

Piako Post

piakopost.co.nz

Louise Bonnar (ex-pupil), left, Mike Wilson (ex-board/pupil), Gary Lever (board chair), John Higgins (ex-board), Pauline McLeod (ex-teacher aide), Heather Lever (Kereone Progressive Parents Association) and Bill McLeod (ex-board chair).

PHOTO: STEVE EDWARDS

Demolition crushes community

STEVE EDWARDS

Even a teddy bear found in the debris that was once a proud primary school in Piako had a mournful look on its face.

Kereone School, which closed in 2014 after more than 90 years service, was smashed to pieces by its government owners last week to the horror of the local community.

"It's wanton destruction," said Don Perrin, principal at the school for 16 years.

"There was a signed agreement between the ministry and the community, with no mention of demolition."

Two main classrooms were "smashed to smithereens", with the school swimming pool caved in and tennis courts destroyed.

"The community is devastated," said Perrin.

Board chair Gary Lever said he had no contact with the ministry before the diggers arrived.

"They should've let the community know."

Lever also understood that private tender negotiations were undertaken.

"This is a helluva shock."

Lever said there had been three inquiries in the last year to buy buildings for removal.

The classrooms contained native timber, with roofing iron just a year old when the school closed, he said. Fencing around the tennis courts was almost new.

Ministry of Education spokesman Jerome Sheppard said: "When schools are closed and no

longer needed for educational purposes, we often demolish, sell or gift school buildings on the site.

"In most cases we clear the land so that it can either be offered to the original owners, or used in a Treaty [of Waitangi] settlement, or sold, as required by the Public Works Act.

"This is so there are no remaining issues for the next owners of the property, such as buildings containing asbestos (which he said was the case at Kereone)."

Sheppard said the ministry was "not aware" of any expressions of interest for the buildings.

Considering recycling building materials, he said "in this case it would cost more to take the buildings apart board by board than we were likely to recover".

Sheppard said, in line with government procurement rules, tenders for demolition do not need to be advertised publicly if the estimated cost of the work is below a particular threshold.

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FROM THE EDITOR

Anzac Day has come around again and I am looking forward to what I think is a truly special day on our calendar.

In the 30 years I have worked for community newspapers in the Waikato I have nearly always covered Anzac Day services.

It is probably something I would attend anyway, even if I wasn't working.

My grandfather fought at Gallipoli and my father served in the Middle East in World War Two.

I have been fortunate enough to have visited Turkey twice – the first in 1988 and again last August – both times making the pilgrimage to Gallipoli.

The peninsula remains probably much as it was more than a century ago.

No nearby homes or towns to speak of, with a narrow, stoney beach.

Looking down from raised positions like Chunuk Bair and Lone Pine to Anzac Cove, you get some idea of what our troops faced.

Lest we forget

STEVE

to do list

Contact us

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1) ANZAC SERVICES:

Dawn service at Morrinsville RSA at 6am, civic service at Howie Park, Allen St at 10:30am. Dawn service at Te Aroha RSA at 5:45am, civic service at Te Aroha war memorial, Kenrick St, 10:30am.

2) FASHION SHOW:

Altrusa Club of Morrinsville and Nite N Day Fashions, April 20, 7pm, Morrinsville Theatre, Anderson St. Tickets available from Morrinsville i-SITE Visitor Centre and Nite N Day Fashions. All proceeds go back into the local community.

3) RDA MARKET:

The Te Aroha & Districts Riding for the Disabled is holding a Farmers Market on May 8, 10am to 2.30pm, at the Waihou Tavern carpark.

4) WOOLCRAFT:

School holiday activities: Woolcraft sessions at Morrinsville Museum, Canada St, April 27 from 1:30pm to 3pm.

5) CAT SHOW:

Mid-island cat club, May 28, St Joseph's parish hall, Whitaker St, Te Aroha.

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Mark volunteers for the love of horses

In the first of a series of stories about the RDA in the Waikato town of Waihou, **Teresa Ramsey** explores what it's like to volunteer.

Mark Kinghan satisfies his love of horses and helping others every Wednesday morning.

He has been volunteering at the Te Aroha & Districts Riding for the Disabled in Waihou for about eight months.

With a background in mental health and education services support work, he enjoys walking next to the horses and riders each week.

"I love horses," he said.

"But I can't afford horses so this is really the best of both worlds."

The self-employed gardener makes the time each week to pitch in for the organisation, which does incredible work for people with disabilities.

"If you've got the time and you can get out here, it's just a good experience, especially if you love horses or you want to get involved with horses," Kinghan said.

"We love coming here and we walk out with a smile at the end of it."

The specially-trained RDA horses had an important role to play for riders, both physically and emotionally.

Kinghan, who is from Morrinsville, said he was constantly amazed by how quickly some riders calmed down when around the quiet equines.

"It's incredible how you'll get an autistic kid come in all over the place and 10 minutes on a horse and you can see an effect."

Riders also included adults who were stiff because of an illness or disability, he said.

"They loosen up during the ride, it's just the movement of the

horses and being next to an animal. It just works."

The Te Aroha RDA is struggling to stay afloat. There are currently fewer than 10 regular volunteers and another 20 are desperately needed. For those not

interested in handling horses, volunteers were also needed for book work, general maintenance and odd jobs. To donate: givealittle.co.nz/org/tearoharda. For more information phone 021 022 14270 or email tearoharda@gmail.com.

Te Aroha RDA volunteer Mark Kinghan with his favourite pony Nugget. At 22-years-old, Nugget is set to retire after 10 years of serving the Te Aroha RDA.

PHOTO: TERESA RAMSEY/FAIRFAX NZ

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Principal goes back to old school

TERESA RAMSEY

Andrea Colebourn fondly remembers when she went to St Joseph's School in Morrinsville as a child.

Now, after working overseas for many years, she is back as principal of the school and enjoys working with the children of her old school friends.

"I wanted to come back to spend more time with my family. I really love being back," she said.

After St Joseph's School, Colebourn went to Sacred Heart Girls' College in Hamilton, then spent five years at Massey University in Palmerston North studying to become a teacher.

She completed a diploma in both early childhood and primary school teaching, then completed a Bachelor of Education.

Her first teaching job was at Pahoia School in Mt Maunganui for four years, then six years at Omanu School.

She held leadership roles in health and physical education at both schools, with her students earning a national title in Jump Jam Kidz Aerobix.

Colebourn then moved overseas, working as a founding principal of a pre-school in South Korea for one year.

She then moved to the Middle East, first working as a teacher advisor before taking up the role of primary school specialist for the Education Council in Abu Dhabi.

She moved back to Morrinsville in December 2014, for the Kiwi lifestyle and to work in the New Zealand education system again.

"You can't beat what we offer in New Zealand," she said.

"Our kids in New Zealand are well-rounded, they get the class aspect and they get the outside, physical world and I think that's important."

Colebourn spent the first half of 2015 studying a Masters in Educational Leadership and Management, which she has

Holly Aitchison, 13, principal Andrea Colebourn, Payton Rowling-Colebourn, 12, Grant Vollegregt, 12, Cillian Aberhart, 12, Kase Rowling-Colebourn, 12, and Alicia Craig, 12.

PHOTO: TERESA RAMSEY/FAIRFAX NZ

"Our kids in New Zealand are well-rounded, they get the class aspect and they get the outside, physical world."

Andrea Colebourn

nearly completed.

In term three of last year she taught at St Joseph's, taking on a deputy

principal's position in term four.

She took on the principal's role when former principal Clark McPhillips resigned for health reasons.

Colebourn has big plans for the school, which include knocking out internal classroom walls to create an innovative learning environment.

She also planned to enhance the Catholic faith in the school and upskill digital resources to enhance teaching and learning, she said.

"I'm trying to open up our little world to what kids need," she said.

Social media followers helping police

TERESA RAMSEY

Morrinsville Police have identified two men in relation to a theft thanks to a quick response from *Piako Post* social media followers.

Police Sergeant Vic Sneddon said the phone rang hot just a few minutes after the story and CCTV photographs were posted on stuff.co.nz and the *Piako Post* Facebook and Neighbourly pages.

"We received positive identification of one man about 200 times and the other enough times that we are satisfied," he said.

Police would now interview the two men in relation to using a document and theft, one from Te Aroha and the other from Maramarua, he said.

Morrinsville Police sought help from the public after an iPhone and PayWave card were stolen.

Constable Lyall Randell said the pair allegedly stole the phone and card from a staff member of a Morrinsville store on March 22.

The card was then used to purchase goods in Morrinsville shops, withdrawing a total of \$184.50.

The last attempted purchase would have brought the total to \$242, but was the transaction was declined, Randall said.

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Annual hunting and fishing event hits 31st year

The Grand Tavern Hunting & Fishing Club will be holding its annual open hunting and fishing competition for the 31st year in a row.

The three-day competition, which draws hunters and anglers from all over the North Island, will be held on May 12-14.

Secretary Elaine Hamilton said the club was formed in 1985 as the Grand Tavern Hunting Club and renamed in 1993.

The open section includes heaviest snapper, trout, boar and deer.

The junior section, for those under 16 and still at school, has the option of hares, rabbits, possums or eels.

Due to the declining number of eels, all live eels brought in would be released, she said.

There will be family entertainment, including a pig-carrying competition, spot prizes, food and refreshments.

Prizes include tyres to the value of \$1000, chainsaws, a rifle, dog boxes, GPS, Iceytec bins, and a

There will be family entertainment, including a pig-carrying competition, spot prizes, food and refreshments.

Kayak and life jacket.

All juniors registering on May 14 will receive a free t-shirt.

Hunting and fishing can start from 1am May 12 but competitors must be back at the Grand Tavern between 1pm and 4pm on May 14 for weigh in.

All excess funds from this competition are given back to the community.

Last year the club donated money to the Te Aroha Community Hospital, BMX Club and Air Ambulance.

Entry forms are available from the Grand Tavern Te Aroha.

More information: 027 207 7898 or email: ejhamilton@xtra.co.nz.

Funds for cancer

Jaxon Chase, 6, of St Joseph's School Morrinsville, wins an Avanti BMX bike at Professionals Real Estate Morrinsville's annual fundraiser for the Child Cancer Foundation. Jaxon raised \$240 for the cause, through the sponsorship of family and friends. Professionals spokesperson Mark Fabish said the \$300 bike was provided in conjunction with Avanti and Kaimai Cycles. The branch had raised more than \$75,000 for the foundation over the past 20 years.

PHOTO: TERESA RAMSEY/FAIRFAX NZ

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Conversations

“Kereone School and the community deserved better.”

WAR OF WORDS CONTINUES ON TOWN BROCHURE

This is in response to Marion Laurence's letter (Piako Post April 6). I read with interest Marion Laurence's grammatical critique of the 'Welcome to Morrinsville' pamphlet. Unfortunately, the volunteers who assembled the pamphlet, on behalf of Morrinsville, did not have the qualifications such that Ms Laurence holds. Having bought this to public attention, via the newspaper, it has belittled them somewhat, and caused them some embarrassment. However, I am sure they will rise above it and continue to encourage people in everyway possible to visit the great little town of Morrinsville. There are many voluntary organisations in Morrinsville that work for the good of the town. I am sure during the raising of funds etc. that they have to use the printed word. Perhaps, Ms Laurence could be in a position to offer to proof read such printed words, or even better, volunteer to write them in the first place, thereby saving any further embarrassment, and further

concern to herself.

David Mackenzie

COUNTRY HOSPITALITY

I just want to express my gratitude and my experience of being an Aucklander going to the Te Aroha Breeders day races for the first time on Saturday April 9. I have been working in Te Aroha since November and the daily hospitality from the people in the township is just one out of the box. I arrived on course via a car lift from the motel, I was met by a gentleman at the grass entrance introducing himself as Peter, who I found out later was Peter Lock. He proudly showed me round the marquees, the facilities, then the main office where I was introduced to many committee members and I was truly treated like a man of importance. I have been to Cox Plates, Melbourne, Sydney, Brisbane and 80 per cent of NZ racecourses, and Te Aroha tops the lot.

Te Aroha should be extremely proud of what they have in their town and I just wish there could be more than just one big meeting a year at Te Aroha. Local people

talked about that all day. I came by myself on Saturday's race meeting but I left meeting at least 20-plus new friends and will return next year with friends from Auckland because there definitely is life after the Bombays. Te Aroha is living proof of that. Well done Te Aroha and everybody that had a part to play on their big day.

Doug West

PUPPY APPEAL

Thank you Morrinsville and well done. The people of Morrinsville donated approximately \$1490.00 to the recent Red Puppy Appeal, and Altrusa International of Morrinsville and the Pakeke Lions would like to sincerely thank you for your generosity. A very sincere thank you to all the volunteers who gave up their time – without your help there would be no collection. Thank you New World for allowing our collection, and a special thank you to Pauline and to Willa for your patience (and your waggy tail Willa). We are thrilled that we have been able to pass on such a generous

GET IN TOUCH ONLINE

“Well done Te Aroha and everybody that had a part to play on their big day.”

Doug West

donation to the Blind Foundation to enable more puppies to be trained and help more people gain some independence.

Janet Gray, Red Puppy Appeal

LIBRARY TOILETS

I was in the Te Aroha Library recently and was in desperate need of a toilet. The librarian advised me I would have to use the toilet in the park, as they don't have a toilet. I am an elderly lady that requires a walker. This is ridiculous that the library doesn't have a toilet for it's patrons to use. Why is this? And isn't it time this gets to be more 'user friendly'.

Bev Selby

Kenwyn Rest Home resident

Matamata-Piako District Council communications officer Adele Preston replies:

The Te Aroha Library is an older building that was constructed without public toilets, however there is an existing toilet in Herries Park less than 50 metres from the library. This toilet, which includes disabled access, is due for replacement within the next few months.

ONLINE CHATTER

Fiona Pickett, on the demolition of Kereone School: Couldn't believe it when told. A whole lot of history and a whole lot memories has just been demolished with not a word to the community. Shame on the ones concerned. RIP. Kereone School

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History honoured in Te Aroha sculpture

STEVE EDWARDS

Transport is the fitting theme for the latest addition to a series of sculptures in Te Aroha.

Master craftsman Adrian Worsley tailored a Model A truck, including bike rack, for sponsors Keith and Laurel Amon and family.

Laurel Amon's family goes back three or four generations in and around Te Aroha.

"I remember our first ute was an old Model A."

This background was used in discussions with Adrian Worsley about the sculpture.

Keith and Laurel Amon farmed at Waiorongomai before establishing a trucking business when moving into Te Aroha 20 years ago.

Both were overjoyed with Worsley's finished work.

"It just amazes you.

"He's done a brilliant job."

The sculpture, the third in a series initiated by Te Aroha Business Association, was unveiled on Good Friday in central Whitaker St.

The Amons' grandchildren, Drew and Stella Waterson from Hamilton, were the first to climb aboard.

"They thought it was won-

Drew and Stella Waterson test out the bike rack sponsored by their grandparents' Keith and Laurel Amon and family. Also on hand is sculptor Adrian Worsley.

PHOTO: SUPPLIED

derful," said Laurel Amon.

Ten CBD locations have been identified for bike rack sculptures. Association chairman Shaun O'Neill said Ryan Law has been confirmed as the

next sponsor.

Anyone interested in supporting the project can contact O'Neill on 027 415 3574.

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Queen's 90th celebrated

TERESA RAMSEY

Queen Elizabeth II's 90th birthday will be celebrated in style in Te Aroha tomorrow.

Royalists Angela and Bill Thompson have organised the event to mark the monarch's milestone.

"We always do something for the Queen's official birthday," she said.

"This year, because she's 90, she's not only the longest reigning monarch, she is also the oldest and the only one with her husband by her side."

There will be a royal procession from Te Aroha township at 11am to their Centennial Ave home.

Angela Thompson said Matamata-Piako district mayor Jan Barnes will join people dressed as members of the royal

family in two horse-drawn gigs.

There was also an aeroplane fly-past planned at noon from the Hauraki Aero Club, she said.

Once at the Thompsons' villa, bag-piper Jill Robinson will play to welcome the procession.

There will then be refreshments offered at the villa, which will be opened to the public for the first time for a donation.

The villa, which contains a collection of royal memorabilia, will then be open for tourists, coach tours and those interested in anything royal, by appointment only.

There will also be classic cars on display.

To register your interest in the event, phone 021 182 1384.

Royalists Bill and Angela Thompson and guests will celebrate Queen Elizabeth II's 90th birthday.

PHOTO: TERESA RAMSEY/FAIRFAX NZ

Robertson to perform in Te Aroha on Sunday

Singer/song-writer Craig Robertson is guest artist for the Te Aroha Country Music Club on April 24.

Secretary Edna Evetts said Robertson was pure country with an amazing voice.

Robertson, who was born in Auckland, sang as a boy in various talent quests.

From the Taranaki Winter Show in 1967, he was made an offer to tour with Lou and Simon on their 10th anniversary tour.

In 1968, he moved back to Auckland and played regularly with Rusty Greaves and his boys.

Robertson appeared on music shows such as *Ready to Roll*, and the *New Faces*.

The desire to play just country grew, and in 1978 he left for Melbourne and became a founding member of the *White Lightning Band*.

This gig lasted eight years, by which time he was the only remaining original member.

In 1989, having finished in the top ten in 1988, Robertson won the prestigious *Star Maker* title in Tamworth – the first non-Australian to win.

In 1997, he returned home to live in New Zealand. He formed the band *43 Holes*, and continues to work here.

Robertson lives in Thames, and has just organised the very successful Thames Country Music Festival.

Club day starts at noon on Sunday in the Catholic Hall, Whitaker St.

Singer/song-writer Craig Robertson.

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Chloe Reddy, centre, and her grandfather Dave Higgins with Frozen Princesses Elsa and Anna, and Prince Kristoff.

PHOTO: SUPPLIED

Disney delight for Te Aroha youngster

New pyjamas resulted in a whirlwind trip across the Tasman for an excited Te Aroha seven year old.

Chloe Reddy won a trip to the Disney Frozen Summer High Tea Summer Garden Party at Curzon Hall in Sydney.

The Stanley Avenue School pupil received an email from organisers after her mother bought her Disney pyjamas and entered her name in the draw.

As the trip was only for her and a chaperone, and her

mother and father had prior commitments, Chloe asked her poppa (grandfather Dave Higgins) if he would like a trip to Sydney which he gratefully accepted.

The pair flew to Sydney at 9am and by the afternoon they were taking a train ride over the harbour bridge, a cruise around Sydney Harbour, and visiting the Sydney Aquarium.

At Curzon Hall the following day, a Disney film crew was on hand to cover the garden party.

Chloe was one of two NZ girls to win, along with 90 from Australia.

They were the asked one at a time to go on stage for a photo shoot with Frozen Princesses Elsa and Anna and prince Kristoff.

Then, to the surprise of everyone, top Australian singer Ricki Lee arrived and invited all the winners on stage to sing with her.

"This was really special," said Dave Higgins.

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Songwriting workshops with a serious message

TERESA RAMSEY

Lyric-writing workshops with a serious message will be held during the school holidays in Morrinsville.

The workshops are part of a collaborative project to raise community awareness around family violence.

Similar projects and events are also being held in Te Aroha and Matamata, funded under a family violence prevention contract held by Morrinsville Community House.

Te Ahurei A Rangatahi youth worker Jade Tait said the workshops would raise awareness of local support services.

The workshops these school holidays will focus on writing a song along with fun activities.

They be followed up at a later stage with the creation of a music video, a postcard campaign and a Blue Light dance in June.

Tait said the lyric-writing workshops would have a positive focus.

“We want to get people thinking about what’s good. It’s just to engage and get them thinking about it,” she said.

“What does safe feel like and where are you comfortable?”

There would also be information given out about what to do if there were any domestic violence problems, she said.

A series of workshops will be held at the Morrinsville Baptist Church in Moorhouse St.

PHOTO: TERESA RAMSEY/FAIRFAX NZ

Lennie Williams (Wintec)
Linda Kane (Hugh Vercoe)
Ken Walker (PGG Wrightson)

Jeanette and Craig Cameron (Flooring Xtra/Beds R Us)
John Main and Michael Van De Pas (HiTech)

Allen and Sharon Fretwell (Greenline Motors)
Deborah Briscoe (Laser Electrical)

Mayor Jan Barnes
Dollella (guest)
Jane Fergusson (Fergusson Lockwood)

Debbie Burge, Don McLeod and Niall Baker (MPDC)

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Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

Sumac lamb quick and easy

If the weather allows, cook this lamb on the barbecue.

SUMAC LAMB WITH ROAST PUMPKIN AND SPINACH COUSCOUS

Roast pumpkin and spinach couscous

300g pumpkin or butternut, peeled and diced 1.5-2cm
1½ cups chicken or vegetable stock
1½ cups couscous
1 tablespoon olive oil
¾ teaspoon salt
100-120g bag baby spinach leaves
1 courgette

Sumac lamb

600g lamb rump or leg steaks (at room temperature)
1 tablespoon sumac (or sprinkle with lemon zest after cooking lamb)

Dressing

2 tablespoons olive oil

2 teaspoons runny honey
1 teaspoon mustard (e.g. wholegrain, Dijon)
3 teaspoons vinegar (e.g. red wine, white wine)

Lamb drizzle

1 teaspoon runny honey
1 teaspoon white wine vinegar
1 teaspoon Dijon mustard
¼ cup mayonnaise

To serve

50g feta cheese

Preheat oven to 220 degrees Celsius. Line an oven tray with baking paper. Preheat barbecue grill to high (if using).

Toss pumpkin on prepared tray with a drizzle of olive oil and season with salt and pepper. Roast for 15-18 minutes, until tender and starting to

This fresh and tasty lamb salad is a quick and easy weeknight winner.

brown. Turn once during cooking. Bring stock to the boil in a medium pot on high heat. Once boiling turn off heat, add couscous, olive oil and

salt. Stir, cover and leave for 5 minutes. Once cooked, fluff up grains with a fork. Pat lamb dry with paper towels,

season with salt and coat with sumac (if using). Heat a drizzle of oil in a fry-pan on medium-high heat. Cook lamb, in batches, for about 2 minutes each side for medium-rare (depending on thickness) or until cooked to your liking. Cover to rest for 5 minutes then slice.

Roughly chop spinach and grate courgette. Add to couscous along with cooked pumpkin and gently toss to combine. In a small bowl, whisk all couscous dressing ingredients together. Add to pumpkin and spinach couscous and gently mix.

Mix all lamb drizzle ingredients together in a small bowl.

To serve, spoon roast pumpkin and spinach couscous onto plates. Crumble over feta, top with sumac lamb and drizzle over sumac lamb drizzle.

■ Recipe courtesy of My Food Bag.

Each week Nadia gives you another easy recipe for your family and you'll find all the ingredients in My Food Bag. myfoodbag.co.nz

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What's on

**Get
involved!**

WEDNESDAY

Waikato Justices of the Peace Association: service desk, Te Aroha Citizens' Advice Bureau, 137 Whitaker Street, 11am to 1pm. No appointment necessary.

Mangateparu Indoor Bowling Club: club night, Mangateparu hall, 7:30pm. New players welcome.

Te Aroha Bridge Club: Free lessons at 7pm, Wednesdays, Bridge clubrooms, 103 Whitaker Street.

Te Aroha Community Choir: 6-8pm, Senior Citizens Hall. No audition, exciting song choices and lots of fun.

Quilting and Embroidery Group: Te Aroha Arts Centre, Old Courthouse, Rewi St, 10am.

Te Aroha Tennis Club: social tennis, Spur St, 6:30pm.

Piako Toastmasters Club: second and fourth Wednesday of each month, 7:30pm, Senior Citizens Hall, Canada St.

Morrinsville RSA Bowling Club: Club day, register by 9.45am, play starts 10am.

Morrinsville Bowling Club: club day, 9:30am start, play all day or half day, 404 Thames St.

Te Miro Mountain Bike Club rides: from 6:30pm, Waterworks Rd, web: www.temiromtbclub.co.nz.

Te Aroha Toy Library: Child free session Wednesdays, 7:30pm to 8:45pm. Children welcome on

EVENTS LISTINGS

Piako community events for the week are listed free of charge subject to space availability and may be removed without notice. Listings must be a maximum of 40 words. Email listings to teresa.ramsey@fairfaxmedia.co.nz or drop into the Piako Post office, 19 Allen St, Morrinsville, by 4pm every THURSDAY before publication. Details should include the venue, venue address, event name, date, time and ticketing information.

alternate Fridays and Saturdays from 10am to 11:15am. St David's Parish, Church St.

RSA Bowling Club: registration 9:45am, 10am start, Studholme St.

Morrinsville Croquet Club: Wednesdays and Fridays, 8:30am for 9am start. Saturday start 1pm. New players welcome.

Morrinsville Air Training Corps: parade, ATC Hall, corner Lorne and Allen Streets, 6.30pm.

Cancer Society Support Group: Third Wednesday of the month, 10:30am Community House, Canada St.

THURSDAY

Ballroom Dance Practice: Waihou Events Society, Waihou Hall, SH 26, 7:30pm.

Altrusa Club of Morrinsville and Nite N Day Fashions are hosting a fashion show on April 20 at 7pm, at the Morrinsville Theatre in Anderson St. Tickets are available from Morrinsville i-SITE Visitor Centre and Nite N Day Fashions. All proceeds go back into the local community. PHOTO: STEVE EDWARDS/FAIRFAX NZ

Walking Group Te Aroha: Senior Citizens Hall, Church St, every Thursday at 9.15am.

MenzShed Morrinsville: Tuesdays and Thursdays, 9.30am to 3pm, 2562A Thames St, State Highway 26. Call in and check us out.

Selwyn Centre: Exercise and social time for over 65s at the Hub, St Matthew's Church, Thames St, 9.30am.

Te Aroha Small Bore Rifle Club: 7pm, corner of Boyd Park, Stanley Ave.

Te Aroha Line Dancing: Senior Citizens Hall, Church St, Tuesdays 7pm to 9pm, Thursdays 9:30am until noon. Everyone welcome.

FRIDAY

Te Aroha Branch New Zealand Red Cross: Meetings held on the first Friday of the month at Future Te Aroha, Boundary St, 1.30pm. Interesting Speakers, all welcome.

The Green Tea Brigade: Health Hau Ora, shared lunch. Te Aroha Baptist Church, Lawrence Ave. Bring a fruit or vegetable. Last Friday of

every month. All welcome.

Te Aroha Stroke Group: support meeting, St David's parish in Church St every other Friday morning.

Morrinsville Horticultural Society: first Friday of each month, 1.30pm, Lyceum Clubrooms, Moorhouse St, all welcome.

Morrinsville Country Music Club: singers workshop: last Friday of month, 7pm; band workshop: first Friday of month, 7pm; monthly concert: second Friday of month. All at Senior Citizens Hall, Canada St.

SATURDAY

Domain Gallery: Te Aroha Arts Centre, run by volunteers on Fridays, Saturdays, Sundays and public holidays from 11am to 4pm, behind the Te Aroha i-SITE in Whitaker St.

Morrinsville Bowling Club: 9:30am start play all day or half day, 404 Thames St.

Morrinsville Country Market: (A Morrinsville Lions & Rotary Club project), Canada St, first Saturday of month, excluding January, 8:30am to 12:30pm.

SUNDAY

Morrinsville Intermediate Treasure Dome Market: Last Sunday of month, 9am to 1pm, Morrinsville Intermediate, 24 Elizabeth Ave.

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What's on

Free Fruit for All: 1pm to 4pm, Te Aroha Community Garden, Rewi St. Produce not taken on the day will be donated to the Te Aroha Food Bank.

MONDAY

Kiwanis Club of Morrinsville: First and third Mondays from 6pm at Morrinsville Golf Club. For fun, fellowship and service. If you have an interest in serving children please come and meet us.

Social Badminton: Morrinsville Badminton Club, 10am on Mondays at Morrinsville Events Centre and noon to 3pm on Wednesdays at Tahuna Hall. Excluding school holidays and public holidays. All welcome.

Klaverjas: club night, 7.30pm, Tasman Village Hall, new players welcome.

Waihou Indoor Bowls: club night, Waihou Hall, SH 26, Waihou, 7:30pm. New members welcome, school children and older.

Yoga classes: Morrinsville Bowling Club, Thames St, 6pm. All welcome.

Gracelands Rock n Roll: club night, 7:30pm, Methodist Church Hall, Thames St. Lessons for adults and children available, all welcome.

Altrusa Club of Morrinsville: last Monday of month includes, dinner meeting, raffles, guest speakers, community activities, informal evenings, plus social events.

Te Aroha Camera Club: Every second Monday of month at 7:30pm at the Arts Centre, Rewi Street. New members welcome.

Morrinsville Rotary Club: Club night, 5:30pm, Rotary Clubrooms, Campbell Park. Dinner and guest speaker. New member enquires welcome.

Te Aroha Scout Group: 5.30pm, Scout Hall, Honi Street.

TUESDAY

10nis on Tuesdays: 10am to 2pm at Tatuani Tennis Club, racquets available, from April 19. Social time for farmers, all welcome.

St Mark's Indoor Bowls: Club night, Church Street, next to St Mark's Church, Te Aroha. Register 6.45pm, play starts 7pm. All welcome.

Morrinsville Ukulele Group: 7.30pm, Campbell Hall, 49 Canada St.

Te Aroha Senior Citizen's Assoc: Weekly meeting, 1.30pm, Senior Citizen's Hall, Church St. Speakers and entertainment, all welcome.

Te Aroha Croquet Club: Te Aroha Domain, Tuesdays and Thursdays, Saturday play by arrangement. Starts 1pm, everyone is welcome.

Morrinsville Stroke Club: second and third Tuesday of month at Morrinsville RSA, 10am. All welcome.

Arts & Crafts Group: Te Aroha Arts Centre, Old Courthouse Art Centre,

Devon, left, Christoper and Lizzie Tretheway with one of the three winter covers worth \$300 each, donated by Gregory Equine in Matamata. The RDA is holding a Farmers Market on May 8, 10am to 2.30pm, at the Waihou Tavern carpark.

PHOTO: TERESA RAMSEY/FAIRFAXMEDIA

Rewi St, every Tuesday from 9:30am, all welcome.

Te Aroha Bridge Club: meeting every Tuesday, Te Aroha Bridge Club, Whitaker St, 7pm. All ages and beginners welcome.

Morrinsville Contract Bridge Club: Morrinsville Bowling Clubrooms, 7.20pm to 10.30pm.

Te Aroha Folk & Acoustic Music Club: third Tuesday of month, Old Courthouse Arts Centre, Rewi Street, 7.30pm. Everyone welcome, come and sing a song, play a tune or just

listen.

Piako Concert Brass: Waihou Hall, from 7pm. All players welcome for a pleasant evening of playing instruments.

Feast Taekwondo: Tuesdays and Thursdays, all ages welcome, 6pm to 8pm, Scout Hall, Honi St, Te Aroha or David Street School Hall, David St.

Morrinsville Senior Citizens Club: social/entertainment afternoon tea, first Tuesday every month, 1:30pm at the Senior Citizens Hall, Canada St.

Morrinsville Floral Art Club:

Kereone Rugby and Sports Clubrooms, Campbell Park, Thames St, second Tuesday of month at 9:45am. New members welcome.

Waitoa Red Cross: Opportunity Shop, Farmer Rd, Waitoa, 10am-1.30pm.

Morrinsville Knitter Knatters, 2pm to 4pm, Community House.

COMING UP

Fashion Show: brought to you by the Altrusa Club of Morrinsville and Nite N Day Fashions, April 20, 7pm, Morrinsville Theatre, Anderson St. Tickets available from Morrinsville i-SITE Visitor Centre and Nite N Day Fashions. All proceeds go back into the local community.

School holiday activities: Woolcraft sessions at Morrinsville Museum, Canada St, April 27 from 1:30pm to 3pm.

Mums' Market: Elstow Playschool is holding a market showcasing a collection of local Mums and small businesses selling their goods. April 30 from 10am to 2pm, St Joseph's Hall, Te Aroha.

Anniversary: The Domain Gallery invites the public to help celebrate its 20th birthday with drinks and nibbles on April 30. The gallery, which is behind the Te Aroha i-SITE in Whitaker St, is for Te Aroha

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Sherpa (PG)	10.00am 8.20pm	11.40am 6.15pm	2.15pm 8.20pm	4.00pm 8.15pm	4.10pm 6.10pm	11.30am 8.15pm
Noma My Perfect Storm (PG)	6.20pm	8.20pm	6.20pm	3.50pm		
Francisco The Man behind the Pope (PG)	2.15pm	2.05pm	6.00pm	8.05pm		5.50pm
Hunt for the Wilder People (M)	10.30am 2.45pm 5.40pm	2.10pm 4.20pm 6.30pm	12.10pm 4.20pm 6.30pm	2.15pm 4.20pm 6.30pm	1.50pm 4.00pm 8.10pm	1.50pm 4.00pm 6.10pm
An (M)	12.00pm	11.50am	4.00pm		8.20pm	4.15pm
Eye in the Sky (M)	12.40pm 8.00pm	1.40pm 8.40pm	1.40pm 8.10pm	1.30pm 8.35pm	2.00pm 8.35pm	2.10pm 8.00pm
Phoenix (M)	12.10pm 6.00pm	12.00pm 8.00pm	11.30am 8.35pm	12.10pm 6.00pm	11.45am 6.15pm	12.00pm 6.30pm
My Big Fat Greek Wedding (PG)	10.10am	6.00pm	11.45am	6.15pm	12.20pm	3.40pm
Orphans & Kingdoms (R16)	4.25pm				2.30pm	8.30pm
Mahana (M)	2.15pm		1.50pm	1.50pm		1.30pm
London Has Fallen (M)		3.45pm	3.45pm	11.45am	4.15pm	
45 Years (M)	4.20pm	4.15pm		11.30am	12.00pm	11.45am

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Tribal Nations members ride for Anzac Day

CAITLIN WALLACE

Just like the troops in wars past and present, the Tribal Nations MC motorcycle group is a brotherhood fighting for a better world.

The Waikato group will host the first Waikato Ride of Respect on Sunday with proceeds going to Morrinsville, Ngaruawahia, Huntly and Te Awamutu RSAs and the New Zealand Fallen Heroes Trust.

The event originated in the United Kingdom and was brought

to New Zealand in 2009. Committee member Tiki O'Brien said it was a cause which hit close to home for a lot of the group's riders.

"We have a lot of military people in our club, a lot of our fathers are ex-military – for us, it's to add another string to our bow to be supporting a community initiative."

"Let's support our RSAs, let's support our groups that can't get government support."

The "eclectic bunch" described

themselves as "brothers in arms", O'Brien said, who supported each other just as those in war did.

"It's not just a club where we can go for social reasons, we are a club with a conscience."

Registrations for Sunday's Ride of Respect are \$15 and will be open from 8am at the Ngaruawahia RSA. The ride will start at 10am with its first stop in Te Awamutu.

More information:
tribalnations.org.nz

Supporting their local RSAs is Tribal Nations MC members Rod Irvine, Daniel Temple, Chris Laird, Tiki O'Brien, Patrick Te Wake and Jay Mason.

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Anzac Day photo contest

Taking a snap this Anzac Day, could win you some impressive First World War prizes.

The major prize pack for #MyAnzacDay photo competition consists of New Zealand Post's new Silver Proof Commemoration Coin, two World War 1 books, and Ngā Tapuwāe New Zealand First World War Trails merchandise pack.

The #MyAnzacDay photo competition, coordinated by WW100 – New Zealand's First World War Centenary Programme, encourages New Zealanders both at home and overseas to send in a picture of what Anzac Day means 100 years on from the first Anzac service.

"Anzac Day isn't just about attending a service – people also use the day to spend time with their families, to help neighbours or their local community or simply chill out," says WW100 Director Sarah Davies.

"We want to collect these photos to show a contemporary picture of Anzac Day."

There will be two major winners and two runner-ups, who will be announced on May 12.

A People's Choice winner will be determined by the most likes on WW100's Facebook album and Judge's Choice winner will be selected by a judging panel.

To enter the #MyAnzacDay photo competition, people need to take a photo on Anzac Day that expresses what the day means to them as a contemporary New Zealander.

They then need to add a caption that explains their photo, and upload it to Facebook or Twitter with the hashtag #MyAnzacDay.

For those who do not use social media, email entries will be accepted as well. Entries open on April 25 and close on May 2.

Website: ww100.govt.nz/myanzacday-photo-competition.

ANZAC DAY

Piako communities support Poppy Day

Teresa Ramsey

The RSA Poppy Day Appeal was well-supported by Piako communities on Friday.

Volunteers exchanged red poppies for a donation to the appeal in support of veterans and ex-service people and their families in need.

Te Aroha RSA support and welfare officer Bill Allison said about \$2000 was collected during the street appeal on Friday.

More donations were expected to trickle in over the coming weeks, which he expected would boost the total to about \$3000.

There were 34 volunteers from the RSA Women's Division manning four stations in Whitaker St plus one at Countdown Supermarket, he said.

Volunteers handed out about 2000 poppies on the day.

About 550 white crosses had also been put up at Te Aroha Cemetery in Stanley Rd, as well as 100 crosses in front of the RSA in Rewi St, in memory of the soldiers who lost their lives.

The crosses would be up for a few weeks, he said.

Morrinsville RSA Poppy Day organiser Margaret Jones said just under \$4000 was collected, with

another \$2000 expected from collections within businesses and schools.

"We did really well, our community really supported us," Jones said.

Volunteers from six service organisations manned 12 stations around Morrinsville.

Sisters and Te Aroha RSA Women's Section members Lelia Shanley, left, and Athleen McCabe collect for Poppy Day at Te Aroha Countdown on Friday. PHOTO: TERESA RAMSEY/FAIRFAX NZ

"We had lots of helpers, we really do appreciate the help from services clubs," she said.

About 400 white crosses have been erected in Morrinsville cemeteries, with another 77 on the front lawn of the RSA in Studholme St.

Anzac Day services:

Morrinsville Dawn Service: Morrinsville RSA, 27 Studholme Street, 6am, followed by breakfast at the RSA.

Morrinsville Civic Service: Cenotaph, Howie Park, 10.30am. If raining, there will be no parade and the service will be held at Morrinsville Events Centre.

Te Aroha Dawn Service: Te Aroha RSA, 67 Rewi St, at 5.45am. The service begins at the war memorial at 6am, followed by breakfast at the RSA at 6.30am.

Te Aroha Civic Service: War memorial, Kenrick Street, 10.30am. If raining, there will be no parade and the service will be held at the RSA.

Walton Civic Service: The service will be held at the Walton Hall, Main Road, Walton, at 11am.

TE AROHA DAWN SERVICE

RSA Open from **5.30am** • Assemble outside RSA **5.45am**
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Breakfast at RSA following service, gold coin donation.

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ANZAC DAY

Anzac Day special for ex-servicewoman

Steve Edwards

Anzac Day was the most important day of the year for a former Te Aroha resident who served in the army during World War Two and came from a family of distinguished service personnel.

Audrey Patchett, who died peacefully at Waikanae on March 17, was born in Auckland on July 1 1924.

She was the great-granddaughter of W.R. Waddell, Mayor of Auckland from 1883 to 1885, who created Albert Park "for the people to relax in".

Her father was Trooper Cyril R Waddell, who sailed from Napier to the Boer War in South Africa and also served in World War One.

He and his wife Clarissa set up a bakery in Te Aroha, where Audrey grew up.

Her brother, Sergeant Douglas C Waddell, served in Israel and Italy during the Second World War. He was killed on active service, aged 23, on April 30 1945.

Audrey worked at the former Kingseat Hospital in Auckland

Serving from 1942 to 1945, Patchett began training in Papakura at age 18 before being posted to Motutapu/Rangitoto Radar Section and then Trentham Military Camp.

before joining the army in Women's Aux Army Corps Radar.

Serving from 1942 to 1945, she began training in Papakura at age 18 before being posted to Motutapu/Rangitoto Radar Section and then Trentham Military Camp in Army Ordnance as a telephonist, by then a lance corporal.

On leaving the army she became a telephonist, working in the Taupo Exchange. It was there that she met future husband Garth Patchett, a lance corporal who also served in WW2 in Italy and the Pacific.

The couple settled in Taupo, with Audrey a librarian at Taupo Nui-tea College.

After a disastrous house fire they moved to Paekakariki.

Audrey volunteered at Paekakariki School and established the school library. She worked as a

librarian for the Wellington Education Department and then for the S.I.S as a librarian until her retirement.

While living in Wellington, Audrey was a volunteer at the Mary Potter Hospice, helped start the Paekakariki Trading Post and assisted with the establishment of the Paekakariki Library.

Audrey annually attended Anzac Day services at Taupo, Wellington and Paekakariki, honouring the memory of her great-grandfather, father, brother and later her husband with a wreath and list of their ranks and areas of service.

Audrey Patchett at Anzac Day in 2011.

PHOTO: SUPPLIED

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ANZAC DAY

Mission of mercy for Morrinsville man

A former Morrinsville resident has been playing his part in cyclone relief efforts in Fiji.

For helicopter loadmaster sergeant Lyle Wooller, 30, the New Zealand Defence Force's (NZDF) aid operation marks the first time he's been deployed on an overseas mission.

"The most rewarding part of this deployment is seeing the Fijians smile when we drop in to hand out aid," he said.

"The locals are awesome, they are all very keen to help and really appreciative of any help they receive."

More than 40 people were killed in Fiji after Tropical Cyclone Winston struck on February 20.

Being one of around 400 personnel currently involved in the New Zealand Defence Force's (NZDF) humanitarian aid operation in Fiji, Lyle Wooller said the Fijians' cheerful outlook and sense of gratitude have impressed him the most.

"Everywhere we go to deliver aid supplies, people come out to shake hands with us and wave us goodbye.

Sergeant Lyle Wooller, Helicopter Loadmaster, from the Royal New Zealand Air Force's 3 Squadron, en route to delivering sacks of seeds and plant cuttings to cyclone-hit Fijian islands.

PHOTO: SUPPLIED

"In one of the highland villages on the main island of Viti Levu, residents lined up to shake hands with the entire crew," he said.

Encouraged by his father, the former Morrinsville College student joined the Royal New Zealand Air Force (RNZAF) in 2004 six months

into his undergraduate course at Waikato University.

As helicopter loadmaster, his job is to ensure aircraft loads are

packed correctly to maintain balance, as well as operating the door guns, rescue hoists and underslung loads of the NH90 medium utility chopper.

"Normal precautions with landing sites are taken, just like back home," he said.

"There is debris, damaged buildings, knocked down power lines and animals to consider so beach landings are a good option in most areas," he said.

Two RNZAF NH90 helicopters are assisting in Fiji's disaster recovery efforts on their first overseas mission.

Since arriving in Suva on March 3, the helicopters have been delivering essential aid supplies, water purification equipment, sacks of seeds and plant cuttings to cyclone-ravaged communities.

They have also transported New Zealand medical volunteers as well as Fiji government staff to remote communities.

When in New Zealand, Lyle Wooller is based at RNZAF Ohakea.

He is due back home aboard HMNZS Canterbury tomorrow.

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Out & About

Camron Labao gives croquet a go.

Akeisha Finnerty, 11, runs home during a game of "Base-Cricket", a combination of baseball and cricket.

An Energizing day

Morrinsville Intermediate students had a day of sports on April 8 as part of Sport Waikato's Project Energize sports day. Intermediate sport co-ordinator Natalia Taylor said the whole school participated in nine games to raise fitness and awareness of different sports. Games included croquet, kick-touch, orienteering, team building and base-cricket, which is a combination of baseball and cricket. There was also a nutrition session.

Jayden Borrington, 11, runs with the ball during a game of "Kick-Touch".

Nika Cudby, 12, can hit a home run with her eyes closed in the game of "Base-Cricket".

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Teresa	Waihou Tavern	Piako Post	46/62
Paul Dean	Fairview Motors	Matamata	46/62
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Derek	O-Del-Emz	Matamata	44/62
Andrew	The Coach House Puriri	Hauraki	44/62

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Lions	7	5	0	2	206	175	1	1	22
Brumbies	7	5	0	2	200	156	1	0	21
Crusaders	7	6	0	1	220	149	2	1	27
Hurricanes	7	5	0	2	210	149	4	1	25
Bulls	7	5	1	1	202	147	1	0	23
Highlanders	7	5	0	2	198	141	1	2	23
Rebels	7	4	0	3	147	178	1	0	17
Sharks	7	3	1	3	137	118	1	2	17
Blues	7	3	1	3	160	170	0	2	16
Cheetahs	7	2	0	5	225	189	1	3	12
Waratahs	6	2	0	4	123	132	1	3	12
Reds	7	1	1	5	127	185	0	2	8
Jaguares	7	1	0	6	136	191	0	3	7
Force	7	1	0	6	110	208	0	2	6
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Sunwolves	7	0	0	7	144	294	0	3	3

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Mountain bikers enjoy school championships

TERESA RAMSEY

Te Miro Mountain Bike Park was packed with school children on April 13 for the Waikato-Bay of Plenty Schools Mountain Biking Championships.

Red Events organiser Errol Newlands said 145 students from 42 schools participated in the annual event.

Mountain bikers in years 5-13 came from as far away as Taupo, Tauranga, Hamilton and Hauraki Plains to compete.

The course was different for each age-group, covering distances between 6.4km for years 5-6 and 19km for year 13.

Newlands said the championships were becoming more popular each year, with a big increase in numbers this year.

"We got about 100 kids last year so it's close to a 50 per cent increase this year, which is fantastic," he said.

This was the third time the event had been held at Te Miro Mountain Bike Park, which had been developed in recent years.

"The (Te Miro) Mountain Bike Club have done a tremendous amount of work in developing the facility, this is terrific," Newlands said.

David St School, Morrinsville, student Kieran McMillan takes a breather after competing in the year 5-6 boys class at Te Miro Mountain Bike Park, coming sixth overall.

PHOTO: TERESA RAMSEY/FAIRFAX NZ

Development includes the building of a \$16,000 beginners' track, plus a large shelter, a covered barbecue area, a board walk

and two bridges.

There's also a \$10,000 toilet, funded by Matamata-Piako District Council last year.

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GOLF

Te Aroha

April 11 Women's Thames Valley Pennants last round held at Te Aroha. On the day Thames 1, Te Aroha 2. The overall winners were Thames who will go forward to the Bay of Plenty Pennants finals to be held at Hauraki on Monday May 16. April 14 stableford competition: C Gordon, D Gordon, Z Mason, T Stowers, A Junge 37, M White, R Vincent 36, K Singh 35, I Duncan 34. April 16 nett competition: M White 68, L Gwynne, P Elgar 69, C Thomas 71, D Williams, C Denny, G Grant 72, R Vincent 73, Z Mason, C Ho 74. April 17 Men's Championship Pennants lost 5-4 to Tahuna. Foursomes were tied 1 &1/2 to 1 &1/2. The game came down to the last match on the last hole and Tahuna won.

Morrinsville Veterans
April 14 stableford points: A McDonald, P Kennedy, P Dodunski, H Kivitits 40, T Warner 38, B Churstain 37, K Jones, A Griffin, B Southcombe, M Fairhall 36, B Stevens, W Laing, A Cantley 35; Two: J King; Hidden Holes: A Griffin.
Morrinsville Men

April 16 - gross winner: B Armstrong 74; nett winner: M McClunie 66; stableford winner: G Lawrence 39; stableford: K Jones 39, D Passi 38, D Silvester, H Sherson, H Anderson 36, P Kelly, F Cresswell 35. Greenline Trophy competition final to be played WEF, April 23, division 1: K Jones vs D Silvester; Division 2: M McClunie vs C Griffiths; Division 3: A Cantley vs H Sherson.
Morrinsville Women
April 13 Nancy McCormick Foursomes - Nett round 1: P Malcolm + J Passi 64.5; J Wright + J Lapworth 67.5. Nine Hole Division Stableford: A Van der Plass 18, K Churstain 17, J Cantley 16.

HARRIERS

Matamata - PIAKO
Club members met at the Karangahake carpark in warm conditions on Saturday for an off road run/walk. The club had two running groups and a large walking group. Both the running groups did the 96 track. This starts off flat with a 4.5km run to the tunnel before climbing in the bush with a 3km run downhill to the carpark. Runners took between 1 1/4 to 2 hours to complete. Club captain Glenn Valler led the first pack with Gill Hampton setting the pace for the next group. The walkers had a brisk out and back walk to the tunnel, led by Kevin Guest, for a distance of 9kms. This Saturday the club is meeting at Te Tuhi Road, Okauia, meeting at 11.30am.

RUGBY

Morrinsville Rugby Football Union
April 23 draw - Premier Senior A: Morrinsville Sports vs Fraser Tech, Mill Street 1, 2.45. Premier Senior B: Morrinsville Sports Vs Fraser Tech, Mill Street1, 1.00. Division 2: Kereone Vs Northern. Campbell Park 1, 2.45; Northern Vs Kereone (as above) Drabble Cup Game, 2.45. Colts: Morrinsville Sports Vs Hamilton

B.H.S. 2nd XV, H.B.H.S 2, 1.00. Under 85 kgs: Morrinsville Sports Vs Melville, Collins Road 2, 1.00.

Morrinsville Sports Premier A vs Hamilton Old Boys

The first home game at Campbell Park, Morrinsville, played on the No 1 ground, saw Nottingham Castle Morrinsville Sports take on Hamilton Old Boys. Morrinsville Sports started with an unconverted try scored by winger Leighton Andrews in the first five minutes. The first half ended with HOB 12, Morrinsville Sports 8, after a penalty kick by 1st five-eighths Ngarohi McGarvey 22 minutes into the game. Three minutes into the second half Morrinsville Sports was awarded another penalty and Ngarohi McGarvey slotted his second for the day. HOB then ran in a further five tries to end the game 41 - 11. Morrinsville Sports B

Morrinsville Sports B hosted old boys this Saturday with the lack of first up tackles costing, they were down 31-15 at halftime and beaten 60-27.

Kereone

After a solid opening round win over Kihikihi and a narrow loss to Jaradites in round two, Silvester Electrical Kereone travelled to Whatawhata to face a team coming off two big wins. A run against play led to Whatawhata opening the scoring out wide. The Kereone forwards soon rumbled their way back to the try-line and Tim Waetford went over for a well-deserved try. The backline soon set about their work and some fast accurate passing soon saw Shaun Hunter go over for a well worked try. Hunter was again too fast for the opposition soon after, scoring another try to take the halftime score to 15-7 in Kereone's favour.

Whatawhata came out strong and scored two quick tries to take the lead 19-15. Caydd Tipping played well at first five and was well supported by a returning Ryan Van De Pas, who made a break from halfway and busted his way through several tackles to score under the posts for Kereone to again take the lead 22-19. A late penalty to Whatawhata levelled the scores with five minutes to play. Final score Kereone 27, Whatawhata 22. Player of the day was Jordy Tahatika. This Saturday, Kereone hosts Northern in a local derby. Both teams will contest the Drabble Cup.

Northern

There's an exciting game of rugby coming up in Morrinsville on April 23. Because of the draw, and with both clubs now in the same division, Kereone meet Northern for the Drabble Cup. From a history point of view, it was Northern and Kereone who were the top two Morrinsville teams when the Waikato-wide competition started in the late 1960s. The Drabble Cup is a long term Morrinsville trophy recognising the Drabble family, with Keith Drabble the local policeman in the day. The trophy hasn't been played for since 2009 when Kereone scored a win. The last time Northern took out the trophy was 1999 and they both shared the honours in 2002.

Thames Valley

April 16 results - Senior A: Cobras 29 Tairua 19; Hauraki North 27 Waihou 48. Senior B: Cobras 0 Whangamata 70; Waihi Athletic 34 Waihou 7. Draw April 23 - Senior A: Thames v Cobras, Thames, 2.00pm; Waihou v Mercury Bay, Te Aroha, 2.00. Senior B: Hauraki North v Cobras, Waitakaruru, 2.00pm; Waihou v Ngatea, Te Aroha, 12.30pm.

CYCLING

Morrinsville Wheelers
Waikato Bay Of Plenty National Distance Time Trial - Under 15 Girls: Summer Williams 10k 31.55, 4th, Ellie Deane 34.22. 5; Master 4 women 15k: Carol Findlay 28.45, 2; Under 19 women: Julia Williams 28.08, 2; Under 17 boys 15k: Jack Deane 24.24, 7, Noah Costar 24.59, 8; Master 7 men 15k: Rob Pulyn 24.43; Master 1 women 25k: Sandra Ginever 43.48, 1; Elite women 25k: Sarah Morrison 36.24, 11; Master 5 men 25k: Hanz van den Broek 36.47, 3. Riders selected to represent Morrinsville Wheelers Cycling Club at the Cycling New Zealand Road Championships in Alexandra 22-24 April, 2016: Noah Costar under 17 boys; Julia Williams under 19 Women; Tiffiney Perry Handcycling; Scott MacDonald Handcycling; Rob Driver Masters 8 Men; Sarah Morrison Elite Women; Sophie Pulford Under 23 Women; Hanz Van Den Broek Masters 5 Men. Manager: Peter Costar.

OUTDOOR BOWLS

Morrinsville RSA

April 13 club competition, supported by patron Bob Kilpatrick, winners: G Craig, A Griffin, C Beale, J McIntosh; R/U: G Pickett, D Rowling, K Craig. April 17, tournament supported by Lawns & Things - Winners: N Edwards, J Savage, H Frost (Tokoroa); R/U: I Howie, J Martin, R Kestle (Taupiri); first local team: T Foord, B. Burton, L Skeat (Morrinsville RSA). A great final tournament with full greens, 27 from the host club with the remainder visiting teams, all enjoying great greens and hospitality.

Tui Park (Te Aroha)

March 22 tournament, sponsored by R D Leith Ltd. Winner: D Jones (Rewa); R/U: J Wright (Hikutaita); Third: P Foord (MRSA); Local: C Townsend. April 12 Presidents and Patrons Day Tournament, sponsors Broadway Funeral Home and Grand Tavern - winner: P Rowling (Paeroa); R/U: G Johnson (Coromandel); Third: J Mace (Waihi Beach); Local: M Caldwell. Waitoa
April 14 Optional Triples tournament, sponsored by Ecolab - winners: W Martin, W Chamberlain, R McCurdy (Waitoa); R/U: N Clark, F Bryant, C Bryant (Hillcrest); Third: C Cowan, B Davonport, G Carseldine (Waitoa).

MORRINSVILLE COLLEGE

April 12, Waikato Secondary Schools Swimming Champs. Waterworld Te Rapa: Jae Broomfield 50m backstroke, 10, 50m freestyle16; Eline Bruin 50m butterfly 6 (in

final), 50m freestyle, 11 , 100m IM 18; Grace McQuoid 50m freestyle 18, 100m freestyle 19; Jordan Rogers 100m butterfly 3, 200m IM, 3, 200m freestyle 3; Ella Wilton 50m butterfly 10, 50m breaststroke, 21, 50m freestyle 24; Hannah Wilton 50m butterfly, 6 (in final), 50m breaststroke 6 (in final), 50m buuerfly 9; Issac Wilton 50m butterfly, 7 (in final), 50m breaststroke, 15; Morrinsville College female 15 & over 100m medley relay, 11: Hannah Wilton, Ella Wilton, Jordan Rogers, Eline Bruin; Morrinsville College Female 15 & over 100m freestyle relay,10 - Hannah Wilton, Grace McQuoid, Eline Bruin, Jordan Rogers.

BRIDGE

Morrinsville
April 12, Ethne Allen (scratch) and Yarrall (handicap) Pairs, Round 1, Scratch - N/S: Gail Arnold & Irene Gubb, 60.42, 1; Janice Bell & Lorna Youngman, 55.79, 2; Lorrece Bullen & Jenny Shaw, 54.86, 3. E/W: Jennifer Manning & Lesley Richdale, 70.14, 1; Tony Gray & Judy Heron, 61.34, 2; Rodney Harris & Val Waite, 56.71, 3. Handicap - N/S: Gail Arnold & Irene Gubb, 58.24, 1; Janice Bell & Lorna Youngman, 56.69, 2; Gerry Maguire & Shirley Power, 55.30, 3. E/W: Jennifer Manning & Lesley Richdale, 62.97, 1; Tony Gray & Judy Heron, 59.97, 2; Viv Gellert & Theo Stempher, 56.83, 3.

INDOOR BOWLS

St Mark's, Te Aroha

April 5 Winners: A Kong, V Heath (s); R/U: W Eccles, N Lowe (s); Consolation prize: B Jennings, B Vercoe, E Russell (s). April 12 winners: B Roszak, B Vercoe, W Heath (s); R/U: S Schorer, A Kong, B Pitcher, E Russell (s); Consolation prize: M Nicolson, P McCarthy, W Eccles (s).

TROTTLING

Morrinsville

Wonder trotter Keystone Del edged his way closer to the magical million dollars earnings mark with a win in a Group Three race at Melton in Victoria on Saturday night. The eight-year-old Dr Ronerail gelding took his lifetime earnings to \$987,878. Loki Brogden, an eight-year-old Continentalman gelding bred and part-owned by Graham Chilcott, ran second at Palmerston North last week. Sheza Springfield, a four-year-old Attorney general mare bred by the late John Coll of Morrinsville, won the second race of her career when successful at Palmerston North last Tuesday. Mached Out, a 10-year-old Mach Three gelding bred by Stan Dunlop of Tahuna, recorded the 16th win in his 107 start career at Tamworth in New South Wales last week.

FOOTBALL

Te Aroha

Men's premier team - a depleted Te Aroha men's B side travelled to Te Awamutu with the hope of rallying to steal the points, but suffered their first loss of the year, losing 2-0 to Te Awamutu. With five frontline players unavailable for Saturday's match,

coach Peter Hurd called upon a number of youngsters to fill the void against a Te Awamutu side who sat among the competition's best in terms of goals scored. Ultimately Te Aroha were outrun in the middle of the park, and couldn't manage to get enough shots away to compete in the match, eventually going down 2-0. This Saturday Te Aroha travel away to West Hamilton.

Men's reserve team - it was a similar story for the club's reserve side, who had several key players out due to personal commitments. Te Aroha competed well with the visiting Te Awamutu side, but were run down in the end, losing 5-1. After conceding on 20 minutes, the home side recovered well to strike back via a spectacular Troy Rosser half-volley from outside of the box. Tied 1-1 at the break Te Aroha were right in the match, but leaked goals in the crucial first 15 minutes. Captain Rob Marshall took home the Man of the Match award after a stellar effort in the middle of the park. Late goals to Te Awamutu blew the score line out to 5-1. Te Aroha have a bye this week. Women's team - had a bye over the weekend.

CRICKET

Morrinsville Musketeers vs Hamilton Under 25s

On a chilly day the Hamilton U25s traveled to Morrinsville for a friendly 40 over match. Winning the toss would have played a big factor, and in this case it didn't go the way of the Musketeers, who were put in to field. With overcast conditions the U25s got off to a flyer by getting to a score of 110/1 after 9 overs. The spin twins, Banroj Sidhu and Jack Kane, then came on to slow the run rate down and bagged two wickets each. At drinks (20 overs) the Under 25s were at an exceptionally threatening score of 184/5 and looking to get to 400. Death bowling master Paul Keogh came into the attack in the 23rd over with the score at 205/5, and ended up taking all 5 wickets in 5 overs and was just too good for the lower middle order. There was also an outstanding and energetic fielding performance by Baljit Buttar who took a screamer of a catch on the boundary and saved plenty of runs. The U25s managed a healthy total of 251 in a rain shortened 35 overs which could have been much worse. Just like their batting, the Under 25s bowling was quite deadly, by taking the short bowling formula which proved to work. The Musketeers batsmen made a good start with Glen McLoughlin, and then Peter Kane coming in to give a few good smashes. The Musketeers had a good run rate at the start by reaching 49/2 after 7 overs, but lost their way and had a big middle order collapse. The U25s were proven the better team on the day and held the Musketeers to 151 runs to take the win by 100 runs. The Man of the Match for the Musketeers was death bowler Paul Keogh with figures of 5/28 from 5 overs and an outstanding catch at mid wicket.

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BEER, Marion Kissie:

In her 98th year, peacefully in her sleep at Kenwyn Rest Home, Te Aroha. (Late of Selwyn Village, Auckland and Parahaki Rest Home, Whangarei). Dearly loved wife of the late Sidney and loved mother of her three sons, Robert, David (deceased) and Phillip (deceased). Respected and loved mother-in-law of Lynette, Marilyn and Beverley. Beloved nana and great nana to all her grandchildren and great grandchildren. Special thanks for the love and care shown to Marion by the nursing staff and caregivers at Kenwyn Rest Home. Private cremation. All communications c/- Broadway Funeral Home-FDANZ, Short Street, Matamata 3400.

COOPER, Alan Earl:

Of Waihou. A Te Aroha Rotarian, PDG, PHF & Sapphire Pin Recipient. On 14 April 2016, aged 87 years. Dearly loved husband of Nolene and much loved Dad of Christine, Jo-Ann and David. A loved father-in-law and Grandpa to all the grandchildren and great grandchildren. A service for Alan was held yesterday at the Waihou Underdenominational Memorial Church. Communications please c/- 204 Thomas Road, RD3 Waihou 3393. Broadway Funeral Home (Te Aroha) FDANZ.

ECCLES, Fredrick Maurice:

On 14 April 2016 peacefully at aged 88 years. Dearly loved husband of Dawn, loved father of Robert and Wendy, Maurice and Fay, Peter and Raewyn, Colin and Sue, Trevor and Angela. Loved Granddad of Chris and Donna, Wayne, Rochelle and Jono, Phillip and Janneke, Gavin and Heather, Megan and Shaun, Steven, Michael and Alesha, Jillian. Loved Great-grandad of Ryan, Brody, Maddison, Charlie, Harlen, Iylah, Ethan and Adam. Thank you to all the people who were involved in Fred's care over the last several months. All communications to the Eccles family c/- PO Box 5523, Frankton, Hamilton 3242.

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LITTLE, Mary Charlotte Gaynor (nee Hutchinson):

29 November, 1936 to 8 April, 2016. Dearly beloved wife and soul mate of Selwyn. Much loved mother of Mark, Lynley and Bruce, Alan and Tina. Loving Nana to Jamie, Todd, Joel and Carla, Sheree, Julie and Judy, Melanie and Esther. A special and cherished Great-Nana to Blair and Daniel, Kaylee, Hayden and Sophie, Braydon, Jake and Harlo, and Evie. Sister to Heather, the late Beverly, Graham, the late Murray, Delwyn and Paul. Our sincere and heartfelt thanks to the wonderful, caring staff at Waipuna Hospice and the family would like to encourage donations be made to the Hospice in lieu of flowers. A private service was held on Wednesday, 13 April at the Woodhill Funeral Home in honour of Gaynor's wishes. Communication to the Little Family, c/o P.O. Box 3136, Greerton, Tauranga 3142. 'Rest in peace Gaynor, you will always be in our thoughts and forever in our hearts'.

MABER, Laurence Henry:

On Thursday April 14, 2016 at his home surrounded by his loved ones aged 94 years. Dearly loved husband of Yvonne for 72 years, much loved Father and Father-in-law of Geoff and Linda, Murray, Keith and Jann. Loved and respected Grandfather of Craig and Andrea, Brett and Joanna, Lisa and Hamish, Kristie and Richard and Angie and Glenn. Adored Great-grandfather of Maddison, Maclaren and Nixon, Frankie and Charlie, Jake, Zoe, Talie and Eden, Benjamin, Connor and Charlotte, Aiden, Kristian and Stacy. In accordance with Laurie's wishes a private family service has already been held at his private residence, all messages can be sent to Elliot's funeral services, 25 Ninth Ave Tauranga.

MATHEW, Louie:

Passed away 22.4.2015. Those we love don't go away, they walk beside us every day, unseen, unheard, but always near. Still loved, still missed and very dear. Loved always, Wilma

TROTTER, Raewyn Cheryl:

Loved wife of Dennis (Morrinsville) and mother and mother-in-law of Tracey and Gavin Nichols (London) and Rachel and Peter White (Hamilton). Devoted Grandma of Sam and Emma. Loving daughter of Val and the late Joe McMahon (Hamilton) and cherished only sister of Sharon (Wrenn). Passed away April 20 2011. Wonderful memories and never far from our thoughts

HOUSE, Ronald James (Ron):

Beverley, Kara, Karl and families would like to sincerely thank everyone for the tremendous support shown to us during and since our loss of Ron. The kindness of those who gave food, flowers, cards, letters, prayers and offers of assistance at our shop was overwhelming and very much appreciated. We are indeed truly blessed to be part of such a loving and caring community. Ron is sorely missed but will live on in our hearts. Warmest regards and God bless you all

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Morrinsville Golf Club
New World Meatpack Golf
Morrinsville Golf Course

Sunday April 24

Tee off 9.30-10.30am

Enquiries Ph 889-6696

Or 027-271-9260



**Kenrick St (SH 26), Rewi St, Lawrence Ave,
Whitaker St (SH26), Boundary St - Te Aroha**

Pursuant to the Transport (Vehicle Traffic Road
Closure) Regulations 1965, public notice is
hereby given that the Matamata-Piako District
Council will close the following roads to
ordinary vehicular traffic for the period stated
below so Anzac Services can take place.

Roads to be closed

- Kenrick St (SH 26), between Lipsey St and Church St
- Rewi St, between Boundary St and Lawrence Ave
- Lawrence Ave, between Lipsey St and Whitaker St
- Whitaker St (SH 26), between Lawrence Ave and Boundary St
- All State Highway 26 traffic will be diverted via Lipsey St and Burgess St.

Date and time of closure

Monday 25 April 2016 5am – 12pm

**MORRINSVILLE
DISTRICT
MEMORIAL RSA
(INC)**

AGM MEETING NOTICE

The 85th ANNUAL GENERAL MEETING
of the Association will be held in the
RSA Clubrooms,

27 Studholme St Morrinsville,

SUNDAY 1st MAY 2016, AT 1.30PM

AGENDA:

1. Welcome
2. Last Post
3. Apologies
4. Minutes
5. Matters Arising from Minutes
6. Receive and adopt the President and Treasurer's Reports
7. Receive and Adopt the Annual Accounts
8. Election of RSA Executive; Patron; President; Two Vice Presidents; Treasurer and membership Secretary
9. Election of Executive Committee
10. Verbal Reports from Sub-Clubs
11. Appoint Accountant, Auditor and reviewer for the 2017/2018 year
12. Set subscriptions for the year 2017 /2018
13. General Business

The following meetings have been scheduled
for the month of May 2016.

Matamata-Piako District Council – Council
Chambers, 35 Kenrick Street, Te Aroha on
Wednesday 4 May and Thursday 5 May 2016
(if required) at 9.15am. Council will hear
Submissions to Plan Change 48 of the
District Plan.

Matamata-Piako District Council – Council
Chambers, 35 Kenrick Street, Te Aroha on
Wednesday 11 May 2016 at 9.15am.

Matamata-Piako District Council – Council
Chambers, 35 Kenrick Street, Te Aroha on
Wednesday 18 May and Thursday 19 May (if
required) 2016 at 9.15am – Council to hear
Submissions to the Draft Annual Plan

Corporate and Operations Committee
– Council Chambers, 35 Kenrick Street,
Te Aroha on Wednesday, 25 May 2016 at 9.15am.

*This notice is made in accordance with Section 46
of the Local Government Official Information and
Meetings Act 1987.*

Don McLeod
Chief Executive Officer

**Morrinsville Intermediate School
Board of Trustees Election 2016**

Nominations are invited for the election of five parent representatives to the Board of Trustees.

A nomination form and a copy of this notice will be posted to all eligible voters. Additional nomination forms can be obtained from the school office.

Nominations close at noon on Friday 20th May, 2016 and may be accompanied by a signed candidate's statement.

The voting roll is open for inspection at school and can be viewed during normal school hours.

There will also be a list of candidates' names, as they come to hand, for inspection at the school.

The voting poll closes at noon on Friday 3rd June, 2016.

Signed, Michelle Cook | Returning Officer 7219980AA

**Te Aroha Kindergarten Association
AGM**

**Tuesday
May 17th 2016,
at 7.30pm**

7 Lawrence Avenue
Te Aroha

2 members staying on for 2nd year term.

5 positions available with 3 members standing for re-election

Nominations close 3pm on 6th May 2016

Email:
debbie@taka.org.nz
for nomination forms

**Morrinsville Wheelers
AGM**

**Tuesday
26th April, 2016
7pm**

Community House
Rooms, Canada St

All welcome

**Te Aroha & Districts Riding For Disabled
AGM**

**Monday May 16
7pm**

Ngutumunga Rd
Arena

All are welcome

www.

.co.nz

Te Aroha Country Music Club Inc.

CLUB DAY

Sunday 24th April 12.00pm

Guest Artist: Craig Robertson

Te Aroha Catholic Hall

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Te Aroha Golf Club

ANZAC DAY MONDAY TOURNAMENT

Tees open 12-1pm

Men, Women, Non Golfers, 9 Holers

All welcome

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**Te Aroha Social Services Inc
SPECIAL GENERAL MEETING**

**Monday 2 May 2016
2pm, at
195 Whitaker St**

To discuss pending closure of the Drop In Centre

**Te Aroha Senior Citizens
AGM**

Tues 3rd May, 1.30pm
Senior Citizen's Hall

All members and intending members welcome

**Gracelands Rock 'n Roll Club
AGM**

**Wednesday 4th May
7.30pm**

Methodist Church Hall
Morrinsville

This how we do it in New Zealand - we drive on the left side of the road.

Why do we actually drive on the left?

If a foreign tourist comes towards you on the wrong side of the road, don't necessarily blame the driver - blame right-handedness. Or Napoleon. Rob Maetzig backgrounds why we drive on the left.

Next time you get in the driver's seat on the right-hand side of your car, store everything in the centre console to your left, grip the steering wheel with your right hand, then head down the left side of the street, consider that you are doing exactly what your medieval ancestors would have done.

The only real difference is that instead of getting in via the right-hand front door of the car, they would have found it easier to mount their horse from the left, swinging their right leg over before getting in the saddle. Why? Because they would have had their sword stored in its scabbard on their left side, ready to be pulled out with the right hand to help deal to any danger.

And because the most efficient way to use a weapon with the right hand was to make sure the opponent was to the right of the horse, these medieval swordsmen would have ridden on the left side of the road.

Today, hundreds of years later, we still drive down the left side of the road, Well, about 39 per cent of do - all the rest of the world now drives on the right side of the road.

Apparently there are several reasons why more than half of us now drive on the right.

The story goes that it all began in the 18th Century when large wagons hitched up to several pairs of horses began to be used to haul big loads of farm products in France and the United States. These wagons had no driver's seats, and instead the driver sat on the left rear horse so he could keep his right arm free to use his whip. Because the driver was on the left, visibility was best down the left side of his team of horses, so these teams began keeping to the right side of the road.

Late that century the French Revolution added impetus to the change to the right - up until then the aristocracy travelled to the left and peasants to the right, but after the revolution the aristocrats decided to keep a low profile by joining up with the peasants on their side of the road.

What were the French bureaucrats to do? The answer was obvious - in 1794 they turned into law the trend to travel on the right side of the road. Then when Napoleon embarked on his conquests throughout Europe, he spread the law to those countries as well, with the only nations keeping left being those that resisted Napoleon's

advances.

One of those countries was Great Britain, which in 1835 made it mandatory to drive on the left side of the road. All other members of the British Empire followed suit, and that's why New Zealand and Australia are right-hand drive to this day.

Over the years various countries have shifted their driving habits from one side of the road to the other, almost exclusively from left to right, but some have gone from the right to the left - the latest being Samoa which changed to right-hand driving in 2009 so it could become easier to import second-

Because the most efficient way to use a weapon with the right hand was to make sure the opponent was to the right of the horse, medieval swordsmen would have ridden on the left side of the road.

hand cars from Japan and New Zealand.

Great Britain once thought it might like to change sides too - which obviously would have meant a change for New Zealand as well. In 1960 it was proposed to join most of the rest of Europe and switch to left-hand drive, but a combination of political opposition and the potential cost of the change soon put a halt to that idea.

So which is best?

There is some evidence to suggest that driving on the left side of the road is safer, simply because the greater percentage of the world's motorists are right-handed and therefore right-eye dominant.

This means the stronger right hand can be used to control the steering wheel, and the right eye is the one closest to oncoming traffic.

Whatever, it all means that as New Zealand's tourism industry grows, an increasing number of visitors from places as diverse as China, South Korea, USA and Germany will find themselves touring our country on the 'wrong' side of the road.

You can blame Napoleon for that.

Your health

WITH AUTHOR AND NUTRITIONAL BIOCHEMIST **DR LIBBY**

How much protein do I need?

I think I'm lacking in protein, I eat a relatively balanced diet and include meat but I read it's difficult to get enough protein. What are your thoughts on this? With thanks - Susie.

Hi Susie. Protein is an essential macronutrient. It supplies us energy, helps our bodies recover and is a critical part of our immune system. Proteins are composed of amino acids, which are the building blocks of muscle and other body proteins.

In the Western world it's pretty difficult to become protein deficient if you eat a varied diet consisting of whole foods.

The reasons you may not be getting enough protein are fairly straightforward such as, not consuming enough food in general (low energy/calorie restrictive diet), you're following a restricted diet such as a vegetarian or vegan diet, or if you have some digestive systems problems. If it is the latter, you

may not absorb the amino acids from your proteins foods effectively. If you don't eat enough food, your body may not have enough amino acids for building muscles, immunity, and healthy hair, skin and nails etc.

Science currently suggests that the average person needs to consume somewhere between 0.5 and 1 gram of protein per kilogram of body weight. On average, this suggests that for a person who weighs 70kg, that would be about 55 grams of protein per day.

But consuming "adequate" amounts of protein depends on a number of factors including: your physical activity, age, current muscle mass or current state of health (particular medical conditions can require higher or lower consumptions of protein). Furthermore, nothing in nature is 100 per cent protein. Many people have been misinformed about how much protein they actually need for optimal health.

For vegetarians or vegans, almonds and some other nuts are a good source of protein.

I'm a health coach and I wanted to know what your top three health tips would be for anyone wanting to lead a healthier lifestyle? Thanks, Chrystal.

Hi Chrystal. It's difficult to choose just three – but I think these tips are great for anyone wanting to improve their health and wellbeing, regardless of their current health status;

1. Instead of focusing on eating

Ask Dr Libby

Email your questions for Dr Libby to ask.drlibby@fairfaxmedia.co.nz. Please note, only a selection of questions can be answered.

less of something that isn't good for you, focus on eating more whole real food.

2. Become breath aware. A lot of people live on adrenalin and it

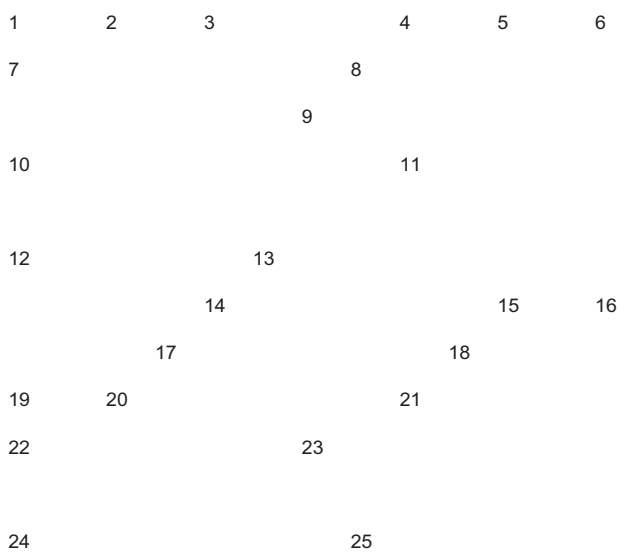
can cause a host of problems. Diaphragmatic breathing lowers stress hormones more effectively than anything.

3. Stay in touch with what a gift life is. When we feel grateful we can't be stressed.

■ Dr Libby's next Beautiful You Weekend is being held in Auckland on June 11 and 12. Visit drlibby.com for more information about this special event.

ANSWERS ARE INCLUDED ON THIS PAGE

NEW ZEALAND CROSSWORD



Across

7. Paradoxical (6)
8. Cut in half (6)
10. Rhythm (7)
11. New Zealand bulrush (5)
- 12/13. He sprang to fame after being Murray on Flight of the Conchords (4,5)
17. Value (5)
18. First song in Maori to be No1 in the charts (3,1)
22. Lessen (5)
23. New Zealand's most southerly and most recent national park (7)
24. Hearsay (6)
25. Deranged (6)

Down

1. Mobile dining delight formerly found in most towns and cities (3,4)
2. Farewell (7)
3. Titan (5)
4. Undress (7)
5. Commenced (5)
6. Leather strap used to sharpen razors (5)
9. The act of leaving (9)
14. Strait north of Stewart Island (7)
15. Well-liked (7)
16. After the expected time (7)
19. Military chaplain (5)
20. Place which calls itself 'Rose City', 'Knowledge City' or 'Student City' (abbr) (5)
21. One of only two New Zealand lizards (5)

THE TOP 10

1. What did New Zealand schoolchildren stop getting on February 10, 1967?
2. How did the 'funny-bone' get its nickname?
3. Lionel Richie was lead singer with which group?
4. What nationality are the inhabitants of the largest island in the Mediterranean?
5. In which year was the Treaty of Waitangi signed?
6. Which popular and distinctive bird is known in Maori as piwakawaka?
7. The 1984 movie The Killing Fields is set in which country?
8. In swimming, which stroke is the first in a medley relay?
9. What did the Owl and the Pussycat wrap up their honey and money in?
10. Which chemical element is represented by the letters Mn?

NZ CROSSWORD

20. Palmly, 21. Skink.
15. Poplar, 16. Belated, 19. Padre, Stop, 9. Departure, 14. Foveaux, 3. Giant, 4. Disrobe, 5. Begun, 6. Down: 1. Pie cart, 2. Goodbye, 25. Insane, Abate, 23. Rakitura, 24. Rumour, Darcy, 17. Worth, 18. Poie, 22. Cadence, 11. Raupo, 12/13. Rhys

TOP 10

10. Manganese, Backstroke, 9. A five pound note, 18/40, 6. Fantal, 7. Cambodia, 8. Commodores, 4. Italian (Sicily), 5. tific name, the humerus, 3. The 1. Free milk, 2. From its scien-

SUDOKU

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

JUNIOR CROSSWORD

Across

1. Someone who breaks the law (8)
7. A symbol on playing cards (5)
8. A smelly vegetable (5)
9. To suddenly start fighting someone (6)
10. Five plus five minus ten (4)
12. Music group (4)
14. Larger (6)
17. Mistake (5)
18. A book with cartoon strips (5)
19. Sections of a book (8)

Down

1. A loaf's hard covering (5)
2. Six-legged creature (6)
3. Press clothes with this (4)
4. Living (5)
5. Eggs can be cooked this way (9)
6. Wrong (9)
11. A round shape (6)
13. A compass point (5)
15. Fun activities (5)
16. Fall over something (4)

SUDOKU

SOLUTION

6. Incorrect, 11. Circle, 13. North, 15. Games, 16. Trip. Down: 1. Crust, 2. Insect, 3. Iron, 4. Alive, 5. Scrambled, Chapters, Zero, 12. Band, 14. Biggie, 17. Error, 18. Comic, 19. Attack, 10. Criminal, 7. Clubs, 8. Onion, 9. Attack, 10.

Long-serving school staff farewelled

TERESA RAMSEY

Two long-serving staff members have been farewelled at David St School after serving a combined total of 64 years.

Office administrator Shirley Reid worked at the school for 39 years and caretaker Lois Sinclair worked for 25 years.

The pair were celebrated at a fun and occasionally tearful farewell at the school on April 15.

Principal Brian Harrop said the pair loved the children and had made a difference at the school.

"It's really, really hard to sum

up 25 and 39 years of service to a school," he said.

"Shirley knows every single person in this school and their history, she knows everything about the school. We can never replace that level of knowledge."

Shirley Reid said 39 years had gone really fast and she would miss the children.

"I'm going to miss you all, you're like my second family."

Harrop also wished Lois Sinclair a well-deserved retirement and acknowledged her hard work in planting many trees.

"I thank you for everything you've done," he said.

Lois Sinclair said she was looking forward to spending more time in her own garden.

"I have enjoyed a lot of my time here, seeing the children learn and grow up and go off and do their own things in life," she said.

Three other teachers were recognised for long service, though were not retiring. They were Meryl Marks, 28 years; Wendy Borrie, 22 years and Jenny Bean, 18 years.

Lois Sinclair, left, and Shirley Reid were farewelled on April 15.

PHOTO: TERESA RAMSEY/FAIRFAX NZ

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