



Kiwis UK Tour Special

Newsletter

22nd October 2015

#95

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Kiwis and Staff, England Test Series 2015

Back row, left to right:

James Saunders (Physio), Lewis Brown, Siosia Taukeiaho, Alex Glenn, Roger Tuivasa-Sheck, Ben Matulino, Dean Whare, Jason Nightingale, Sam Moa, Dayne Norton (Head Trainer), Laurie Hale (Logistics Manager)

Middle Row, left to right:

Karl McDonald (Physio), Joe Wehbe (Peak Performance Coach), Grant Chapman (Media Manager), Sir Peter Leitch, Manaia Cherrington, Martin Taupau, Isaac Liu, Gerard Beale, Jordan Kahu, Peta Hiku, Tuimoala Lolohea, Dr Simon Mayhew, Brent Gemmell (GM High Performance), Anthony Carbone (Athlete Support)

NZ Kiwis VS.	UK Day & Date	UK kick off	NZ kick off(NZDST)	Venue	Supporters Bay
Leeds	Friday, October 23	8.00 pm (BDST)	Sat Oct 24, 8am	Headingley Stadium, Leeds	n/a
England	Sunday, November 1	5.00 pm (GMT)	Mon Nov 2, 6am	KC Stadium, Hull	Area W10
England	Saturday, November 7	2.30 pm (GMT)	Sun Nov 8, 3.30am	Olympic Stadium, London	Area 241
England	Saturday, November 14	1.00 pm (GMT)	Sun Nov 15, 2am	DW Stadium, Wigan	WS4

- Depart Sunday the 18th of October(NZ DATE) the rest are UK dates
- Arriving at Heathrow airport on the Monday the 19th and travel up to Leeds
- Staying at the Leeds Marriott Hotel
- Friday the 23rd we play Leeds at Headingley
- Saturday the 24th we fly to France and travel to Perpignan - Staying at the Mercure Hotel
- Sunday the 25th we travel to Barcelona then back to Perpignan and train at the Catalans Dragons Ground
- Depart France Wednesday the 29th and head to Hull staying at the Forest Pines Hotel and Golf Resort
- November the 1st we play our first test at KC stadium
- Monday the 2nd of November we travel down to London and check into the Marriott London Kensington Hotel
- Saturday the 7th is the 2nd test at Olympic Stadium
- Monday the 9th we head to the Marriott Liverpool City Hotel
- Saturday the 14th is our 3rd and final test
- Monday the 16th (NZ TIME) we head home arriving Wednesday the 18th 0700 (NZ time)

THANKS TO everyone who made it to Mt Smart to farewell the Kiwis on our tour of England. Everyone told me we would get no one to come, with the All Blacks against France at the Rugby World Cup on the box, and at 9.30am I was a bit worried.

But the crowds flooded in. I can't count past 20 but there was more than that! However many were there, they did manage to consume 10000 Mad Butcher sausages and 600 Tegel Chicken patties, so not a bad effort.

So we joined our great friends at Air NZ and flew out on Sunday night, with a couple of hours in Los Angeles before another long flight to London's Heathrow, and then a four-hour drive up the motorway to Leeds. Nothing glamorous about it I can tell you.

At least the hotel we are staying in is familiar. It is the same one we used way back in 2005 when I was the footy manager – and as I never get tired of saying – we thumped Aussie 24-0 to win the Gillette Tri-Nations.

Leeds Fans Love Us

Day two in the UK, our first full day, revolved around training at the Leeds Rhino Academy. The place was jumping, and to be fair, I did not actually see that much of our training, because I was mixing and mingling with Leeds fans.

They love us over here, and it's great to meet them. They are so passionate about their side, singing and chanting, and giving me stick about how they would clean us out. We shall see.

Bit Of A Side-Trip

I was in the van with our logistics man Laurie Hale and doctor Simon Mayhew on the way back from training when they made a little bit of a tour for me, dropping me at the doorstep of ITV Studios, where they make my favourite show Emmerdale.

I am an absolute tragic, never miss it, and I had a ball visiting the set.

There will be some pictures later in the week, so if you don't like Emmerdale, just delete it.

Great hospitality

Leeds Rhinos chief executive Gary Hetherington picked me up that night for a bit of rest and recreation at a local pub.

But when I got there two Leeds players, Josh Walters

and Adam Cuthbertson, who also played at Manly and the Knights, were there, and so too was my great mate Brian "Bluey" McClennan, who coached at Leeds.

Bluey was over for a big Leeds Town Hall Civic Reception hosted by the Leeds Rhinos Foundation as the club celebrates its long history. It was a fantastic night in great company.

All Good In Camp

Everything is as it should be in our camp. The boys have settled in well and football manager Nadene Conlon is right on the ball, while coach Stephen Kearney has the lads ticking along and raring to go.

The opening game can't roll around fast enough, especially for the new boys, who only have the game against Leeds to impress.

Truth be known I am really excited myself, and especially because my granddaughter Kristen, who lives in London, is coming up to the game to spend time with me.

They tell me the game is nearly sold-out, so bring it on!

Refs Chosen

Super League Grand Final referee Ben Thaler and Australian Gerard Sutton will officiate game one and two between England and the Kiwis.

Thaler, who refereed this year's Super League Grand Final has been awarded game one at the KC Stadium on November 1, and Sutton, who was in the middle for the all-Queensland NRL decider, will take charge of the second game on November 7.

An appointments panel will review their performances to see who will ref the third test on November 14.

Remember The Dates

The series starts at the KC Stadium in Hull, on November 1.

Game two is at Olympic Park in London on November 7.

The third test is at Wigan's DW Stadium on November 14).

Tickets Going Well

Tickets for all three games are being snapped up with more than 15,000 already sold for the first game at Hull, more than 30,000 for game two in London and more than 13,000 for the clash at Wigan.

England Down To Work

England Rugby League has teamed up with TROJAN to make them an official workwear partner of the national team.

TROJAN are already partners with Super League clubs Leeds and St Helens and are now growing their league portfolio.

Former Vodafone Warrior fullback and now England international Sam Tomkins was invited to go abseiling at Olympic Park wearing the latest clothes from TROJAN to celebrate the deal. But he won the coin toss and his teammate Chris Hill did the business off the 262-foot high sculpture, with Sam quizzing him from the bottom along the way.

"It was an amazing experience to be stood at the top looking down at the stadium," Hill said.

I'll bet it was. You would not get me to the top of Orbit at Olympic Park. No way!

League Boss Goes

Australian Rugby League's chief executive Dave Smith, who is a great bloke, has announced his contract with the NRL will end on November 30.

He said with another NRL season just finished and the financial year end approaching, it was the ideal time.

"Rugby League is a fantastic game with wonderful people involved at every level and it has been a privilege to lead the game," he said.

"I've been a change agent for most of my career and the time has come for me to hand over to a new leader to consolidate the gains and I finish with pride in the game's achievements."

It's Over For Ivan At Panthers

Former Vodafone Warriors coach Ivan Cleary has got the chop at Penrith, and you could knock me down with feather, because I thought the Panthers were going good.

The first indication Cleary's days were numbered, according to the Sydney Morning Herald, came over

a beer with general manager Phil Gould in August, after the Panthers 10-4 loss to Parramatta, when Gould said it might be time to leave.

"I had concern for Ivan midway through the year," Gould said. "I felt he was looking tired and I had the conversation. He came back a week later and said he was going to battle on. I just haven't felt things were going to be any better."

Penrith stunned everyone last year when they came within a preliminary final victory of making the Grand Final but injuries this season to fullback Matt Moylan, halves Peter Wallace and Jamie Soward, prop Brent Kite, hooker James Segeyaro and centre Jamal Idris, consigned Penrith to the also-rans.

Former Broncos coach Anthony Griffin is set to be his replacement.

Go Kiwis!



**NEW ZEALAND
RUGBY LEAGUE**

**Good luck from the
entire Newsletter
Team and all the
readers.**





And a big thanks to my great helpers on the BBQ WHO NEVER STOPPED ALL DAY JOB WELL DONE TEAM THANK YOU.



My wonderful helpers.



The fans lined up for hours for the Mad Butcher BBQ.



These guys can't wait to get on the field to make earn there first Kiwis jersey.



And the fans came in the hundreds even these two young men.



Curtis Rona's nan drove all the way from New Plymouth to say travel safe to her grandson love you boy.



I just love the fans that turned up on Sunday and THANK YOU ALL FOR GOING TO WATCH THE KIWIS TRAIN LIKE THIS WHOLE FAMILY.



It's was this guys birthday and he told me the best birthday present he got was watching the Kiwis train and the free BBQ ON THE DAY.



The boys love their Lewis Road Creamery milk..



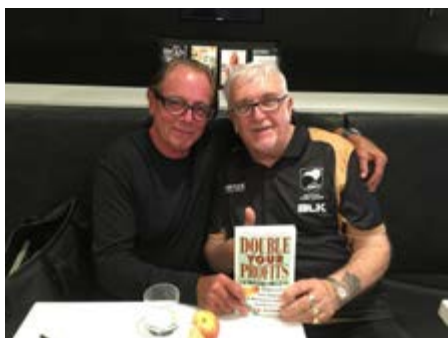
The fans had a blast on Sunday.



The fans loved the kiwi flags I was giving away FREE ON SUNDAY.



The fans support was fantastic these guys had a ball and a sausage or two on the day.



Meet up with my old mate Sir Michael Hill in the lounge before we flew out and he done this diddle sketch of me in a second.



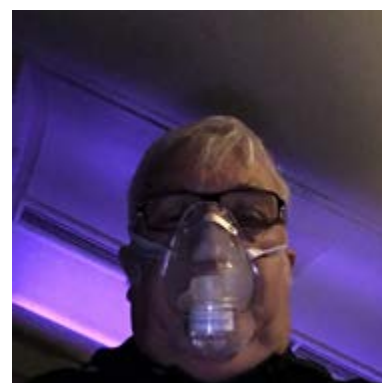
Roger Tulvasa Sheck was all smiles on arriving at Heathrow Airport.



Kodi Nikorima was traveling light as we head to our coach.



Me on the plane.



We'll get a humidifier to wear on the long flight. It did help to thanks to our team doctor Simon Mayhew.



I had to check out our coach before we hoped on for the 4 drive to Leeds.



Issac Luke and Ben Matulino having a feed at our pit stop on the way to a Leeds.



Martin Taipau relaxing on the coach ride to Leeds.



The coach chilling out on our Pitt stop on the four hour drive to Leeds.



The boss of Leeds Rhinos Rugby League club caught up with Stephen Kearney in the lounge of our hotel to go over details for this Friday's game.



This made me feel so proud. When we turned up to training at Leeds this supporter, Gail, had my book The Year the Kiwis Flew.



Hi
My name is Gordon Russell
I am the guy in the Warriors Anzac
Shirt that had a photo taken with you.
My Fiancee and I are looking forward
to the Dick Smith Auckland 9's in
February
Have a great tour
Kind Regards, Gordon



My mate Dexter would love this guy
Bob Bowman a local copper in Leeds
and to bloke.



Look Out!

The ultimate Kiwis Supporters pack may be landing on your doorstep.

Find out how next week....

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Leeds and Kiwis Have a Long History

By John Coffey QSM



THE KIWIS open their short British tour against the Leeds Rhinos on Saturday morning in a match designed to mark the 125th anniversary of the Headingley ground. Headingley is among the most famous of all English sports venues, with its dual-purpose North Stand flanking the rugby league field on one side and the Test cricket oval on the other.

Our rugby league rivalry extends back to the original 1907-08 All Golds. They not only beat Leeds but returned to Headingley to play the first-ever rugby league Test match between our two nations. In a total of 11 clashes, Leeds has won only once, by 11-6 against the 1972 World Cup Kiwis. The most recent match, in 1993, was won by New Zealand 35-6.

Leeds fans have long admired the skills of New Zealanders wearing their distinctive blue and gold jerseys. That association also extends back to pioneering days, with All Golds backs Joseph Lavery and Harold Rowe signing on for Leeds after impressing club officials during their tour.

Wellington centre Wally Desmond joined Leeds after the 1926-27 New Zealand tour, and – when a post-war international rugby league transfer ban prevented British clubs from raiding Australasia's top players – New Zealand Army rugby union fullback Bert Cook kicked 556 goals and scored 19 tries in 210 appearances for the club from 1947 to 1953.

In more recent times Leeds' Kiwis contingent included Dean Bell (as coach, development manager and a one-match player), Tonie Carroll, Dean Clark, Greg Eastwood, Kevin Iro, Morvin Edwards, Ali Lauitiiti, George Mann, Gary Mercer, Willie Poching, Clinton Toopi and Brent Webb, plus All Black centre Craig Innes and Kiwis coach Brian McClennan.

But the most successful overseas recruit was neither a Kiwi nor an All Black, though he carries a famous rugby league name. Front-rower Kylie Leuluai (nephew of James, cousin of Thomas) is hanging up his boots at the age of 37. After playing for five NRL clubs, Leuluai joined Leeds from Manly in 2007 and has won the Super League title six times, Challenge Cup twice, League Leaders Shield twice and World Club Challenge twice.

Leeds has dominated the 2015 British season, capping off a decade which has truly been a golden era in the club's 145-year history. Hull was thrashed by a record 50-0 scoreline in the Challenge Cup final at Wembley Stadium, with right wing Tom Briscoe scoring a record five tries. A last-gasp try to left wing Ryan Hall clinched the League Leaders Shield.

To complete the treble of top trophies, the Rhinos twice came from behind to beat Wigan 22-20 in the Super League Grand Final at Old Trafford. Individually, fullback Zac Hardaker won the prestigious Man of Steel award (Britain's equivalent of the Dally M Medal), while Brian McDermott was Coach of the Year. Collectively, Leeds was named Club of the Year.

Leuluai has made 264 appearances for Leeds but is by no means the senior member, or even the most experienced retiree, in the squad. Captain, loose forward and goal kicker Kevin Sinfield MBE (aged 35) played his 521st match for the club in the Grand Final and is the third highest scorer in British rugby league history with 4231 points, while prop Jamie Peacock MBE (37) has worn the jersey 288 times after previously playing 207 matches for Bradford.

Little Rob Burrow (33), the smallest player in Super League at 165cm (5ft 5in) and 66kg, can now count 441 games at halfback and hooker, while stand-off half Danny McGuire (32) has scored 258 tries in his 379 appearances and was Man of the Match in the Grand Final. They were products of the excellent Leeds junior system and marked for greatness at a young age.

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Being situated in such a big city and based at an iconic ground, Leeds was for many years accused of under achieving. But that has not been the case over the last decade as Peacock, Leuluai and Sinfield spearheaded a powerful forward unit, Burrow bewildered his much bigger rivals with his razzle dazzle and McGuire has been the pivot of an exciting backline.

While Leeds is not expected to have Peacock or the three backs included in the England squad – England plays France this weekend in preparation for the Kiwis series – invitations were extended to two famous “old boys”, Ali Lauitiiti and Adrian Morley, to make one final appearance in the blue and gold colours.

Lauitiiti, now 36, was an outstanding Warriors and Kiwis second-rower who took himself off to Leeds all too early in 2004. Big Ali bolstered the Leeds forward pack for 200 games before making his swansong in the 2011 Grand Final win over St Helens. Since then he has wound down his career with Wakefield Trinity, helping that club retain its Super League status.

Leeds was the 38-year-old Morley’s first professional club from 1995 to 2000. The intimidating front-rower then spent six seasons at the Sydney Roosters, including the 2002 NRL Grand Final victory over the Warriors. Back in Britain, he has played for Bradford, Warrington and Salford and is retiring after a total of 487 club games and 53 internationals.

Pirtek and the Kiwis

WHILE THE whole world focuses on the UK and RWC 2015, the world’s number one rugby league team - the NZ Kiwis - is also preparing to take England by storm, with a four-game tour of England to follow the World Cup final. Principal sponsor of the NZ Kiwis, Pirtek recently re-signed for a further three years and has launched a campaign to celebrate its involvement aligning the values of the two organisations and featuring Kiwis captain Simon Mannering as its spokesman. Sharing inspirational and leadership messages like “It’s amazing what you can get done if you don’t care who gets the credit” via posters, billboards and on websites like Stuff and NZ Herald on-line, the campaign will run while the Kiwis are in England.

The partnership between the Kiwis and Pirtek has been a long and positive one. Since joining forces with the Kiwis prior to their first Rugby League World Cup win in 2008, Pirtek has expanded its business, opening new franchises in New Zealand and overseas. Pirtek New Zealand general manager Chris Bourke says “Since becoming principal sponsors of the NZ Kiwis and New Zealand Rugby League, we have taken great pleasure in seeing them become leaders on the field. We have huge respect for their approach and share many of the same core values. Their commitment to delivering on these values - integrity, respect, leadership, courage and passion - is very important to us.”

If you want to know more you can visit the website

www.nzrl.co.nz/pirtek



ALI LAUITI'ITI: "There's still the possibility I could go around another year"

By John Deaker



THIS WEEK Ali Lauiti'iti will link up with his former team-mates from Leeds to take on the Kiwis in the only buildup match the Kiwis have before the three test series against England. Lauiti'iti became a cult-figure within New Zealand sport back when he played for the Warriors and the Kiwis between 1998 and 2006. His ability to miraculously offload the ball was a key ingredient in the 'Harlem-Globe-Trotters' style of play that the Warriors became renowned for during that era. Like many of the NRL's other stars who go and play in the UK Super League it's been a case of 'Out of sight, out of mind' the last decade since he took his entertaining brand of football to the Northern Hemisphere.

During his stint in the UK the 36 year-old has notched up a combined 290 appearances for Leeds Rhinos and Wakefield Trinity. This more than doubles the 'mere' 115 appearances that he had for the Warriors. He is looking forward to taking on his fellow countryman this week and keeping his career alive another year will provide additional motivation for him to perform well.

"It's funny. Everyone's been talking about retirement but there's still the possibility I could go around another year so if the opportunity arises I will... One of the driving factors is I want to do better than this year," he says.

Lauiti'iti's Wakefield team only just avoided relegation this year, whereas the Leeds team he played 190 times for had an exceptionally successful 2015 season where they completed the treble - winning the Challenge Cup, Super League and Grand Final trophies.

Leeds are likely to give the new-look Kiwis team a very competitive match. The Kiwis inexperience and the way they traditionally get better as tours go on means they are ripe for the picking and an upset could be a distinct possibility. The match also provides many interesting angles from Leeds perspective.

"They wanted to send off some of their legends that had played this year and they thought they'd invite myself and Adrian [Morley] for the game too," explains Lauiti'iti.

"I didn't know [initially] that it was celebrating a century of games played at Headingley. I think it was a surprise for their [Leeds] players too because they found out about halfway through the season and many of their players had booked flights for holidays."

The three legends who are being farewelled from this year's successful Leeds team are Jamie Peacock, Kevin Sinfield and Kylie Leuluai.

It promises to be an emotional occasion for many people involved. The match won't be the first time that Lauiti'iti has faced up to a haka during his career though.

"When I played for Samoa in 2010 we played at Ericson Stadium and we did the war dance and they did the haka... It'll definitely feel different playing for my [former] club," Lauiti'iti says.

Lauiti'iti has always been renowned as an impact player and jokes that the longevity of his career has "Been made pretty easy when you're only playing ten minutes". At the peak of his powers a strong ten or twenty minutes from him was enough time to break games wide open. The Kiwis will certainly be conscious of watching him closely at the weekend.

When Ali Lauiti'iti does finally hang up his boots for good his intention is to move his young family back to New Zealand where he'll always retain a special place in rugby league history for his ability to do things on the rugby league field that we'd never seen done before - and possibly will never see again.

SAM MOA: “We have a unique connection ... a bond that you can’t teach.”

By John Deaker



SAM MOA’S Sydney Roosters team’s loss could be the Kiwis gain. This year the Roosters were Minor Premiers for the third year in a row but surprisingly the favourites to take out the title were then knocked out by Brisbane in the Preliminary Final. That extra week can be a blessing in disguise at this time of year.

“I missed about four or five weeks with injury later in the regular competition so leading into the finals I was feeling fresh – but having the extra week off was even better,” says Moa.

“It wasn’t ideal for our club but I’m pretty sure the other boys would say the same... This has been even better to have an extra week,” he says.

“We were in that position when we won in 2013 and then you only had a week to soak it all in and celebrate it before you had to get back in to the hard grind and drain of training and the pressure of test matches. I’m pretty sure that’s what happened with Jason Taumololo [this year with North Queensland]. It’s hard in that sense.”

Moa views himself as a leader in this Kiwis team despite having only having played 6 matches for them.

“Especially with the guys that have pulled out of the tour it’s going to be an extra responsibility of mine to add a bit of leadership being one of the oldest in the team,” he says.

Even with large number of unavailable players, the front row where Moa plays remains world-class for the Kiwis, with men like Ben Matulino and Jesse Bromwich rated as some of the best in the world in their positions.

One X-factor Moa has over Matulino and Bromwich will be his familiarity with the English conditions – experience that he gained during 78 games he played for Hull FC between 2009 and 2012.

“It’s cold and the fields are heavy. It’s a totally different ballgame. So it will be a bit of a shock for the boys who haven’t played over there at this time of year... It becomes a bit of a slog... The short in-goals make a big difference too.”

At age 29 Moa still relishes the unique experience that being part of the Kiwis provides for him compared to playing club football.

“We might all come from different sides in Australia and New Zealand but we have a unique connection ... a bond that you can’t teach and it’s something special,” he says.

Fortunately for Moa, his pregnant wife might be Australian but she understands what it means for him to play for this country.

“She’s four months pregnant and it’s our first baby so it’s a big deal. But she’s very understanding and proud for me to play for the Kiwis,” he says.

Moa will also be taking a passing interest in the All Blacks progress on English during the next few weeks. Sonny Bill Williams played with him for two years at the Roosters and Moa says “We’ll definitely be cheering for him”.

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CURTIS RONA: "To be invited on the tour is a blessing"

By John Deaker



CURTIS RONA is committed to the Kiwis tour of England despite it being very likely his first child will arrive at some time close to the very middle of the tour.

It wasn't an easy decision for Rona to settle on but his family's assistance has made the call easier for him to be comfortable with.

"My wife and I have spoken about the situation but we've put procedures in place with family support ready," he says.

"As a kid you dream of playing for the Kiwis and representing New Zealand at the highest level and I still look around and see many players that I've been watching for years and I just think it's been a blessing for myself and when I get the opportunity I won't let it slip past. I'll represent my family and all my close friends that supported me along the way."

Rona initially hails from Waitara in the Taranaki region. His family moved to Australia when he was only 8 years old but with both parents being of Maori heritage it shouldn't be a surprise that Rona feels as much pride as he does about becoming a Kiwi. "It's a massive achievement for myself... To be invited on the tour is a blessing," he says.

Rona's Kiwis' selection caps off a massive break-out year for the 23 year-old that coincided with him moving from North Queensland to the Bulldogs. He has no regrets about leaving the Cowboys the year before they won the Grand Final.

"Definitely the move was the best opportunity for myself and there's no regrets at all," he reflects.

"People say 'You should have stayed at the Cowboys because they won a Premiership' but at the end of the day you have to look at what's in front of you and I've done that this year. I've set out goals and achieved most of them."

"I just wanted to play regular first grade and that's what the Bulldogs gave me. I was up at the Cowboys a couple of years and only scraped a couple of games. Des Hasler [at the Bulldogs] had full faith in me. He saw the potential and I knew I had the potential too."

ISAAC LIU : "To be picked for New Zealand is like a dream"

By John Deaker



ISAAC LIU and Manaia Cherrington are two other newcomers to the Kiwis. Here's some of their reaction soon after coming into camp:

Isaac Liu is a 24 year-old back-rower playing with the Sydney Roosters. When asked about getting named in the Kiwis' squad to tour England he said:

"It means a lot. To be picked for New Zealand is like a dream. I've always watched the boys play against Australia and cheered them on and it's a big thing and I'm very happy and privileged for me to be picked to play for my country."

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MANAIA CHERRINGTON : “I’m just ready to rip into it.”

By John Deaker



MANAIA CHERRINGTON is a 21 year old Hooker with the Wests Tigers. He was a late call up to the 23 man touring squad to replace Jason Taumalolo. When asked about getting named in the Kiwis' squad to tour England he said:

“It’s been an awesome experience so far ... all the boys have made me welcome... I’m just ready to rip into it.”

“When the Junior Kiwis came around I had to go to the Tigers early and decide what I wanted to do because both the Aussies and Kiwis were after me – but being a Maori and being proud of where I come from it was an easy option for me.”

“I played Junior Kiwis 2 years in a row and the very first JKs I was in during 2013 were the first team to do that [current] haka... I’m learning off Issac Luke. He’s pretty good at the haka and I just follow his lead.”

“Mooks [Stephen Kearney] is actually pretty laidback. But once it comes to training all he asks is for the boys to be really switched on because we only have about ten or eleven training sessions on tour over the thirty days.”

Martin Taupau

By Lee Umbers



DREADLOCKED KIWIS powerhouse Martin Taupau is itching to put the black jersey back on and ‘Kapow’ the England defence line.

Taupau was a sensation of the 2014 Four Nations final and this year’s Anzac Test, gaining cult status as - cornrows flying - he skittled rivals in charges that had fans off their seats.

The 25-year-old Tigers forward is hoping to rediscover that form in November’s three-test series against England. “Just finding that grit, that smart aggression. All the best for the Kiwis,” Taupau said.

Being asked if he was looking forward to encountering the English forwards brought a hearty laugh from the Auckland-born enforcer. “Of course I am. They’re very tough and especially with (his old Bulldogs team-mate) James Graham being in their side. And I think they’ve got Thomas Burgess - two big boppers in their team. So I’m looking forward to a challenge and it will certainly show me where I am in the ranks...and how tough mentally and physically.”

Taupau’s blockbusting runs and smashing defence - cementing his ‘Kapow’ nickname - have coincided with his moving a mountain of iron under the guidance of prominent Australian strength coach Sebastian Oreb.

A video of Taupau deadlifting 310kg - barbell bending under the strain - has gone viral, and seen him tagged the strongest man in the NRL.

His extra power from the strength training had been “a huge factor in my game”.

“It’s a huge boost in my confidence. And I’m pretty fearless. You’ve got to be fearless on the field...especially putting on that black jersey. Whoever runs at you, there’s only two outcomes...you either get knocked out or you smash them...that’s where my mind’s at, so just go and put your body on the line. And knowing that yes I can lift that and push heavy weights...is a huge boost for me.”

Continued on next page...

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Another key to his having the right headspace on the footy field are the cornrows he has done 48 hours before game time. "In my mind, my power's within my locks...and people find me intimidating because of (them)."

There's 'Samson-like' strength on display in a tribute video entitled Martin Taupau - Beast Mode, a montage of his fending off would-be defenders and busting defence lines. Whether on the field or in the gym - "I just go Beast Mode. I just lift anything, run as hard as I can, tackle as hard as I can."

Asked how he readies himself for his breath-taking charges, Taupau said: "I just take a deep breath in, get every little bit of negative energy that I have inside and just breathe all that out. And once that's out, I feel relaxed. And the minute I touch the ball, it's game on."

One of his pre-game rituals is probably especially appreciated by his partner Marlee. "I like to vacuum at home, do a bit of cleaning here and there, just to get my mind away from football."

Rather than bulk him up, Taupau's intense strength training routine has leaned him back by several kilos to 109kg, accentuating his cartoon superhero-like muscles and giving him an explosiveness which has seen him on the verge of stardom in another sport.

Earlier this month, he narrowly missed breaking the world record for the fastest 500m indoor row. He'd been invited to make the attempt after recording the most metres by an NRL player for one minute on a rowing machine in a contest on Australian TV league programme The Footy Show. "It was unfortunate that I missed it by only 3 seconds," Taupau said of his world record tilt. "But hey I'm not a rower, I'm a football player...I would have another crack, but I would have to train properly for it...You never know, I might do it in the near future."

One of his strength training partners is good mate and fellow New Zealander, mixed martial arts superstar James Te Huna.

The UFC competitor has asked him to do some MMA sessions, but Taupau's league schedule is too full to devote the necessary time to all the combat disciplines. He said he would contemplate boxing training, however, and would probably accept a charity bout if one was offered. "Yeah, I'd probably do that. Probably get Monty Betham...to get in my corner and help me out."

Earlier this year, it was reported Taupau was interested in following Jarryd Hayne's career path from the NRL to the NFL. He said a possible crack at American football one day in the future was still "a dream. But I haven't set out any goals or plans to do so at this moment because my main focus now is obviously the Kiwis".

Taupau was excited about being reselected for the national team and "really looking forward" to the tour of England, including flying to the other side of the world. "The furthest I've travelled is Samoa and PNG."

But it was going to be hard for the devoted dad to be away from Marlee and their two children. "(We've) got two little munchkins. My little boy (Isaiah), he's 15 months. And my little girl (Leilani), she turns five in two weeks, so daddy won't be here (for her birthday) - that's huge, I'm still coming to terms with that."

As he prepared to fly out of Sydney to gather with the Kiwis in Auckland before their journey to England, the league hero, power lifting video star and would-be indoor rowing world record holder said his philosophy in life was to give things a crack. "Never leave a stone unturned...just train hard and you can't give up...it's all about persistence and at the end of the day there will be something for you that you will benefit from."

Kiwis Helping Our Game Abroad - The Netherlands

By Duane Fyfe

WITH MANY New Zealanders making headlines plying their trades as professional rugby league players overseas little is heard of the hard working 'ex-pats' who are helping develop the game in countries that don't often feature on the Rugby League radar. In this article we feature the tireless efforts of volunteer Jason Bruygom who, since leaving our shores nine years ago, has faced many challenges in establishing the 13 man code in the Netherlands.

Jason's own introduction to rugby league wasn't until his family had moved from Wellsford, north of Auckland to Invercargill at the age of 11. Playing mostly school yard footy at lunchtime his first experience in an organised competition was when he was 16 for the He Taua rugby league club where he played centre in the Southland District competition. A move to Christchurch for work saw him play for five years in senior grades in the Canterbury competition, four seasons for Marist Saints and another for the Shirley rugby league club in the loose forward and second row positions.

Like many young New Zealanders the 'OE' beckoned Jason and having dual citizenship through his Dutch father the country, formerly known as Holland, was a natural place to go. Arriving in Rotterdam and with his Dutch heritage in check, he was approached to play for the Dutch National rugby league team. Jason learned that whilst the national team had been playing internationals against the likes of Scotland, Georgia, Russia and the Czech Republic since 2004 there was no domestic competition in the country. By 2008 the international matches had stopped and Jason was playing rugby union for the first time when he was motivated to do something for rugby league in his new country.

"I wanted people to have the option to be able to play Rugby League. I wanted to play the game I loved and I thought that the only way I can play it and give others the opportunity to play it here in the Netherlands is to set it up myself. With the help of some friends and now 6 years later on we are starting to see growth and it's popularity rise."

So in 2009, along with three other team mates from the Dutch national team they formed the Nederlandse Rugby League Bond (NRLB) with Jason as the Chairperson. The NRLB has observer status under the Rugby League European Federation (RLEF) who have assisted by funding and conducting Match Official and Coaching courses. We have plans in place that within the next couple years that the NRLB will be a member of the RLEF and Rugby League will be an officially recognized sport in the Netherlands, we believe that once this is achieved then we have a better chance of receiving funding. The Dutch Government does not recognise Rugby League as an official sport so the NRLB do not receive any funding or financial help via the government or local councils as yet.

Like many of RL volunteers in New Zealand Jason wears many hats to drive the development of the game in this soccer-mad country. He is also Chairperson of the Rotterdam Pitbulls RLFC, the development officer of the NRLB, coach and match official facilitator as well as still playing for the national team.

When asked how do you attract new players to the game "This is the hardest thing in starting a sport in a soccer crazed nation, its not easy but the main player pool had previously come from union, but now we are seeing people from sports such as MMA, kick boxers, soccer and even basketball now playing Rugby League. The people that finally try the game actually really enjoy it, but its just getting them to try it out first is the hardest part, but once they do it they just want to play more.. From there the game sells itself really."

2015 has been a personal highlight for Jason. "This year is the the year things started becoming official where three Rugby league Clubs were formed, The Rotterdam Pitbulls RLFC, The Amsterdam Cobras Rugby League Club and the Den Haag Knights Rugby League Club. Together with a team from neighbouring Belgium, the North Brussels Gorillas Rugby XIII we played over five weekends. In 2016 we plan to offer clubs a bigger and longer season. Next season we have a new team, the Harderwijk Dolphins, taking part which we hope to be one of many more Rugby League clubs to feature around the country."

Continued on next page...

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"We believe that once we have a good domestic competition then it will be a snowball effect for the National Squad and we will work to be competitive on an International level. First we want to get everything in-house running smoothly and up to standards with steady growth."

The NRLB is presently busy with their Rugby League at schools project, which is being carried out in its second year now by Kane Krlic, the National coach. The schools are all based in the north of the Netherlands and a very successful first year saw 500 children between the ages of 12 - 18 being engaged for the first time with the sport of Rugby League. The target of 1000 children has been set. We would like to expand this to other regions in the Netherlands and also like to include Women's Rugby League in the future.

With the many challenges that lie ahead to achieve their admirable goals we wish Jason and his team all the very best; his final words to readers are:

"If there are people who live in the Netherlands or you know people who live in the Netherlands that may want to be involved in Rugby League in The Netherlands then we would love to hear from them."

Contacts email: development@rugbyleague.nl or Facebook message Nederlandse Rugby League Bond



Kiwi Jason Bruygoms. A man with many hats helping develop our game in the Netherlands.



Logo of the Nederlandse Rugby League Bond.



Representing the Netherlands National team, Jason tackles low against a player from the visiting Oxford RL Old Boys visiting team.

**Keep up with what's happening on the Kiwis tour.
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Northland ITM Cup & RWC Review

By Ben Francis



Northland Taniwha's ITM Cup Season

IT'S HARD to find any positives from the Northland Taniwha's ITM Cup season, they became the first side since the 2007 Counties Manukau team to go winless, some even saying it was just as bad as the 1990 Southland NPC season.

This year's Northland team needed two things which would have made the team a lot better, they needed experience, this year's team was captained by Matt Moulds and Dan Pryor, both are fantastic leaders but the veteran voice on the field was nowhere to be seen. The other thing that was missing was a back who can break the line with ease; Rene Ranger for example. The likes of Warren Dunn and Dave Thomas were good when playing but we saw too many times during the season phases were building but no ground was being made.

This team will only get better however, lots of the young guys stepped up, Kara Pryor was one of the standout players in the entire competition and earned himself a contract with the Blues in 2016.

It was a tough first year for head coach Richie Harris, who took over the reins of Derren Whitcombe who signed a deal coaching in Japan earlier on in the year. Whitcombe led Northland to third place in the ITM Championship last season, Northland scored 276 points and conceded 284 compared to this year with Northland scoring 143 points and conceding 420. Nine of the ten losses were by 18 points or more.

Things can only go upwards for Northland, head coach Richie Harris's job is currently under review along with the assistant coaches. I like what Harris tried to achieve this year but sadly things did not work out. I believe Harris could lead Northland to success in the near future if he stays on. The goal this season was to develop locally grown talent and selecting players in all three major Northland Premier Rugby Competitions.

So there will be plenty to improve on in 2016, but with Dan and Kara Pryor (Highlanders & Blues) along with Sam Nock, Matt Moulds (Blues), Dan Hawkins (Rebels) all going to be in Super Rugby teams in 2016, there's hope they can make the players around them better for the 2016 season.

Rugby World Cup

THIS YEAR'S World Cup has to be one of the most exciting World Cup's in all sports we have seen. It has been hard waking up in the early hours of the morning to watch these games but the games have been full of entertainment and excitement which has made the effort to get up all worth it. The fact that we have an all Southern Hemisphere Semi Final just tells you how strong and well developed the Super Rugby competition and the Rugby Championship is, the addition of Argentina to the Championship in 2012 is so far proving to be a success based on their results in 2015, and the inclusion of a Super Rugby team next year will only help grow the game. I would have liked to have seen a full strength Welsh team take on South Africa in the first quarter final but with what seems like half the Welsh team injured it was not going to happen, South Africa tired Wales out and scored a good try off the scrum with minutes to spare to win 23-19. I will give Wales credit I believed without Leigh Halfpenny's goal kicking, Wales would struggle but Dan Biggar proved me wrong.

South Africa will face a tough task as they face the All Blacks in the semi finals. I will admit I was worried about the All Blacks but any doubts I had are all gone. The All Blacks annihilated the French no other way to possibly describe it. The way to describe the All Blacks win was domination. This will defiantly be the All Blacks squad to go the rest of the way unless injury occurs. The All Blacks went on to win 62-13.

I was surprised with how Argentina dominated Ireland. I thought if it was the 2007 Argentinean team playing I thought they'd win but I didn't expect this from this year's team. People were saying the French deliberately lost to avoid Argentina, but speaking to some Irish fans, they consider Argentina a bogey team.

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Argentina now have won three of the four matches between Ireland at World Cups. Ireland were missing some first choice players but they would not have made any difference I believe. Argentina winning 43-20.

Argentina will be facing Australia in the semi finals and Australia should be worried. After a near perfect pool play, Australia faced Scotland in the quarter finals. I am a Scotland Rugby fan, so I believed they could pull off the upset, and it looked like they would before an accidental offside penalty gave Australia a 35-34 win. I personally believe Scotland was hard done by. A very similar play occurred earlier in the game and a free kick was awarded to Australia. In saying that however, Scotland did everything they could to win the game, but throwing to the back of the lineout was a mistake and that will haunt them.

A few Scotland fans tried to throw bottles at referee Craig Joubert post game which was unnecessary. Scotland should be proud on how much the team has grown under Vern Cotter and they will only get better. Australia dominated possession and territory which ultimately got them home. As a fan, I feel for Scotland but little mistakes cost them, and that's the difference between the better teams and the lower ranked teams.

I would personally love to see an All Blacks vs Argentina final, that would be amazing for the growth of Rugby. Both the Semi Finals will defiantly be a fantastic watch for all.

**Keep up with what's happening on the Kiwis tour.
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**Well done All Blacks. What a fantastic win over
France! Good luck for your next game against South
Africa on Sunday**



Go the All Blacks!

Competition Winners - Congratulations

25 2015 Kiwi Jerseys -

- Matt Morgan of Parklands, Christchurch
- Francis Kolo of Glen Innes, Auckland
- Andrea Gallagher of Levin
- Phillip Kelleway of Titirangi, Auckland
- Jordan Mirelli of Mt Albert, Auckland
- Jim Close of Mt Wellington, Auckland
- Fiona Passi of Mangere East, Auckland
- Tony Kimi of St Clair, NSW, Australia
- Gill Brennan of Rototuna, Hamilton
- Hope Wilson of Henderson, Auckland
- Chris Willis of Hastings
- Ethan Clarke of Massey East, Auckland
- Riley Erick of Howick, Auckland
- Paula Rahiri of Wainuiomata, Lower Hutt
- Kevin Miller of Mt Eden, Auckland
- Ross MacAskill of Halswell, Christchurch
- Pascal Rodriglet of Carcassonne, France
- Jamie Bromley of Karoi, Wellington
- Arron Smith of Ponsonby, Auckland
- Dianne Bell of Birkenhead, Auckland
- Jason Subritzky of Whangarei
- Tim Cowling of Long Bay, Auckland
- Pat Cattons of Patumahoe, Auckland
- Shane Warman of Rolleston, Christchurch
- Daniel Taiapa of Ashmore, Queensland, Australia

25 Vodafone Warrior Heritage jerseys -

- Billy Davis of Manukau, Auckland
- Rani McLean of Papatoetoe, Auckland
- Donna Matthes of Perth, WA, Australia
- Peter Howley of Invercargill
- Chris Blair of West Harbour, Auckland
- Pam Barrett of Pleasant Point, Timaru
- John Wall of Turangi
- Jade Kimitaung of Otahuhu, Auckland
- Courtney Jones of Christchurch
- Scott Edhouse of Rototuna, Hamilton
- Dean Tucker of Lytton West, Gisbourne
- Tyler Blake of Albany, Auckland
- Micheal Owens of New Lynn, Auckland
- Wayne Mcleod of Gorokan, NSW, Australia
- Emma Harper of Papakura, Auckland
- Noel Andrews of Mt Albert, Auckland
- Judy Wilson of Hokitika
- Gareth Thomson of Balclutha

- Ronice Ryken of Alfriston, Auckland
- Jules Numanga of Ngaruawahia
- Marie Harper of Pakuranga, Auckland
- Paul Taylor of Ridgewood, Perth, WA, Australia
- Sean Tighe of St Johns Hill, Wanganui
- Kate Woodward of Rocky Bay, Waiheke Island
- Simon Johnston of Grey Lynn, Auckland

Here are 10 Big League Grand Final Programme and NRL coin winners -

- Barry Woolhouse of Halswell, Christchurch
- Jennifer Hohaia of Huntly
- Te Haua Taua of Highland Park, Auckland
- Aaron Tallott of Rolleston, Christchurch
- Katrina McKeown of Timaru
- Stuart Sutton of Auckland
- Janette Knight of Te Atatu South, Auckland
- John Renowden of Clarks Beach, Auckland
- Tim Milner of Hoon Hay, Christchurch
- Jayden Bowman of Gleniti, Timaru

And 10 Big League Grand Final Programme and Warrior 20 year anniversary token winners -

- K Roberts of Pakuranga, Auckland
- Martin Kwan of Te Kowhai, Hamilton
- Darryl Young of Tainui, Dunedin
- M Brown of Weymouth, Auckland
- Marcia Broughton of Patea
- Simon Coe of East Tamaki, Auckland
- Brad Davidson of Taupo
- Maureen Parker of Torbay, Auckland
- Steven Collins of Glen Eden, Auckland
- Bob McRae of Pakuranga, Auckland

We have also drawn 10 consolation prizes for those missing out on jerseys -

- Sam Henwood of Hikurangi
- Lionel Flashman of Auckland
- Tina Panapa of Weymouth, Auckland
- Sarah McIvor of Hillcrest, Hamilton
- Craig Aitu of Panmure, Auckland
- Tim Bloomfield of Rangiora
- R Greaves of Sunnyvale, Auckland
- Glyn Edwards of Glenholme, Rotorua
- Paul Paton of Onehunga, Auckland
- Bevan Kinraid of Wakari, Dunedin

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Bay Twisters Fundraiser

Good Afternoon Mr Leitch,

HOPE YOU are well! We went to Nationals this weekend and bought home gold and silver medals – very proud for a non profit cheer team!

I am fundraising for my daughter to help with comp fees for next year (putting the hard work in now)!! If you are keen to buy some wines or know any big companies or groups I can send to please shout!! J if anyone orders they will need to put n Cheerleader name 'ANNA'

I also attach some cool pics from Nationals this weekend!

Take care and speak soon

Beccy

www.baytwisters.co.nz



SILENI ESTATES WINE OFFER FUNDRAISER FOR BAY TWISTERS INCORPORATED

By promoting this offer you *know* you are distributing fantastic wines at unbeatable prices and Sileni Estates will donate \$40.00 (incl GST) per case back to the Bay Twisters Incorporated to assist with fundraising for competition fees. Your support is greatly appreciated.

Included in this offer we have some superb wines to enjoy over the summer months, extremely quaffable and perfect for those long hot days and evenings.

Wine can be ordered by the bottle or by the case.

LOOKOUT POINT ML Sauvignon Blanc 2012*

\$12.00
Per bottle
(RRP \$16.00)

This aged Marlborough Sauvignon Blanc labelled for our overseas market has classic gooseberry fruit flavours with sweet honey notes and a soft and approachable finish.

Food Match:

Great with Seafood and Asian cuisine, or drink as an aperitif with friends.

Serve lightly chilled.

TAHUNA HB Pinot Gris 2012*

\$12.00
Per bottle
(RRP \$16.00)

Tā-hu-na (n.) – the New Zealand Māori word for riverbank

Labelled for our European markets this Pinot Gris has classic aromatic peach flavours along with beautifully balanced acidity and a long finish.

Food Match:

It is just off-dry and well suited to seafood, white meats and Asian Cuisine.

TĀHUNA HB Chardonnay 2012*

\$13.00
Per bottle
(RRP \$17.33)

Tā-hu-na (n.) – the New Zealand Māori word for riverbank.

This wine labelled for our overseas markets and sourced from Hawke's Bay grapes has citrus and nectarine flavours backed up with sweet oak.

Food Match:

Try this with fish freshly caught from the sea, poultry and dishes with a light creamy sauce and soft cheeses.

TĀHUNA Sparkling Rosé*

\$13.00
Per bottle
(RRP \$17.33)

Soft, luscious, fruit flavours provide the basis of this wine. This Sparkling Rosé is made in an aromatic, fruit driven style with light tannins. It is a bright ruby colour, with aromas of raspberry and stonefruit, and a fresh, mouthfilling palate.

Food Match:

An excellent aperitif or delicious with canapés and seafood.

Drink well chilled

OVERSTONE HB Pinot Noir 2014*

\$16.00
Per bottle
(RRP \$18.95)

This wine labelled for our overseas markets is sourced from Sileni's Hawke's Bay vineyards. The wine is a ripe and deeply coloured food wine, with concentrated black cherry and dark berry aromas following through to the palate where dark berryfruit and cherry flavours are supported by soft tannins.

Food Match:

This is a great wine with hearty pastas, roast chicken, duck and New Zealand lamb or enjoy with a platter of soft cheeses.

Awards:

Silver Medal – The Global Pinot Noir Masters, UK, 2015



BAY TWISTERS INCORPORATED

SILENI ESTATES FUNDRAISER ORDER FORM

NAME: _____

PHONE: _____

EMAIL: _____

ADDRESS: _____

NAME OF TEAM MEMBER WINE ORDERED FROM: _____

Please send me:	RRP Per bottle	Bay Twisters Special Price Bottle / Case	Order in bottles quantity	\$ TOTAL
Lookout Point ML Sauvignon Blanc 2012*	\$16.00	\$12.00 / 144.00		
Tahuna HB Pinot Gris 2012*	\$16.00	\$12.00 / 144.00		
Tahuna HB Chardonnay 2012*	\$17.33	\$13.00 / 156.00		
Tahuna Sparkling Rose*	\$17.33	\$13.00 / 156.00		
Overstone HB Pinot Noir 2014*	\$18.95	\$16.00 / 192.00		

I would like to receive further information on Sileni Wines Yes ☐ TOTAL \$

\$40.00 (including GST) per case will be provided in sponsorship to Bay Twisters Incorporated to assist with fundraising for competition fees. Your support is greatly appreciated.

I would like my purchase to support _____ (name of cheerleader or ALL).

I am over 18 Years of age (tick) Yes ☐

- Offer closes on Tuesday 17th November 2015.
- The offer is available for personal consumption only. It is not to be on-sold and is not available to On and Off Premise licence holders.
- Payment must be made by cash, cheque or electronic transaction at time of order.
- Please make cheques out to **Sileni Estates**.
- Please send order forms & payment to Sileni Estates, C/-79 Mortlake Heights, Pyes Pa, Tauranga.
- If paying by the internet please make payment to The Fundraising Account # 01-1193-0166334-03. Include your name on the transaction, then email your order and details of the transaction to: Rebecca@baytwisters.co.nz
- Ph No for enquiries: Rebecca 021-1916933
- You will be contacted by the Bay Twisters Fundraising Group regarding pick up/delivery of the wine. Please ensure you provide a contact phone number and/or email address.
- *Offer available while stocks last. Sileni Estates reserves the right to change vintage &/or brand of wine offered for a wine of equal quality and value dependant on stock levels.

Payment Details:

- Please find enclosed: My cheque for \$ _____ (made out to Sileni Estates) or Cash \$ _____
- Internet _____ (date)

Signature: _____ Date of Birth _____ Signature acknowledges that I am 18 years of age or over.

Should you wish to receive information regarding Sileni Estates fundraiser package please email: directsales@sileni.co.nz

Persons under the age of 18 years may not order or receive wine on behalf of anyone else.
All wine to be sold by persons 18 years of age and over only

*Offer available while stocks last. Sileni Estates reserves the right to change vintage &/or brand of wine offered to a wine of equal quality and value dependant on stock levels.

High Praise Indeed...

FORMER RADIO AND TV SPORTS COMMENTATOR MURRAY DEAKER RATES OUR NEWSLETTER

Hi Mate,

ICANNOT BELIEVE the amount of good stuff in this newsletter. It is now probably the biggest weekly league publication in the world. No, I'm not joking.

Congratulations, Murray Deaker

**Terry is a big league fan and has been for many years SO THIS IS A GREAT COMPLIMENT TO ALL OF
OUR EFFORTS**

Thanks Pete, best newsletter ever. Have a great trip with the Kiwis

Regards, Terry wood

At the Parker v Meehan Fight



Dexter, Rodney Green and The Butcher



I'm ready to rumble.



Me and the boys from Napier and ring announcer LT Dan Hennessey and international commentator the legend Colonel Bob Sheridan and Shane Cameron as well at the Joseph Parker Fight.

Michelle Welsh - By Sharon Tarapipipi

WE ALL know our motto for our great game is "Rugby League, More than just a game" and we happen to have an outstanding example of that motto here in the Nelson/Tasman district.

Michelle Welsh, affectionately known as Mitchy in our league circle, is one of our unsung volunteers with an impressive record in league from the last few years, as club medic, manager, strapper and go to person, she makes the effort to include the partners and families, has played for the women's league team, she's stepped up into roles with our rep teams, the Tasman Titans 17s & Seniors as co-manager, medic/strapper, as well as offering support and assistance to our other clubs on game day. She goes the extra mile without hesitation and has an excellent rapport with many.

While that is impressive in its own right, what makes Mitchy even more inspiring is after giving hours and hours to our great game, she has also been setting and reaching personal goals in her chosen sport of powerlifting and this is where our motto kicks in.

Mitchy has only been lifting for 2yrs after looking through a list of sports in a South Island Masters games brochure after her rugby days ended. She has dedicated untold hours to her training, setting goals and reaching them, all while raising her two teenagers as a single parent, working fulltime and pursuing her own hobbies and activities on top of what she already does for rugby league.

She has since won a novice powerlifting comp, shed 17kg, represented NZ at the Asia/Oceania comps and has now been selected to represent NZ in Vancouver next month. New Zealand is sending 8 men and 7 women with Mitchy being the only person from Nelson that made the team.

Tasman Rugby League loves to celebrate our leaguies other achievements outside of the game and we are right behind Mitchy as she prepares to fly out to Canada on November 28th. Fundraising is in full swing with a quiz night coming up, sausage sizzles, and a Facebook page called Michelle Welsh - NZ Powerlifter has been set up to follow her journey. A Give a Little page has also been set up for anyone who would like to donate to help get Mitchy to Canada. All and any support is most appreciated.

<https://givealittle.co.nz/cause/helpmitchygettovancover/>

We wish you all the very best of luck Mitchy!!!



Michelle with her coach Jason Hylkema.

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The Newsletter Team

Here is the team that help me make the newsletter each week. Between us we make the newsletter happen - and like everything it's a team effort.



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