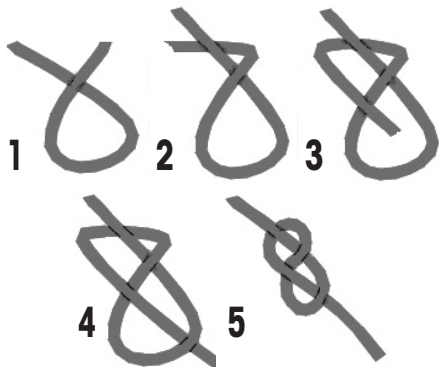


How to knot...

Knots are very handy things to know when you go out boating. Here is a new one to learn this month.

FIGURE OF EIGHT KNOT...

... is a stopper knot - it keeps the line from slipping out of things, such as a pulley.



WHATS COOKING?

Fish Burgers

4 crumbed fish fillets (or frozen fish fillets if you haven't been able to go fishing!)

4 hamburger buns

Lettuce

Tomatoes

Tartare sauce

Cheese (optional)

Butter

Cut the burger buns in half and toast until lightly browned.

Heat the butter in a frypan and cook the fish until golden brown and cooked through - you might need to ask for help from mum or dad.

Slice the tomatoes and cheese.

Butter the hamburger buns, top with a fish fillet, then a teaspoon of tartare sauce spread over the fish. Layer on the cheese, tomatoes and lettuce and put the other half of the bun on top.

These are yummy served with chips - get mum or dad to help you cook some frozen oven fries.

MEET US KIDS

Met Gabby Harding, aged 11. This is Gabby out fishing in the OBC family fishing competition this year. Gabby had a better day fishing than her dad but is not too keen on touching the messy stuff like fish - or even worse... BAIT!

Congratulations Gabby, you are now in the draw for the family trip to Fiji!



What's on? Auckland Zoo

School holidays are coming up soon and we bet you just can't wait.

There's so much out there to do and see; how about a trip to the Auckland Zoo?

The zoo is certainly a different place these days to what it was like when we were kids. For a start, you couldn't go onto the internet and check out what's happening before you went - you had to wait until you got there!

Take a look at the Auckland Zoo's website at www.aucklandzoo.co.nz, it's amazing what you'll find. Vote for your favourite name for the new tiger cubs, find out about tours where you get really up close with some of the animals, or become a 'junior zoo-keeper' for a day! Heck, you can even have your birthday party at the zoo.

There are heaps of photos, information about all the animals and even a map so you'll know exactly where to find your favourite animals when you get there.

Auckland Zoo is open from 9.30am to 5.30pm and the price for kids is just \$9, adults \$19, or you can get a family pass and save a few bucks.