

Brook Park receives a spring clean

A BAND of very hard workers put their backs into making Te Kuiti's Brook Park look its best for summer visitors to enjoy.

Sunday morning's working bee saw about 20 people pruning, chopping, sawing, weeding, spraying, altering the entryway to the park and clearing deadwood off fences for five hours.

All of the dead trees and branches have been stacked on a huge bonfire to dry out ready for the town's Guy Fawkes celebration on November 14, thanks to mayor Brian Hanna whose tractor and front end loader made short work of the job.

Brook Park Society chairman and

deputy mayor Guy Whitaker was grateful to have so many workers in the clean-up crew.

"We've had a great turnout and it's lovely to see some new people," says Mr Whitaker.

"Everyone got stuck right in and we've now got a pretty impressive bonfire for Guy Fawkes night."

NEW RESIDENTS' VIEW

Fitting right into the Brook Park crew were new Te Kuiti residents, retired Hawke's Bay farmers Gerald and Liz Kay who moved here two months ago to be closer to their children in Benneydale and Te Awamutu.

"You are so lucky to have such a beautiful park right in town," says Mrs Kay who is particularly impressed by the numerous trees planted there.

"We came to the working bee because we've always loved planting trees and Gerald's a keen gardener.

"And we thought giving a hand at Brook Park was something we could do to help our new community.

"Gerald says it's a marvellous treasure that deserves to be looked after."

TOILETS VANDALISED

Mr Whitaker says



MANY HANDS: Waitomo district deputy mayor Guy Whitaker (left) and working bee team members Phil New and Gerald Kay finish off the new entrance gate to Brook Park, while mayoress Andrea Hanna (below) sprays thistles.



he's very disappointed that the public toilets at the top carpark have been vandalised and covered with graffiti. "And some idiots have lit fires up there, so I think we'll have to get rid of the barbecues.

"It's a real shame, but using the barbecues cor-

rectly is being abused and people are lighting fires.

"Obviously summer is the traditional time for barbecues, but it's also when we have fire bans, so having them at the park is really asking for trouble."



PITCHING IN: New Te Kuiti residents Liz and Gerald Kay enjoyed their first visit to Brook Park to help tidy it up for summer visitors.

THE PROFESSIONALS



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PREVENTION IS BETTER THAN "CURE"

So often today we wait until we are in trouble before we seek help for our health. Are you waiting until you have pain, restricted movement, headaches etc, then making a visit to the chiropractor, G.P, physio or massage therapist? The problem with this is that by the time your body exhibits symptoms it has more than likely been under "stress" for some time already. Symptoms are the body's way of crying out for help and more often than not people

confuse these symptoms with the actual problem. The symptom isn't the problem - sure it annoys or upsets you because it is interfering with the way you function, but something else has to be causing that symptom; the dysfunction of a joint or pressure on your nervous system leads to altered functional ability of the body and more often than not some form of pain. Don't be the person who waits for the symptoms to arrive then rushes to your health professional looking for that

quick fix or miracle "cure", be that person who is proactive, gets healthy and stays healthy. Exercise, eat clean, drink plenty of water, get adequate rest, and visit your chosen health professional on a regular basis. It is far easier to keep something working well than to fix something that is broken. Just as you service your car regularly, do the same with your body. Want to know how King Country Chiropractic can help you get healthy and stay healthy? Call us today for a chat.

For an appointment contact Scott at:



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SPRING PET CHECKS

It's spring, so include your pets in annual 'spring clean' checks with the following:

Vaccinations - up to date? Dare I say it, but Christmas is looming and if you are planning on being away, ALL kennels and catteries require your pet's vaccinations to be up-to-date. This includes Canine Cough for dogs, so book in early.

We have had some cases of Parvo Virus in the

clinic recently, so please ensure young puppies are protected against this fatal disease. Vaccination is the only prevention.

Fleas and worms - Fleas love the warmer weather and will be hatching in your carpets, pet bedding and other warm places. Flea control should carry on throughout the winter to avoid large infestations in spring. Wash all pets bedding and thoroughly vacuum all areas where your pets

sleep. Flea bomb the house if necessary.

Worming should also be done regularly. As worms can be present any time of year, we suggest defleaing and worming at the same time. There are many good combinations of treatments available over the counter without a vet consultation, so come and see our friendly, knowledgeable staff for advice on any of the above.



STEPH MACPHERSON

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