water. After that he could not locate Harry again. It was



The Karangahake Gorge. Photo: SUPPLIED

about 45 minutes before the body of Harry was recovered. Efforts to revive him were conducted for half an hour, but were unsuccessful. Constable McClinchy, who helped with the dragging operations with Harry and his mates, had left for Mackaytown once word had been received that Christina's body had been recovered. Shortly after arriving there he received the shocking news that Harry had also been drowned. He returned and assisted with the dragging operations for Harry. The Karangahake community were thunderstruck. Christina Pool was a child beloved by all, and sympathy was extended to her bereaved family in their great loss. Words failed to express the township's feelings after the second tragedy. Harry, 23, was a fine specimen of young manhood. He worked as a quarryman and took a prominent part in all local affairs being secretary of the Ohinemuri Acclimatisation Society, and a member of the local football, cricket, and tennis clubs. He also occupied the chair of Noble Grand in the Loyal Karanga-

hake Lodge. His mother had died in 1901, the year he and his twin brother Charles were born. Charles had died just four years previously, aged 18, after a serious operation. Sympathy was widely felt for the family in their great affliction. The inquests of Christina and Harry were held together. Christina's stepfather stated that she left home in good health on the morning of the accident. Her young friends Edith, Melva and May gave their evidence. The coroner said he deplored the death of Christina, and appreciated the assistance of the whole of Karangahake in their efforts to recover her body. The court extended its sympathy to the parents in the loss of the child and the anguish caused by not finding the body for so long afterwards. The verdict was that Christina accidentally drowned in the Ohinemuri River. Bennett Morris, Harry's brother, stated that Harry was always strong and active, and was considered a good swimmer. Harry's friends testified to their desperate attempts to save him. The coroner

proffered the court's sympathy to Harry's relatives and commented favourably on the efforts made by him and his mates to find Christina. It was apparent that Harry was held in very high esteem and it was very regrettable that his life should be terminated in such a sudden manner. He also praised Ebenezer McLeod for making three attempts to save Harry while the river was still partly in flood and the current both swift and dangerous. The verdict was that Harry met his death by accidental drowning while assisting the residents of the town to recover the body of Christina Pool, the evidence showing that he undertook a task beyond his powers of endurance. The funerals of both Christina and Harry took place at Paeroa's Pukerimu cemetery, attended by members of families, the pupils and teachers of the Karangahake School, brethren of the Oddfellows Lodge, and a large crowd of people from all parts of the district. In 1925, Ebenezer McLeod was awarded a Royal Humane Society certificate for his gallant attempts to rescue Harry. The award was the first of its kind to be made in the district and Karangahake citizens were proud that they had in their midst a young man who was prepared to lay down his life for his friend. It was said that the associations of the mining community were no doubt partly responsible for the courage displayed by Ebenezer, for it was a recognised fact that the members of the mining communities were noted for their self sacrifice and bravery when faced with sudden peril.

## Chris' Quiz

- Weekly quiz compiled by Chris Parminter
1. In which year did the first episode of The Simpsons screen on United States TV?
  2. Ibiza is in which European country?
  3. What symbol is also known as an octothorp?
  4. What word beginning with H describes a seat for riding on the back of an elephant or camel?
  5. Taylor Swift's song *We Are Never Ever Getting Back Together* is generally thought to be about which actor?
  6. Goldfields Shopping Centre in Thames opened in which decade?
  7. Does the slang usage of the word "scuttlebutt" refer to: a.) rumour or gossip, b.) a mischievous person, c.) a type of vehicle?
  8. Who is Shortland Street's longest-serving actor?
  9. Horology is the study of what?
  10. Which is the only Major League Baseball (MLB) team that is not based in the United States?



Answers: 1. 1989; 2. Spain; 3. the hash or pound symbol (#); 4. a howdah; 5. Jake Gyllenhaal; 6. the 1990s; 7. a.) rumour or gossip; 8. Michael Galvin as Chris Warner; 9. clocks; 10. the Toronto Blue Jays.

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# Balloons over Paeroa

By TALLIS AUSTEN, Gateway Journalism Student

A colourful spectacle drew St Joseph's Catholic School students outside on May 17. A hot air balloon was raised from the Paeroa school's field as part of an education programme called The Flying High Project, which has been providing learning resources and working with the school and its students. St Joseph's Principal Emaline Cull told *The Profile* the Flying High Project was all about lifting kids' aspirations for stronger, sustainable communities. Through STEAM learning, (science, technology, engineering, arts and mathematics) the programme also explored learning about sustainability and different world views, including Te

Ao Māori. "STEAM education is a powerful way to engage children in learning, and maybe ignite a passion in them to pursue science, technology, engineering, the arts or mathematics as a career in the future," Emaline said. The hot air balloon visit was the culmination of the education opportunity the students received, with the aim to encourage students to believe they could dream big and have large goals and aspirations to work towards. "This was hugely exciting for our children," Emaline said. "To come to school and see a hot air balloon on the field was a special experience for them, and something I'm sure they'll remember."



Students gather around the balloon as it fires up.

Photos: SUPPLIED



Kids help to pack away the hot air balloon.



The hot air balloon is readied for lift off over the school field.



Andrew Parker from the Flying High Project handles the balloon.

## SPORTS

### FOOTBALL

Thames Football Club senior men secured their sixth consecutive victory by narrowly defeating Ngaruawahia at Rhodes Park on the weekend. The Division 2 fixture kicked off amidst challenging weather conditions, with both teams struggling to maintain possession in the face of a swirling wind. Thames slowly started to get a foothold in the game with several potent attacks coming from wide positions. The opening goal came from a familiar source - a Harry Willisroft corner which caught the wind and bamboozled Ethan O'Brien, who could only deflect the ball into his own net. Set pieces continued to provide the most likely route for Thames and just before halftime, they added a second. Brown swung in another corner, causing havoc inside the six-yard box, with combative midfielder Mark Reeves firing home a rebound - doubling the lead. A scrappy half nonetheless but Thames were clinical and went into the half-time break with a deserved lead. A much more composed Thames emerged in the second half, keeping possession better in midfield. A fine cross from Buchanan found Ryan Le Roux who turned skillfully before shooting. Aggression was a key theme of Ngaruawhia's play with Le Roux and Willisroft targeted with strong tackles, the young duo were smart and robust enough to deal with the onslaught. With tempers threatening to boil over, Brown was involved in a ruckus with Azael Withers with the Thames man receiving a yellow card for his trouble. Thames ended the game well with a flurry of well-worked chances. Kim, tenacious as ever, pounced on a loose ball before ping-ing a superb cross-field ball to Willisroft, who took the ball in his stride before forcing Aaron Smith into a smart save. The last touch belonged to Sam Cox, who burst forward from defence to fire over as the referee called time on proceedings. "The boys put on a mature performance today, controlling the game from start to finish. We are now on a six-game win streak and feel strong momentum despite injuries to some key players," player and manager Michael Kim said.

- Jonathan Coles

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# Uncovering aute: artist's path back to kaitiaki

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

An artist's journey to learn more about traditional Māori crafting materials has led to the discovery of a long-lost taonga in the Komata hills outside Paeroa.

Arapeta Hākura, a Māori textiles artist and lecturer, has been searching for aute plants in the Hauraki district. The plant, also known as paper mulberry or *broussonetia papyrifera*, was originally brought to New Zealand with the Tainui, Arapeta said.

"The mulberry is technically an invasive plant, but because these were planted when Tainui first arrived in the Hauraki, it's a taonga," he said. "I'm assuming that it's from Tahiti, because that's the variant of mulberry that came over on the Waka Tainui. These are sites of significance."

Journal papers from the late 1800s suggest the plant, which struggled to adapt to the cooler climate, had died out in New Zealand around the 1850s.

However, Arapeta had suspicions there were some aute left in Hauraki. His research led him to a listing on the iNaturalist website by a member of the public claiming to have found a paper mulberry on Komata Reef, and he immediately reached out. The pair went for a tramp in the hills, and confirmed the finding. Arapeta has also since found another aute in Waitawheta.

"So there was the one in Komata... And then the other one is along the Waitawheta River. That sits on conservation land. And that grove is slightly different to the one that's in Komata," Arapeta said.

"From my observation, they do look like different species. You can tell by the leaf morphology... The one up at Komata is very open-leaved, with about two or three little tooth or grooves in. The one in Waitawheta, it's like a distinct five-leaf with grooves on the inside. And that's more commonly seen in kind of the Pacific Islands."

The discovery has developed from Arapeta's research into aute as an art practice, and his work on reconnecting with his whakapapa. He comes from the Tukaramaine (Coromandels) family, who were



Arapeta Hākura with the aute plant found in Komata Reef. INSET: Arapeta with a strip of beaten aute he plans to make into a taniko.

some of the original kaitiaki of the region. "That's how I started my journey, looking at whakapapa and then realising that it's a family practice and that, yeah, there's a responsibility behind that to be a part of the movement of reviving it," he said.

"There were many different families who were kaitiaki, but the Coromandels were one of the predominant families. We're mostly known for growing in Kaiaua, which is where we had the last of our plantations that were known."

"I want to say around 1890 is when the last observation of the grove was there, but there's a really famous proverb that's been passed on that the Hauraki was the place where aute grew."

Once a normal sight across the peninsula and Hauraki region, aute was a plant with high status among his people and was often

planted beside a whare to mark the burial of a chief, Arapeta said.

"My intentions with researching and locating mulberry isn't necessarily to be like, I'm making claim to this - it's just making it known to people that they're there and that there are certain responsibilities that I now feel responsible for, like upholding the well-being of those spaces."

As far as using the material, Arapeta tries to stick as closely to traditional practices as possible, beating out the aute bark with wooden beaters and colouring it with natural pigments.

"Most artists, we have our different niches, and mine happens to be Māori material arts, which then goes into botany, it goes into archaeology, it goes into different sciences," he said.

"It's absolutely holistic. Everything is interrelated - if you do one,

you know the other. I'm not just making, I'm also going out and looking at plants and doing all the other really good stuff."

The aute Arapeta prepares will be made into adornments, such as earrings, taniko (shoulder bands), and headbands.

"I'm going to paint them and put different geometric patterns, which represent different histories and all that kind of stuff," he said.

"My general rule is to always use natural materials, and just try to keep it as authentic as possible. I always like to reflect on what's happened in the past to inform what I make now. But yeah, there's been aute that I have worked with that isn't really good for cloth. It's quite thin, so I've ended up just kind of mashing it together and making paper."

Now, Arapeta plans on expanding his research and seeing if he

can find other aute hidden away.

"And a lot of that will be looking at maps, aligning them with hiking trails and also archaeology maps and trying to find hotspots," he said. "In terms of my research, I definitely want to move it into the academic field. There will be reports that I'll be writing as well that lead up to a publication."

He's hopeful there are other plant enthusiasts in the region who have spotted the plant, and will be reaching out to the public.

"Someone else that I'm really wanting to look out for is someone who kind of has that knowledge around where sites are... anyone who knows around archaeology practices in the Coromandel," he said. "I think it takes a community to revive something."



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# Rural Life

## Check machinery this moving day

Leave the nasties behind. That's the biosecurity message from Waikato Regional Council as moving day fast approaches.

Moving Day occurs in the week leading up to and immediately following 1 June each year.

It involves the mass transporting of cows and machinery around the country's roads as farm contractors relocate themselves and their stock in time for the new season.

"It's a time of huge biosecurity risk," council biosecurity pest plants team leader Darion Embling said.

"While there are many really dedicated farmers and contractors who rigorously clean their gear to protect the next property they're moving to, not everyone is as committed.

"Any form of plant or soil contamination has a real potential of harbouring pests or weeds. Machinery movements in particular pose a persistent high risk in pest spread, with at least 80 pest species known to be typically moved by unclean machinery."

The recent discovery of the highly invasive velvetleaf on two new properties in the region was a wake up call for the ag sector, Mr Embling said.

"It spreads easily through unclean machinery and we are really keen to stop it in its tracks.



The recent discovery of the highly invasive velvetleaf on two new properties in the region was a wake up call for the ag sector.

"Weed infestations can lead to financial loss for farmers and horticultural producers, and seriously harm our natural environment, so stopping new infestations taking hold is often the most economic strategy.

"The standard to achieve is no visible soil or plant matter which might spread pests or weeds, and this includes on diggers, harvesting equipment, ploughs and undersowers," Mr Embling said.

"It's important these biosecurity practices are adopted by all farmers, and that landowners insist only clean machinery enters their farm gate."

More information on pest plants and machinery hygiene is available at [waitakaregion.govt.nz/biosecurity](http://waitakaregion.govt.nz/biosecurity).

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# Thames Valley Club Rugby

## SENIOR A


## Saturday June 1st

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<b>Whangamata</b>	<b>V</b>	<b>Hauraki North</b>
<b>Te Aroha COBRAS</b>	<b>V</b>	<b>Thames</b>
<b>Paeroa</b>	<b>V</b>	<b>Waihou</b>



All Senior A games start at 2.00pm (unless stated)

Teams named first indicate home team



<b>SENIOR B</b>	
Te Aroha COBRAS	V Coromandel Sat June 1st 12.25pm
Hauraki North	V Thames Sat June 1st 12.25pm
Whangamata	V Waihou Sat June 1st 12.25pm
Ngatea	V Waihi Sat June 1st 12.25pm
Mercury Bay - Bye	



Kathy Heffernan's work will feature at Thames Art Gallery during June. Photo: SUPPLIED

# Art lessons foster inspiration

**K**athy Heffernan is the featured artist for June at the Thames Art Gallery. She lives on the coast in Thames with her husband, Paul.

She always had a secret wish that she could learn to paint one day, but never thought she ever would.

That was until she was inspired by a local artist to pursue her dreams and when he offered her lessons she accepted, taking along a dear friend for support.

She had a series of lessons and instantly found her “happy time”, “leisure time” and “peaceful time”.

Having no artistic background but with a love of colour, Kathy started painting. Her family loved her paintings so she just kept producing them and enjoyed the process. The family walls are now covered, much to everyone's delight.

While this is Kathy's first ever exhibition, it is obvious that she is no novice.



Colour is Kathy's love which is very apparent in all her works. She says bright colour can be so inspiring and uplifting.

She also featured a lot of birds in her work – “why wouldn't you living on the beautiful coast”, she said.

As well as her amazing paintings, Kathy also makes wee ceramic Christmas angels and glazes her husband's ceramic pieces.

Kathy finds that YouTube is a great place for anyone who has ever had a dream of being an artist, in any creative endeavours, to get ideas and learn techniques.

She advises: “Don't hold back, join a local gallery, attend a few workshops and get a few lessons under your belt and see how enjoyable the creative process can be”.

**DETAILS: To see Kathy's work along with other talented artforms, visit Thames Art Gallery, 604 Tarara Rd, Monday to Friday 10am to 2pm, weekends 10am to 4pm.**



**Kathy Heffernan**

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Frank Harwood (84 at time of picture) using his Teeter, Frank's been Inverting for over eleven years and has found it keeps him young

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A new study recently published in the Journal of Physical Therapy Science brings good news to people struggling with sciatica and lumbar disc disease: surgery may not be your only option for relief. Researchers at Newcastle University found that inversion therapy with a Teeter inversion table offers back pain and symptoms relief in sciatica patients and may even allow them to avoid surgery altogether.

The case-controlled study evaluated the effects of regular inversion therapy on the pain symptoms of sciatica patients in line for surgery. The purpose of the study was to, "[measure] symptoms and [compare] the surgery rate following inversion for 85 participants with the surgery rate in 3 control groups."

Researchers found that lumbar disc disease and sciatica patients in line for surgery who inverted with a Teeter inversion table regularly, were 78% less likely to need surgery than matched individuals who didn't invert, even as far as two years after the initial trial period.

The study suggests, "...inversion therapy reduces symptoms and the rate of surgery in patients with lumbar disc disease and sciatica."

Using a Teeter is gentle and relaxing if done properly

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## IT IS PURE LOGIC AS TO HOW THE TEETER TABLE WORKS

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De-Hydrated discs are less flexible, they are harder, more prone to injury, they interfere with nerve roots creating pain and ultimately the de-hydration causes degeneration. The Teeter Inversion table slowly and gently brings the hydration back into the discs, plumping them up. It separates the nerve roots far more effectively and returns quality of life

**Muscles:** A lot of pain is muscular, when muscles are stressed they become tight which restricts the flow of blood and lymph through the muscles so toxins build up, Co2 and Lactic Acid. Traction opens up the muscles, Rhythmic Traction, is a gentle rocking motion that stimulates circulation and encourages blood flow through the muscles, which clears the lactic acid into your lymph system where it stimulates lymph flow and deals with it. Most people with serious neck issues see a large improvement after only one treatment.

**Posture:** Poor posture is one of the major cases of pain and is a major contributor to the deterioration of the body with age. A difference in leg length causes most of the hip and knee issues, as they continue to place uneven loads on the joints; similar to the wheels out of alignment on your car.

Trying to correct posture is extremely difficult due to muscle memory, as it constantly pulls the muscles back to where they were. At a level of 40 degrees or more on the Teeter, the muscle groups open up and eventually come back into alignment, using the table daily, does not allow the muscle memory to pull them back out of alignment and slowly the muscles start to lose their memory and go with the flow, allowing the body to come back into correct posture. Then using the table once a day will ensure it is kept there.

This is pure logic, if a machine is out of alignment it does not last long, the only difference between the body and a machine is that the body is constantly repairing itself, however if the wear and tear on the body is greater than the body's ability to repair itself, it is a slow decline. The Teeter slowly brings the body out of its decline and allows the body to repair itself, resulting in a far healthier life.

If you are serious about investing in your health and really sorting your issues out, come see us at one of our local roadshows, you have nothing to lose and chances are, a lot to gain.

## Our Back Pain Expos

We host a number of back pain expos throughout the country almost every week-end, these expos are a way for people to try out a Teeter Inversion Table and feel the benefits for themselves in a way that is instructive and informative.

It is also a great way for people who already own a Teeter to come along and get a refreshment course on the use and operation of their Table and clear any questions they have about it.

Sessions run continuously from 10am to 4pm and there are no bookings required, just come along at a time that suits you. There may be a wait during certain times and in these instances chairs are set out for anyone waiting for a turn, or anyone who just wants to ask us a few questions.



We strive to cover the entire country and always try to book the most accessible venues we can. All our upcoming shows in the region are listed in the blue bar below, otherwise check out our website for more

[www.inversionnz.co.nz/agenda](http://www.inversionnz.co.nz/agenda)

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# Gardening

## Plan garden with winter beauty in mind to create great delight

Planting a garden with winter in mind can make a potentially chilly season into a time of great delight. With the trees shedding their leaves it brings everything into sharp relief allowing others to strut their stuff.

Its time for shapely branches and beautiful bark to take their turn in the limelight. Paper birch, Tibetan cherry and crepe myrtles all examples of winter beauty without flowers. Trees or shrubs with berries are a must for winter colour also. Some suggestions are Malus ‘Gorgeous’ and ‘Jack Humm’ are also worth growing for jelly making and put on a great show.

A large tree which puts on a great show with its berries is Idesia Polycarpa. Smaller example just as pretty are Nandina, Corokia and Viburnum.

Vegetable planting during June includes: beetroot - winter seedlings need occasional cultivation to aerate soil and control weeds. Liquid feed to stimulate growth. Cabbage, cauliflower, broccoli and brussels sprouts. Carrots and parsnips – harvest those sown Dec/Jan as ready and continue to plant carrot seeds this month. Lettuce – continue planting winter lettuce. Cos is a good choice at this time of year. Rhubarb – old crowns which have been lifted and stored can now be divided and planted in permanent growing position. Silverbeet, spinach and kale – harvest outer larger leaves to help plants to continue producing through winter. Make further sowings of spinach. Nature doesn’t like bare soil so you might consider planting a green manure crop such as lupin, mustard, clover or buckwheat. This is a way of putting valuable nutrients back into the soil in your vegetable garden. Flowers-early season winter annuals beginning to bloom are alyssum, calendula, pansy, poppy, snapdragon, stock, cineraria and primulas. Bulbs already planted out daffodils and freesias are well on the way due to the continued warm weather. Stone fruits leaf fall is almost complete – mid June apply a winter copper spray to protect from disease. Other fruits: apples, pears – begin mid-winter pruning to regulate fruiting characteristics and improve fruit bearing. Citrus – severe winter cold damages shoot growth and fruit. Where possible lightly cover trees in case of frosty nights. Feijoas – continue harvesting if any still available.

Strawberries – now is the time to sort your strawberry bed if you want strawberries for Christmas. Full sun with free draining soil. Dig in strawberry fertiliser and liquid feed every fortnight. Raspberries, boysenberries and loganberries – prune out last season’s cane growth – tie new seasons growth onto supports, select strongest – prune out spindly shoots.

Roses: the flowering season is almost finished. Stop dead heading and allowing the rose to produce rosehips puts nourishment back into the plants. Prune in July. Apply a lime sulphur spray to clean up powdery mildew or moss on old bushes.

Compost Heap: turn this month, add garden lime, sulphate of ammonia and nitrogen fertiliser to stimulate decay. Old compost ready for the garden can be applied as mulch or incorporated into the soil when preparing gardens for spring. Enjoy your garden.

- Ngatea Garden Circle




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3 Non planting Day	4  Plant root crops, trees and shrubs	5  Plant root crops, trees and shrubs	6 Non planting Day	7  New Moon	8  Plant above ground Crops. Liquid Feed	9  Plant above ground Crops. Liquid Feed
10 Non planting Day	11 Non planting Day	12 Non planting Day	13 Non planting Day	14 Non planting Day	15  Plant above ground crops	16  Plant above ground crops
17  Plant above ground Crops. Liquid Feed	18  Plant above ground Crops. Liquid Feed	19  Plant above ground Crops. Liquid Feed	20 Non planting Day	21 Non planting Day Winter Solstice	22  Full Moon	23  Plant root crops, trees and shrubs
24  Plant root crops, trees and shrubs	25 Non planting Day	26 Non planting Day	27  Plant root crops. Liquid Feed	28  Plant root crops. Liquid Feed	29 Non planting Day	30 Non planting Day

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Keith and Tracy Teddy and their team at Huntly Plumbers are ready to help. Photo: SUPPLIED

# Huntly Plumbers team on tap

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Keith said the team of nine offered a wide range of services.

"We venture a lot further afield than just Huntly. We're quite happy to travel a reasonable distance," he said.

Offering commercial and residential services, the team has also worked on schools and retirement homes.

"We've done a lot of work in the Coromandel - all the DOC camping grounds," Keith said, including places like Waikawau, Stony Bay, Fletchers Bay and Port Jackson.

"We did all the upgrades."

The team at Huntly Plumbers operates from Monday to Friday between 7:30am and 5pm, so get in touch to book your job today.

CONTACT: 27 Ralph St, Huntly; Ph: 07 828 9175; or head to the website: www.huntly-plumbers.co.nz to send a message.



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**The Valley Profile**

CLASSIFIEDS - Deadline 12pm Monday

**Public Notice**

**BELLA STREET PUMPHOUSE SOCIETY INC. NOTICE OF AGM**

The AGM of the Bella Street Pumphouse Society Inc. will be held at the Bella Street Pumphouse, Thames, at 5.30pm on Wednesday 12 June 2024.

Members and prospective members welcome.

**Agenda:**

- Election of officers, committee, and delegates.
- Financial report for the year.
- Appointment of auditor and Hon. solicitor.
- Annual subscription.
- Remuneration of officers.
- Amendments to rules and/or constitution.
- Other matters tabled or sent to the Secretary prior to AGM.

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**The Valley Profile**  
CoromandelApp

CLASSIFIEDS - Deadline 12pm Monday

**Death Notice**

**SMITH, John Kenneth:**  
Suddenly on Wednesday, 22nd May 2024 in his 56th Year. Loved son of the late Noel and Elva; adored husband of Hannah. Much loved father of Glen and Phil, father in law of Mackenzie. Poppa to Lachlan and Millie. Best mate and son in law to Tony and the late Mo. A celebration of John's life will be held at 1pm on Wednesday 29th May 2024 at the Ohinemuri Club, Princes St Paeroa.

**Valley FUNERAL SERVICES**

**Church Notices**

**Thames Spiritualist Church,** Sunday June 2, 2pm Grahamstown Hall. Speaker: Candida

**Assembly of God**  
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**Situation Vacant**

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**Public Notice**

**2024/25 Dog Registration Fees**

Pursuant to Section 37 of the Dog Control Act 1996 the Hauraki District Council by Resolution of Council on 27 March 2024 fixed the dog control fees for this Registration Year 1 July 2024 to 30 June 2025. All registration fees include GST.

Registration type	Fee	Fee if paid after 31 /07/24
General dog (entire)	\$135.00	\$202.50
General dog (de-sexed*)	\$100.00	\$150.00
Responsible Owner Licence (ROL) dog (entire)	\$75.00	Loss of ROL \$202.50
Responsible Owner Licence (ROL) dog (de-sexed*)	\$60.00	Loss of ROL \$150.00
In excess of three dogs - fourth and subsequent dog(s)	\$45.00	\$67.50
Dangerous dog (entire)	\$202.50	\$303.75
Dangerous dog (de-sexed*)	\$150.00	\$225.00

\* Proof of veterinary de-sexing certificate required

Pound fees	Fee
First time impoundment	\$75.00
Second time impoundment	\$120.00
Third time impoundment	\$180.00
Sustenance fee per day	\$15.00
Microchipping fee (for unregistered dogs being released from the pound)	\$35.00

Other fees	Fee
Consent to keep more than two dogs in an urban area	\$60.00
Responsible Owner Licence (ROL) application fee	\$40.00
Responsible Owner Licence (ROL) property inspection fee (ROL transfer from another Council)	\$30.00
Replacement tag	\$5.00

**Would you like a reduction in dog registration fees?**  
Have you thought about applying for Responsible Owner Licence (ROL)?

Council's Responsible Owner Licensing Scheme rewards those dog owners who keep their dogs under control at all times, and have a good Registration history, with a reduced fee (from \$135.00 to \$75.00, or \$60.00 if the dog is de-sexed).

The criteria to obtain a Responsible Owner Licence are:

- Complete the prescribed ROL application form and pay the non-refundable application fee of \$40.00.
- Have a good record of registration payment history and no complaints, impounding, infringement notices, etc in the preceding 12 months.
- Council's dog control staff will inspect your property to ensure the fencing meets our criteria.
- Pass a simple written examination on dog care and owner legal obligations.

The information pack and application form are available on our website [www.hauraki-dc.govt.nz](http://www.hauraki-dc.govt.nz), or at our Council offices at William Street, Paeroa; Rosemont Road, Waihi or Orchard West Road, Ngātea, or call us on 07 862 8609 or 0800 734 834 (free call within the District).

ROL applications are accepted from 1 June to 15 July 2024. Failure to re-register your dog(s) by 31 July annually will mean a loss of licence.


LD Cavers  
Chief Executive  
Hauraki District Council

[www.hauraki-dc.govt.nz](http://www.hauraki-dc.govt.nz)



## insider






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Outside all of these areas: **\$2950.00** plus mileage

For additional information please refer to Twentymans website: [twentymans.co.nz](http://twentymans.co.nz) **CONTACT: 07 868 6003**





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# SUDOKU

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

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

EASY

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

MEDIUM

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

HARD

152

HARD

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

MEDIUM

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

EASY

Puzzles © The Puzzle Company  
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# JUMBO CROSSWORD

172

**ACROSS**

1 Distrust (5)

4 Money borrowing charge (8)

9 Threaten (6)

14 Interrogate (5)

15 Indicate surrender (4,3,5,4)

17 Sculpt (5)

18 Space between (3)

19 Happening by degrees (7)

20 Dental cleaner (9)

21 Fly that spreads sleeping sickness (6)

24 Crude oil (9)

25 Basement (6)

26 Amigo (6)

29 From now on (10)

31 Watch (3)

32 Bread-flavouring seeds (6)

33 Laze (4)

35 Consume (3)

37 Healthy (4)

39 Wake late (9)

40 Us (9)

41 Long for (5)

42 Frankly (8)

47 Sent back into custody (8)

51 Stadium (5)

55 Cut short (9)

56 Pasta strings (9)

58 Fish-landing pole (4)

59 Donkey (3)

60 Inheritor (4)

61 Hole in tooth (6)

62 Unwell (3)

63 Group appointed to represent others (10)

66 On land (6)

67 Church official (6)

69 Expenditure (9)

72 Vigour (6)

73 Petrol-engine part (5,4)

75 Betrothed (7)

77 Friend (3)

80 Very fluid (5)

81 Go out in bad weather (5,3,8)

82 Borders (5)

83 Knob (6)

84 Lover's song (8)

85 Belt (5)

27 Developed over time (7)

28 Come forth (6)

30 Silence (4)

32 Wander off (5)

34 Welded together (5)

36 Second Greek letter (4)

38 Age (3)

42 Nab (5)

43 Feed (7)

44 Prickling (4)

45 Deadly (6)

46 Hold up (5)

48 Upkeep (11)

49 Invalidates (7)

50 Pixie (3)

51 Fan (7)

52 Allocate (6)

53 Don't show up (4,2,6)

54 Cast off (4)

57 Walk quietly (6)

64 Musical group (9)

65 Amount overdue (7)

66 Modified (7)

68 Competent (7)

70 Strengthen (7)

71 Meeting schedule (6)

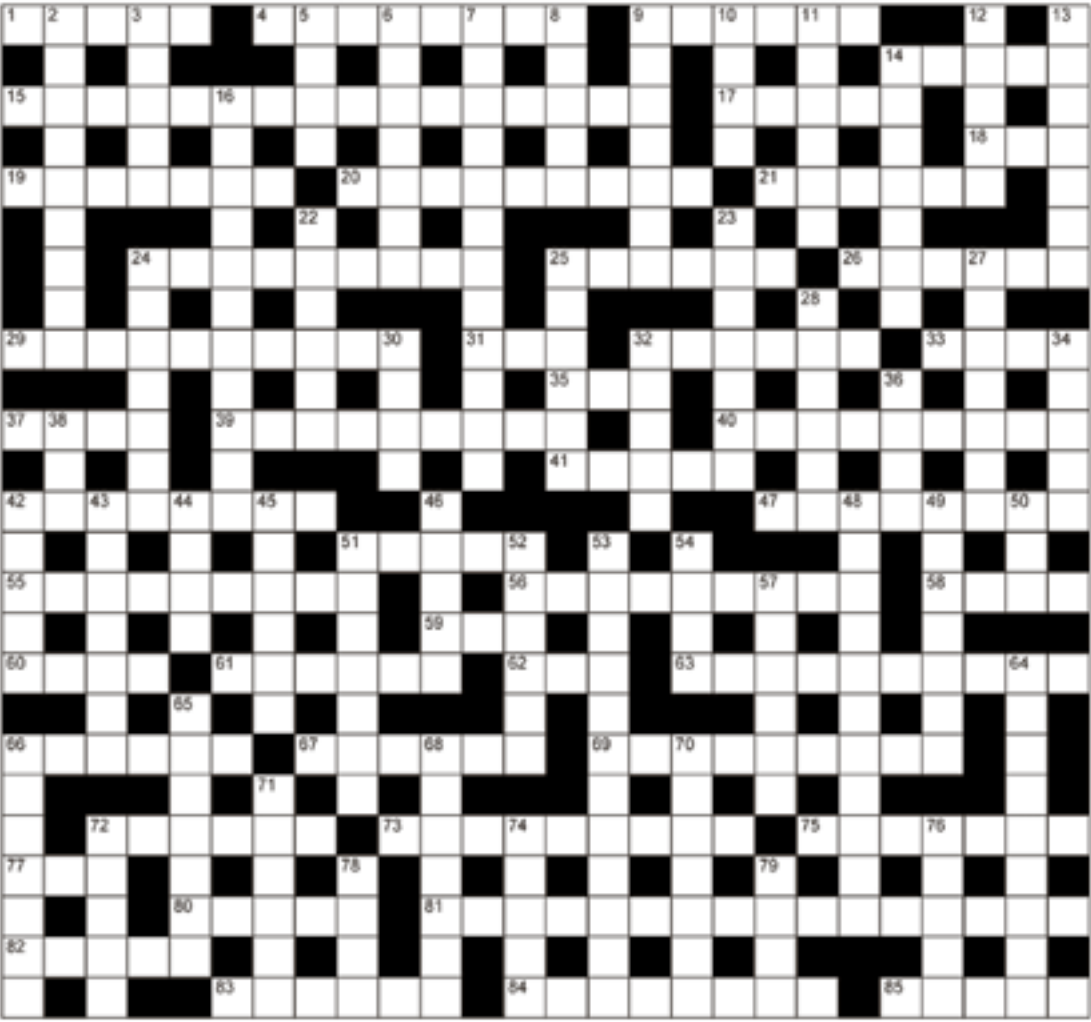
72 Poem (5)

74 Thoroughfares (5)

76 Wide-awake (5)

78 Coloured (4)

79 Bawdy (4)



**PREVIOUS SOLUTION**

ACROSS: 1 Spite, 4 Corner the market, 14 Poker, 15 Meant, 16 Compatible, 17 Crony, 19 Rim, 20 Pensive, 21 Reinstate, 22 Aghast, 25 Economist, 27 Exodus, 28 Magpie, 33 Corrugated, 35 Rip, 36 Phobia, 37 Game, 39 Eel, 41 Armoury, 42 Salmon, 43 Saltwater, 44 Shaky, 45 Cemetery, 50 Me, 51 Two-timer, 55 Ferry, 58 Presenter, 59 Seldom, 60 Attempt, 61 Set, 63 Dais, 64 Plight, 65 Eve, 66 Screen idol, 68 Degree, 69 Plucky, 71 Isosceles, 76 Option, 77 Strategic, 79 Scholar, 81 Get, 84 Onion, 85 Drawing-pin, 86 Inept, 87 Ocean, 88 The Golden Fleece, 89 Reins.

DOWN: 2 Prefer, 3 Tunes, 5 Oboe, 6 Nippers, 7 Retina, 8 Habit, 9 Maestro, 10 Rice, 11 Enough, 12 Skirt, 13 Trample, 14 Pyjamas, 18 Avante garde, 23 Empty, 24 Autopsy, 26 Corrode, 27 Expense, 29 Phantom, 30 Source, 31 Cramp, 32 Pillow, 34 Dear, 36 Plead, 38 Error, 40 Swat, 45 Cupid, 46 Meeting, 47 Tied, 48 Rattle, 49 Crust, 50 Mystery, 52 On The Beach, 53 Itemise, 54 Employ, 55 Fragile, 56 Sleet, 57 Toss, 62 Crass, 67 Mention, 68 Dungeon, 70 Citadel, 72 Shingle, 73 Polish, 74 Belief, 75 Happen, 76 Otter, 78 Abate, 80 Ounce, 82 Snug, 83 Disc.





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SPORTS

# Growing girls' confidence through football

FOOTBALL

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

Girls can play sports too - that's what the Thames Football Club is hoping to highlight with its newest enterprise.

The club has joined the MILO Fantails programme, a nationwide initiative aimed at getting young girls into the game, building their confidence and growing friendships. It's the brainchild of New Zealand Football.

This is the first year Thames Football Club is running Fantails, and club president Mark Brown said he was hopeful it would provide girls a safe space to explore the sport.

"This initiative is aimed at girls that maybe haven't played before or are maybe a little bit intimidated with a whole lot of boys running around if they're the only girl," he said.

"It's based at Rhodes Park, they're not travelling and going and playing games anywhere. They turn up, do a few fun activities... and then at the end of it, they get back together and they just have a reflection on what they've done and talk about what they did during the training."

The principles of the Fantails



The Fantail programme has gotten off to a great start at Thames Football Club.

programme include boosting confidence, developing life skills, creating friendships, improving skills and movement, and having fun being active.

It's also an opportunity to provide the girls with female role models - the face of the

nationwide programme is footballer Hannah Wilkinson.

Thames Football Club, meanwhile, has partnered with a trio of high school girls to help with the coaching sessions.

"We've got two adults overseeing it and three high school

girls to help run it," Mark said.

"We've got about half a dozen [girls] - we'd like to have a few more, but the ones that are doing it are loving it."

**DETAILS: Thames Football Club's Fantails sessions run from 10-11am on Sundays during terms**

**two and three at Rhodes Park. Sessions are free. All girls from year 3 to year 8 are welcome, and new participants can register at [www.thamesfc.co.nz](http://www.thamesfc.co.nz).**

Photos: SUPPLIED/MARK BROWN









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