

Cambridge Edition



And so we farewell the 2016 Cambridge Autumn Festival and street carnival, rich with colour, music and art. Thumbs up to the organisers for pulling it all together so brilliantly. Photos by Viv Posselt and Emma James. For more of the same, visit *Cambridge Edition* Facebook and Neighbourly pages.



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6 Wilson Street • PO Box 754, Cambridge

Phone 827 4945 Fax 827 4965 email: gnicklin@4survey.co.nz You have to wonder at times what makes some people tick.

The deliberate spilling of oil onto a suburban driveway and postbox (see page 3) has got to be up there with the top inane ideas embraced by any crackpot anywhere.

Even if the oil-spilling perpetrator felt they had just cause, seeking revenge by tipping out oil where people could be walking, cycling or driving seems to be stupid beyond belief.

Whatever happened to face-toface discourse in the event of disagreements – imagined or otherwise?

And if that doesn't work, there are a host of other steps that can be taken without putting innocent people in danger.

This instant, knee-jerk need for revenge pops up at every turn today.

It sometimes occurs to me that the ease with which people can express vitriol via social media platforms has spawned a belief out there that absolutely anything goes.

Viv

io do lis



1.

The facade of the Cambridge Town Hall will feature another light show on Sunday. Turn to pages 16 and 17 for details.

2.

The Halberg Junior Disability Games come to St Peter's School this week. See more on page 12.

3.

There's a new exhibition opening, featuring work by Cambridge's Annemieke Farmilo. Details are on page 13.

4.

We have tickets for The Great NZ Food Show coming up. Turn to page 30 to find out how to win.

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Cambridge's Anzac Day arrangements are on pages 16 and 17.

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BONUS

USB Charge

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Contact us EDITOR: Viv Posselt, 827 3840,027 216 3691, viv.posselt@fairfaxmedia.co.nz. MANAGER: Pam Ryan, 027 294 1405. REPORTER: Emma James, 827 3840, 027 204 2932, emma.james@fairfaxmedia.co.nz. ADVERTISING SALES: Manager, Samantha Cutler, 827 3840, 027 497 9416, samantha.cutler@fairfaxmedia.co.nz: Hayley Elvines, hayley.elvines@fairfaxmedia.co.nz: Alison Osborne, alison.osborne@fairfaxmedia.co.nz. CLASSIFIEDS: Angela Farrell, angela.farrell@fairfaxmedia.co.nz (deadline Mondays 4pm) ROP AD DEADLINES: 4pm Thursday DIGITAL EDITIONS: cambridgeedition.co.nz ADDRESS: 13 Anzac St, PO Box 372 Cambridge 3450 MISSED DELIVERY: 827 3840 or angela.farrell@fairfaxmedia.co.nz. Audited net circulation 15,581* ABC (Dec 2014)

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Mistaken identity leads to damage

EMMA JAMES

A Cambridge couple believes a case of mistaken identity has led to two separate incidents leaving their driveway stained by engine oil.

Twice in the past six weeks, Jenny and Gordon Baker have woken up to the oil poured across their Tulip Dr driveway and over their letterbox.

It happened for the first time in February, and again last week.

"There was oil spilt on the footpath and down the road towards the high school, and we found the oil can by the high school under the construction sign," Jenny said.

She said it took two weeks and \$400 to remove the stain from their driveway last time.

Gordon works as a caretaker at Cambridge Middle School and initially wondered if it had something to do with the arson that took place on school grounds earlier this year, but CCTV footage they have seen shows an older person.

"I don't really have anything to do with the students at school so we have no reason to believe that we have upset someone," he said. "We haven't offended someone

so much that they would do something like this." Gordon and Jenny think the

person doing the damage might believe someone else lives at their address, so they are being targeted accidentally.

They have since installed LED lighting that illuminates their entire driveway, and will now have to spend even more money to get rid of the stain for a second He thinks the oil may come from a diesel motor.

"It's cost us about \$3000 to date and if we have to replace the concrete it will be closer to \$10,000," said Gordon.

time.

"It's scarv because you don't

Jenny and Gordon Baker have had engine poured over their driveway twice in the last six weeks. They believe they have been wrongfully targeted.

know what's going to happen next. Jenny said she has become

quite paranoid, checking the driveway every night before she goes to bed, and going to bed later than usual.

Sergeant Gordon Grantham of the Cambridge Police also

believes the couple has been mistaken for someone else.

"Some CCTV camera footage from the area has been viewed and enquiries are continuing," he said.

Shed competition winners

VIV POSSELT

Sunday turned out to be a shedload of fun for those at the street carnival's 'Best Little Shed' fundraising competition finale at the lively end of Empire St.

All six painted sheds were auctioned off to new homes, prizes were won, and a figure of \$3000 – and rising – was raised for the Waikato-Bay of Plenty Cancer Society.

The event was a new Cambridge Autumn Festival addition. It was the brainchild of Mark Watts from Lugtons Cambridge. The six teams involved were

five banks – ASB, BNZ, ANZ, Kiwibank and Westpac - and Cambridge High School (CHS).

Five real estate companies funded the sheds - Lugtons Cambridge, Bayleys Cambridge, Cambridge Real Estate, LJ Hooker Cambridge, and Harcourts Cambridge.

The Cambridge Autumn Festival committee invited CHS to create the sixth shed.

Mitre 10 Mega in Cambridge supplied the sheds at preferential prices, and Resene Paints NZ donated the paint.

With all that in hand, each of the six teams had to construct and paint their shed to reflect their version of the 'Cambridge' theme.

BNZ whisked off the overall trophy as winner of the Battle of the Banks competition.

The Best Artwork trophy went to Kiwibank, and the People's Choice Award went to the Cambridge High School team.

CHS teacher Phillipa Oranje with Mark Watts from Lugtons Cambridge after CHS was presented with their award on Sunday. PHOTO: VIV POSSELT/FAIRFAX NZ

"Cambridge's local theatre adds depth to the rich tapestry of our town.

LOVELY PARK

I generally don't read the letters to the editor or make public comment. However I have just taken my dogs for a walk through the new oak arboretum on the town belt in Cambridge North between Swayne Rd and Watkins Rd. This is coming on nicely with the tree surrounds removed, trees form pruned, mulched and weed sprayed. It isn't Hagley Park yet, but it's certainly changing into an asset.

Nice job Waipa District Council.

lan McHarg

PRAISE FOR SHOW

Cambridge Repertory Society's production of *Hot Water*. Thanks for a great night's entertainment. Great story.

Good laugh.

Outstanding cast.

From the time we were greeted by Front of House staff, we enjoyed a good dinner and a great show.

A great night enjoyed. We must be proud of the quality of our Cambridge Repertory Society.

Elaine and Graeme Haworth.

We have had friends visiting from the United States for a few weeks and have really enjoyed getting out and about. mostly in the

FESTIVAL PRAISE

out and about, mostly in the Waikato area. They will soon return home, but one of the best things we have done as their visit draws to a close has been to go to some recent events in Cambridge – I was told they were part of the annual Autumn Festival held in the town. We went to a couple of the evening shows and enjoyed wandering around with the crowds during Sunday's street festival.

One of our friends said they have a similar event in their small town. They were delighted by the range of entertainment in the programme, and commented particularly on the mood of the day. They said everyone they spoke to was really helpful and friendly. They wanted me to pass on their thanks. Our friends leave to return home at the end of this week, but will take with them some good memories and a few trinkets from that day. Thank you everyone.

J. Hudson

GET IN TOUCH ONLINE

"We must be proud of the quality of our Cambridge Repertory Society." Elaine and Graeme Haworth

ONLINE CHATTER

For the last few weeks someone too frugal to pay has been dumping their house and landscaping rubbish at various points on Maungakawa Rd. Disgracefully they damaged the old entrance to the track too. Very disappointing to see such a level of disregard for our lovely surrounds. - **Imelda Devaney on Neighbourly**

HAVE YOUR SAY

Your letters are welcome – email them to viv.posselt@fairfaxmedia.co.nz, or drop them in at our offices (13 Anzac St). Keep them to around 200 words. There is no guarantee of publication.

Sunday's street carnival, complete with Cambridge Neighbourhood Support's Ruru the owl and Isla Cuming, proved popular with visitors near and far. Photo: VIV POSSELT/FAIRFAX NZ

The best way to protect yourself and your loved ones is to get vaccinated.

- Influenza can be a serious illness that can put anyone in hospital or kill them.
- Vaccination is the best protection from influenza, and the best defence in preventing the spread of the illness.

Those most at risk are eligible for FREE

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- adults and children with long-term
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Available at all GPs and Health Centres - vaccination is FREE for everyone over 65 and for those most at risk.

Some Waikato pharmacies also offer influenza vaccination. Check with your local pharmacy or see list below.

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For more information about influenza, and how it can affect you, visit www.fightflu.co.nz

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Crashes spark safety concerns

EMMA JAMES

A barrier arm has been installed along a Cambridge road after a spate of incidents where cars crashed into the yard of a landscaping business.

Greenscape manager George Stafford was worried about a patch of road along Cambridge/Te Awamutu Rd, after three cars in as many months failed to take the corner and crashed down the hill into the yard of their property, smashing into concrete walls at the bottom.

He said the crashes had sparked safety concerns for his staff, customers and contractors. "We have to provide a safe

environment for all of those people. "The issue for us is that if there's a customer in the yard,

they have no chance of getting out of the way," he said. He's not sure if the problem

had been related to signage or to the road surface.

His concerns prompted him to contact the Waipa District Council suggesting that a barrier arm might be a good option in resolving the issue.

Waipa District Council group manager service delivery Barry Bergin said the council shared Stafford's concerns about the cor-

The road had been resealed in 2010 to improve traction in wet



Three cars have crashed into a Cambridge landscaping business over a period of three months.

"We'll do all we can to make the road safer but we are imploring drivers to please take care."

WDC's Barry Bergin

weather conditions, and

more signage had been installed. That had made a difference - until recently.

"The accidents have been mainly at night, in wet weather and speed looks to be an issue in most of them," Bergin said. They are yet to receive any police reports about the crashes, as they can take some time to arrive with the council, but coun-

cil team members had inspected the site. "Greasy when wet' signs have

Change the View

with exciting

PHOTOS: SUPPLIED

been installed," said Bergin. Stafford's suggestion of a barrier arm was also taken on board and one was installed there last week.

Bergin urged people to slow down as winter approaches.

"Official police reports from previous accidents show that speed on that bend has been a major contributor and in many instances, drivers have simply lost control of their vehicles.

"We'll do all we can to make the road safer but we are imploring drivers to please take care," he said.

oreative

The April Creative Communities Scheme is open to help bring your arts project to the community.

WHO:

You can be an individual or group looking for funding support for arts projects set in Waipa.

HOW:

Read the full criteria and download the step-by-step application support form on the website or pick up a copy from Council offices.

WHEN:

Applications close 5pm, 29 April 2016.

WHAT:

Dance shows, theatre, exhibitions, kapa haka - any project that fits into a category; community participation, youth participation or diverse cultures or traditions.

Funding can be up to \$4000. To see what the funding can

cover visit: waipadc.govt.nz/creativecommunities

a pa



Local MP in Tokaanu for Anzac

Local MP Louise Upston will not be at Cambridge's ANZAC Day commemorative services this year.

Instead, she will attend the Dawn Service in Tokaanu, Turangi and districts, followed by a Civic Ceremony in Tokoroa to commemorate ANZAC Day.

"Last year I was in Tokoroa for the Dawn Parade and I attended the Service Parade and Civic Commemoration in Cambridge," she said. "I am committed to attending many events around the electorate each ANZAC Day to pay my respects.

"ANZAC Day is a day of commemoration. It's a day in which we pay our respects and we remember those fought for us and sacrificed so much to defend our country", she said.

This year marks 101 years since the ANZAC's landed at Gallipoli, the site of New Zealand's first major battle of World War I.

Upston said it was a day where "we honour the New Zealanders who showed loyalty, courage, camaraderie, and commitment. "The red poppy symbolises the efforts of the many Kiwis from our region who contributed towards the efforts of our armed forces in Gallipoli. I will be wearing mine with pride."

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Cambridge RSA secretary Nelson Goodley and president Bill McMillan with volunteer collector Pam Manton during last Friday's Poppy Day. Pam has helped with Poppy Day collections for several years and was one of 30 volunteers on local street collection sites. "The Association is extremely grateful to those people who so kindly gave their time to assist, and also to the Cambridge community, who, as usual, were very generous with their donations," Nelson Goodley said. The Poppy appeal will continue through this week, concluding on Anzac Day on Monday. We have information on Anzac Day plans on pages 16 and 17. PHOTO: EMMA JAMES/FAIRFAX NZ

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FILM FUNDRAISER

Tivoli Cinema's screening of *The Insatiable Moon* as part of the Autumn Festival succeeded in raising \$600 for the New Zealand Mental Health Foundation.

Tivoli's director Karen Focas said the movie generated sufficient interest to warrant opening all three auditoriums. The movie was written, directed and produced by Cambridge film-makers Mike and Rosemary Riddell, and an active question and answer session after the film screening kept the Riddells busy for around 45 minutes. The film won best actor and best supporting actor in the 2011 NZ Film Awards.

VACCINATION CALL Parents are being urged to vaccinate their children against

Influenza.

Relaxing after Tivoli Cinema's fundraising screening of The Insatiable Moon are, from left, the film's scriptwriter Mike **Riddell**, actor Lee Tuson, director Rosemary **Riddell**, and actors Sophie Fromont and Alice Fromont.

whooping cough as new figures show NZ cases are up by over 108 percent on the same time last year. More than a fifth of those cases are in the Waikato. The disease is said to hit New Zealand in cycles of two to five years, and with the last outbreak in 2011-13, another one is due. Specialists said it was "extremely traumatic" to have babies die from the disease when whooping cough was preventable. They said it was important that vaccinations were carried out on time, and that family members coming into contact with infants are also immunised to help stem outbreaks.

CHARITY VOTE

Waikato's Neighbourly members are being invited to vote for nine local

charities through an April initiative that will also help them save on their power bill.

The Power Up Your Community campaign is supported by Neighbourly.co.nz and Contact Energy. Until the end of the month, any Waikato households joining Contact on a special fixed electricity pricing plan will receive \$200 off their first electricity bill, with \$50 also going to one of four local charities - Waikato Community Hospice, Waikato Women's Refuge Te Whakaruruhau, Child Cancer Foundation, and Waikato Plunket. More information is from the

website neighbourly.co.nz/powerup/waikato.



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Convincing liars rewarded

EMMA JAMES

The winners of the 2016 Cooney Insurance Short Story Competition were announced at last week's opening of the Autumn Festival, and three women were rewarded for their 'convincing lies'.

That was this year's theme – one that proved popular with 89 entries in from around the country.

First place and \$1000 went to Auckland's Ria Masae with her short story *Porcelain*.

Unable to attend the prizegiving, she penned a letter of thanks which was read out during the evening by Autumn Festival committee member Alan Milton.

In it, she said she had not won a short story competition before.

"When the lovely Julie [Epps] rang to inform me ... that my story had earned first place, my squeals of astonishment and delight were genuine," she wrote. "Julie's eardrums can attest to that

"I'm sure I speak for many writers, and aspiring writers, when I say we are always appreciative of literary avenues that not only offer spaces where we are motivated to challenge and experiment with our creativity, but also where we are given a sense of fulfilment when we are acknowledged for our craft.

"Know that I am utterly grateful and humbled that my story *Porcelain* was acknowledged in such high favour for such a rewarding prize."

Ohaupo's Amy Martin won \$500 for her second place win with her story *Good*, and in third place was Melanie Dixon from Christchurch with her story *The Albatross*. She won \$250. David Cooney's business Cooney Insurance has been sponsoring the short story competition for the past three years. He said it continues to grow – last year there were 70 entries, and this year there were 89.

2016 Cooney Insurance Short Story Competition.

"One of the pleasing aspects is the number of young people entering ... it's good to see the youth joining the compePHOTO: EMMA JAMES/FAIRFAX NZ

tition," he said.

David Cooney presents Ohaupo's Amy Martin with her award as the second place-getter in the

"The Autumn Festival is growing every year. It has become part of Cambridge and a lot of people in the community look forward to the event happening every year."

David said he had read 80 per cent of this year's entries, and enjoyed the "interesting works".

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Shaun has lived in Cambridge for most of his life, attended local schools and now lives here with his own family.

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Giant insect creation for teacher Council looks at cycling

EMMA JAMES

A Cambridge Middle School classroom has built a giant wire insect to demonstrate what they have learned about 'mini beasts'.

Peter Ennis' room 11 class were planning to build it over two terms, but had to rush to complete it before their teacher's departure last Friday.

Ennis has worked at the school for five years, but is leaving to join Mahurangi College in Warkworth.

The giant insect is not the only big project Ennis has headed.

Last year his class created a massive globe, and in previous years he has done a large-scale solar system and a human body for which the children made the organs.

The insect was the hands-on aspect of their mini beasts programme, where students studied invertebrates and placed the mini beasts into different categories. They looked at insects, spiders and scorpions.

"The idea was to get them reading about it in their reading lessons ... they were doing the science of it in their science lessons," he said.

"We wanted to show parents that we could have some fun while still learning. There was a lot of working in teams, and teams working with other teams to problem-solve." He described the CMS children as "wonderful to teach" and said he was sad to leave. Students brought him an array of cakes and cards on his last day.

room 11 class.

"It's been really sweet actually. I didn't realise they appreciated my teaching that much. "I try to treat them like young adults and then they step up. Some of them have some amazing abilities and potential when they get the chance to show it," he said, adding that one of his 12-year-old students could write better than he could.

Peter Ennis is leaving Cambridge Middle School, but doing so in style by leaving behind a giant insect he made with his

He wasn't planning on leaving part way through the year, but when his wife was offered a job up north they couldn't turn it down.

Ennis said he was thankful to the school for allowing him the freedom to run his own programmes like the insect. Cycling will be back on the agenda next month, when Waipa District Council considers a

egy. Council and community representatives developed the strategy to provide a blueprint for future road and off-road cycling initiatives.

district-wide draft cycling strat-

Council agreed last June to spend \$1.2 million on cycleways and walkways, ring-fenced largely for initiatives on the western side of the district. But manager strategy and community relations Jo Ireland said the work went beyond that – it aims to ensure that the district gets the best possible "bang for its buck".

"The strategy is about ensuring we have the right type of cycleways in the right place. We don't have unlimited money. Stakeholders are clear there needs to be a strategic and longterm approach to our investment in cycleways."

The strategy is still being finalised and will be presented on May 3. It recognises cycling's increasing economic value and widespread appeal.

The draft strategy has considered a range of potential cycling routes and will be putting forward a series of recommendations.

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What's on

UNTIL APR 20

Art: Santie Cronje's new mini collection is at The Storyteller Art Studio (Victoria Rd) until April 20. She will be closing the studio in the first week of May, but will still sell her art at various local markets. Her mini print sizes are 100mm up to 300mm and are limited to time as opposed to edition numbers for a year only. Another exhibition by Santie Cronje, entitled *The Unconventional Guide to Owl and Pussycat's Adventures*, is at The Garden Art Studio (Kaipaki Rd) until April 25.

WED APR 20

COMMUNITY PROJECT: The Cambridge Community Menzshed at Resthaven (4 Vogel St) is open every Wednesday from 9am - 4pm. It is open to all Cambridge residents and community projects requiring help. On-site supervision is given. phone Gaylene on 827 6097 or David on 823 9170.

Tennis: Tennis is at the Cambridge Racquets Club, Thornton Rd, from 9am to 12 noon. All welcome. \$10 for non-members. Phone Wayne on 827 7563 for details.

Ukulele Group: The newly-formed ukulele group, the Riverside Ukes, meets weekly on Wednesdays at the Cambridge Health and Community Centre, Taylor St, from 6.30pm.

LISTINGS:

Our free What's On listings contributions are published subject to space availability. Send listings by 10am Fridays to emma.james@fairfaxmedia .co.nz, or viv.posselt@fairfax.co.nz.

Phone Jan or Rob on 823 1133 or text 027 657 1565.

Scottish dancing: Beginner

Scottish Country Dancing workshops, followed by regular club dancing, are at St Andrew's Church hall from 6.45pm to 7.45pm. Contact Carol at

Cambridgescd@yahoo.co.nz.

Speech and drama classes: ChatterBox after-school classes (45 mins) are available in Cambridge every Wednesday from 3.30pm. Kids aged 5-17 learn public speaking skills in fun, small classes, held at St Peter's Catholic School. Details are from Roz Cunnington on 027 248 2888 or on the website.

Ice Skate Tour: The tour starts today at Goodwood School hall, and runs to Saturday from 10am to 5pm daily. Entry to this fundraising event includes skate hire and is \$7 per child, \$13 per adult, and \$35 for a family (2 adults, 2 children) – Eftpos is available. Refreshments are available (cash only). All welcome.

We have a double pass on offer for the next Operatunity concert entitled *Quintessentially Kiwi*, coming to Hamilton's Activate Church at 11am on Monday May 2. Among the performers are, from left Karl Perigo, Suzanne Lynch and Robert Enari. To be in to win, email

viv.posselt@fairfaxmedia.co.nz before 5pm next Wednesday, April 27, with OPERATUNITY in the subject line. Don't forget to include a contact phone number.

THUR APR 21

Greyhounds: Greyhound racing is at Cambridge Raceway, Taylor St. The first race is at 12 noon.

APR 22-24

Games: The Halberg Junior Disability Games are at St Peter's School. Volunteers are needed. The full programme is at the website juniordisabilitygames.co.nz.

UNTIL MAY1

Walking: Kids go free at Sanctuary Mountain - school holidays and photo competition.

UNTIL APR 23

Rowing: The Junior Trials and North and South Under 18 Rowing Regatta is on at Mighty River Domain, Lake Karapiro.

Get involved!

UNTIL APR 30

War exhibition: A moving exhibition by Hamilton-based artist Elwyn Stone is in Te Awamutu until April 30. It comes directly from the National Army Museum in Waiouru and is entitled *And When He Was Called He Went*. The collection comprises 18 pieces and recognises the profound effect war has on everyone, including those left at home.

SUND APR 24

Hunt Week: The Hunt Week celebration and launch of the 125th anniversary book is taking place. More details are from Margaret Fife on 027 451 8812, or email waikatohunt@xtra.co.nz. Hamilton concert: *The Proclaimers* (Scots singing twins Craig and Charlie Reid) and their band will perform at Hamilton's Claudelands Arena today. Details and tickets are from the website claudelands.co.nz/ featured.

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What's on

MOND APR 25

Anzac Day: The Dawn Service will take place outside the Cambridge Town Hall at 6am. The Cambridge RSA invites those attending the Dawn Service to join them for refreshments at the Prince Albert immediately after the 6am service. The Civic Commemorative Service will take place inside the town hall at 9am, followed by the placing of wreaths at the cenotaph. Those involved in the parade should meet at the Empire/Alpha St corner at 8.45am. Hamilton Gardens concert: The

Cantando Choir will present its popular ANZAC Reflections concert in the Pavilion at Hamilton Gardens today, starting at 2.30pm. Under the musical direction of Rupert D'Cruze, the programme will include music that is both quiet and reflective, and stirring and rousing.

TUES APR 26

Dancing: The Waipa Wranglers Line Dancing classes are back on Tuesdays, from 12.30pm to 1.30pm at the Trinity St Paul's Church hall (Queen/Bryce streets). More information is from Maria on 823 3428

Choir: The Mosaic Waikato Modern Choir is an unauditioned, community choir rehearsing Tuesday nights, from 7pm to 9pm at the Cambridge

Health & Community Centre, 22a Taylor St. Enquiries are through 07 827 4313 or 027 411 9559.

THURS APR 28

Greyhounds: Greyhound racing is at Cambridge Raceway, Taylor St. The first race is at 4.30pm. **Meeting:** Altrusa International Cambridge is holding a business meeting at the Cosmopolitan Club, Burns St, at 6pm. All are welcome. Contact De-Ane Busby on 827 8656.

FRID APR 29

Ball: The Waikato Hunt Ball is at Belidisloe Hall, Mystery Creek Event Centre, from 6pm. Details and tickets (\$95) are from Margaret Fife (027 451 8812). There is a gold coin donation bus from Stables in Alpha St, and the Five Stags in Learnington, from 5.30pm.

SAT APR 30

Market: The Cambridge Farmers Market is at Victoria Square from 8am to 12 noon. Hamilton Racing: The Cambridge

Jockey Club Races are at Te Rapa Racecourse in Hamilton today. The first race is at 12.45pm. Art: The opening of the By Nature art exhibition is at Inspirit Gallery (360 Pencarrow Rd, Tamahere) from 3.30pm to 5.30pm. This features artwork by Annemieke Farmilo, and Opotiki's Fiona Kerr Gedson.

Get involved!

APR 30 - MAY 1

Food Show: The Great NZ Food Show is at Mystery Creek Events Centre this weekend. We have more details - and ticket giveaways - on page 30.

Te Awamutu Trains: The Model Train Show will be at Te Awamutu Events Centre from 10am to 4pm daily. Adults \$6, kids \$3, and family \$15.

SUN MAY 1

May Day: Enjoy a fundraising May Day event at the Maunga (Sanctuary Mountain, Maungatautari), with afternoon tea provided and BBQ food for sale. There is a Kids Club and Charity Auction from 12pm to 4pm. Tickets are \$50 adults, \$120 per family (2 adults, 3 children), are from sanctuarymountain.co.nz (under News and Events).

MOND MAY 2

Hamilton concert: Operatunity's next daytime concert is Quintessentially Kiwi, taking place today at 11am at Activate Church, at 11 Bisley Rd in Hamilton. It offers a whirlwind tour through New Zealand music, with performers Suzanne Lynch (the Chicks), and Karl Perigo, Robert Enari and Alex Milligan (The 3 Kiwi Blokes). We have a double pass to give away - see our photo-caption on page 12 details.

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BIKES

2017

Symbolist artist Santie Cronje describes this work as symbolic of her new

life's journeys, love and friendship," she said. Photo: SUPPLIED

entitled The Unconventional Guide to Owl and Pussycat's Adventures at The

Garden Art Studio in Kaipaki Rd until April 25. "It is a whimsical collection of

original acrylic pieces with the life of the owl and pussycat as a metaphor for

journey. She leaves The Storyteller Art Studio next month, and has an exhibition

WITH AUTHOR AND NUTRITIONAL BIOCHEMIST DR LIBBY

How much protein do I need?

Your health

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

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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

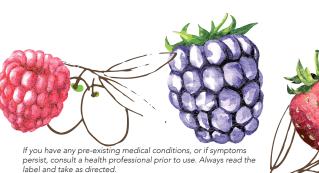
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can cause a host of problems. Diaphragmatic breathing lowers stress hormones more effectively than anything.

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.

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Tuesday April 12

Wednesday April 13

Thursday April 14

Leamington address.

other items were stolen.

Saturday April 16

Friday April 15

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Leamington.

for assault.

ST JOHN

Assists: 2 Transfers: 3

Private hire: 0

Stood down: 7

Medical: 28

Other accidents: 14

Road traffic crashes: 0

minor damage. Sunday April 17

Hautapu with no injuries.

Overnight there was a theft of a electric fence unit from a farm on

There was a car vs car accident in

A BMX bike with a green and blue

frame, blue grips, black forks and a Raw Primo rim with black

spokes was stolen from a

A vehicle was scratched outside of Countdown or Fez Kebabs in

There was a burglary in Cambridge East where jewellery and

There was a dog attack in

A Cambridge man was arrested

There was a two-car crash on the

corner of King St and Grey St with

There was a two-car crash on the Hamilton Rd/Victoria St intersec-

tion; there were no injuries.

Wakeboarder aims for worlds

EMMA JAMES

After a gnarly wakeboarding accident last year, Karapiro Water Ski Club member Nick Beale is back on the water and aiming for a world title.

He heads for America next month to train in preparation for next year's world championships in Spain.

Beale has been wakeboarding for 15 years, but had to take a break after he ''basically got a cookie cutter to the leg" in February last year.

He was riding a jump slide when he slipped through the gap and into the second rail, resulting in a compound fracture of the tibia and fibula.

For two weeks he wasn't allowed to sit upright and couldn't put weight on it for more than a month. He wasn't sure how well he would walk again.

"I lost a lot of weight and I had a blood transfusion but I had a bad reaction to it so I was very weak and pale for a while," he said.

Despite the odds, only nine months later he was back on the board – but he has been taking it easy as he still needs to rebuild the muscle.

"The last thing I want to do is go through months of recovery to injure myself again.

"I've really had to adjust my riding style to have two thirds of my weight on my good leg and one third of my weight on my bad leg," he said. He doesn't think he's lost any

confidence, but his first test will be at his first rail jumping competition. "Sports Med Physio said I'm

the one they've had the most

When he's in the US, he will be based in Orlando to learn some new tricks.

He first got into wakeboarding when his uncle bought a boat. He started taking it more seriously when he bought a boat himself,

and has been competing for about four years.

Now he ranks 9th in New Zealand in the open men category.

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He is hoping to raise money for his trip to Orlando. То help out, go to givealittle.co.nz/cause/ wakeboardworlds.

appointments with," Beale laughed.

Nick Beale had a nasty wakeboarding accident, but that hasn't stopped him from aiming for world championships next

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Last year's Gallipoli-themed light show at the town hall drew crowds. There will be another light show on Sunday night. Photo: VIV POSSELT/FAIRFAX NZ

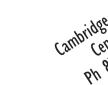
Monday's Anzac Day commemorations will start with the Dawn Service outside the Cambridge Town Hall, starting at 6am. Those attending that service are invited to the Prince Albert afterwards for refreshments hosted by the RSA.

The Civic Commemorative Service being held inside the town hall will start at 9am. This service will be followed by the placing of wreaths at the cenotaph.

Those wanting to take part in the Civic Commemorative Service Parade should assemble on the corner of Empire/Alpha streets at 8.45am.

A themed light show will be projected onto the façade of the Cambridge Town Hall from 7pm-9pm on Sunday evening as part of planned Anzac Day 2016 commemorations.

Planned by the Cambridge Anzac Committee, the show will be accompanied by an ANZAC Salute Concert featuring the massed brass bands of Cambridge, Hamilton and Matamata. Last year, hundreds of people saw the front of the hall transformed through a Gallipoli-themed Light Show. This year, the two-hour light show will focus on the Battle of the Somme (1916), the Battle of Crete (1941), and the loss of the Royal Navy's HMS Neptune (1941).



Somme which was fought from July to November 1941 near the Somme River in France. It was there that the majority of New Zealanders were killed or wounded during World War I, and where New Zealand experienced its worst day in military history in terms of loss of life. The Somme took a huge toll on the 15,000 members of the New Zealand Division, with roughly one in seven killed, and about four in 10 wounded. This year also marks the 75th anniversary of the Battle of Crete. Over 12 days in May 1941, New Zealanders, British, Australian and Greek troops tried to fight off a huge German airborne assault. The battle ended with the evacuation to Egypt of the bulk of the Allied force. Also marking its 75th anniversary this year is the sinking of the HMS Neptune, on December 19, 1941, off the Libyan coast. Of the 757 lives lost, 150 were New Zealanders. The light show on Sunday night will also feature poppies. Both the Cambridge clock tower and the cenotaph will be lit in red, toning in with the

colour of the poppy. White crosses will also feature adjacent to the cenotaph, representing servicemen and women from Cambridge who served in theatres of war, but never returned.

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Cambridge Racing

P Van Tuyl and Double J win at Kihikihi

DIANA DOBSON

7071319AA

Katharine Van Tuyl and Double J Sunshine sealed their win in the Waipa Home of Champions CIC3* with a stunning clear round at the Kihikihi International Horse Trial this month.

The two, who this year also showjumped to grand prix level, were nearly 10 penalty points clear of the second-placed Dannie Lodder (Auckland) aboard Tomahawk II, with Donna Edwards-Smith (Matangi) and Mr Hokey Pokey moving back up the leaderboard to take third place.

Van Tuyl was over the moon with her win, which came a decade after she last competed at Kihikihi.

She was the only rider to go clear over the Gerrit Bekerdesigned showjumping course, albeit garnering two time faults.

But Van Tuyl was as cool as a cucumber as she guided her chestnut to victory.

"I was getting jumped right out of the saddle out there ... he was just jumping bigger and bigger. He was just awesome.

"This is a class I have always wanted to win but everything gets

sold, so this is just fantastic," said Van Tuyl, who is now considering a start at the 4* in Adelaide in November.

Lodder had two rails down one for her and the other for the horse - and picked up two time faults, but was very happy to take second place.

Edwards-Smith was rapt to come up onto the podium.

She and her palomino had been leading after the dressage, but a conservative cross country saw her slip to fifth. She had a fall in the CIC2* cross country, but still rode Mr Hokey Pokey in the

For the showjumping, she put boots on the horse making for a rather challenging ride which saw them take a rail and add a single time fault to their tally.

It was the 20th birthday for the Kihikihi International Horse Trial and tributes were paid to those who had worked so hard to create an award-winning event.

Katharine Van Tuyl and Double J Sunshine in action at Kihikihi earlier this month.

PHOTO: DIANA DOBSON/THE BLACK BALLOON

Cambridge trainers dominant across NZ

GEORGE SIMON Racing

Talk about an embarrassment of riches.

Cambridge-trained horses dominated the three New Zealand venues last Saturday.

Tauranga saw Cambridge horses win six of the eight races on the programme. Battle Time got the ball rolling in his fresh up run this preparation.

The Tim and Margaret Cartertrained three year old broke his maiden with a tenacious victory.

It's Bianca scored for Anne Herbert in the following race. Ridden by Trudy Thornton, It's Bianca sat outside the leader before kicking clear over the concluding stages.

She scored comfortably, as did Meeska Mooska in the next race. Trained by Graham Thomas and Nick Smith, Meeska Mooska dashed away to win by three-anda-half lengths.

Inastride capped off some recent good form with a win for the powerful Baker/Forsman combination.

In the next race, Blizzard proved too strong for race favourite Spoke To Carlo.

It was a good training feat from Emma Lee and David Browne to have Blizzard ready after an enforced lay off.

Capping off the day at Tauranga was the Catherine Cameron-trained Light Shadow. After settling last, Light Shadow overpowered his rivals to score

for apprentice Shaun McKay.

The local winning spree continued at Hawkes Bay on Saturday. Tony Pike collected a double with Chenille and Summer's Day both successful.

Chenille justified her favouritism winning the feature race, the Hawkes Bay Gold Cup. The other Cambridge winner at Hawkes Bay was impressive two year old, Bonneval.

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Looking for a project or just room to spread your wings? Then don't miss this 358m² split-stone & concrete Fantastic family home, overlooking Cambridge Middle School and less than a kilometre to the CBD. Set tile home, hidden away in a peaceful cul de sac on 3,078m² with dual-access subdivision potential. back from the road on 1,234m², this sunny split-level home offers four bedrooms, living areas opening to Close to greenbelt and Learnington School. Options to reconfigure this home to suit your needs, with four a conservatory and huge deck with pizza oven, new bathroom, two toilets, polished rimu floors and branddouble bedrooms, office/fifth bedroom, ensuite, conservatory, large games-room + bar and third toilet. new carpet. A very warm house, with wood-burner, two heat pumps, heat transfer system and ceiling and Kitchen and living areas overlook paved patio and pool so you can keep an eye on the kids. Internal triple garage/workshop plus separate single garage. A rare opportunity! LIM report available.

Web Reference CA10764

Open Homes Saturday & Sunday 12.00 - 1.00pm AUCTION - In Rooms 1010 Victoria Street, Hamilton, Wednesday 4 May 2016 at 12.00 noon (unless sold prior)

Tony Mills Call Free 0800 35 34 34 E tony.mills@lugtons.co.nz underfloor insulation. Plenty of parking, with a wide sealed driveway, internal tandem garage and room for a carport. If you want a large home and garden close to town, this is it! LIM report available.

Web Reference CA10784

Open Homes Saturday & Sunday 1.30 - 2.30pm AUCTION - In Rooms 1010 Victoria Street, Hamilton, Thursday 28 April 2016 at 12.00 noon (unless sold prior)

Tony Mills Call Free 0800 35 34 34 E tony.mills@lugtons.co.nz

100A Shakespeare Street, Cambridge		30 Peake Road, Cambridge		30/2 Grace Avenue, Cambridge	
3 🕫 1 🚔 2 🚔 \$4	430,000	3 💎 2 📹 2 🖕 2 🚔	\$995,000 (incl.GST)	3 🕫 1 🚔 1 🖕 2 🚔	\$445,000
AGELESS 194Os BUNGALOW This 1940s bungalow which has been lovingly cared for by its owners sits of easy-care section. The sunny covered deck off the kitchen and dining room indoor, outdoor flow, that wraps around to the north facing lounge. It's priced phone me now. Contact Greg Price. Web Ref CA10685	has great	distance to town, St Peters, the Avantidrome and horse tra	aining facilities. Recently	0	e. Opposite the Lamb

33 Ihimaera Terrace, Leamington 4 🔊 2 📹 2 🖕 2 🚍 CUL-DE-SAC FAMILY HOME Five year old family home at end of quiet cul-de-sac. Private setting with northerly aspect and generous living areas. Contact Mark Watts. Web Ref CA10679 Open Home Sunday 1.00 - 1.30pm

19B Shadbolt Drive, Leamington \$575.000 4 🔊 2 📹 2 😓 2 🚍 QUALITY 2 YEAR-OLD HOME ON THE GREENBELT

Greg Price. Web Ref CA10484 Open Homes Saturday & Sunday 12.00 - 1.00pm

61 Hickey Road, Cambridge \$BY NEG 4 🕫 2 🚔 2 🚔 2

\$BY NEG

LIFESTYLE EXECUTIVE LIVING 5 MINS TO CAMBRIDGE! A sunny home in a quiet cul-de-sac with exquisite north facing view of the Cambridge Capturing soothing views, this custom-designed lifestyler delivers relaxed contemporary rural Greenbelt. Built in 2013 with a builder's guarantee to transfer. Loads of room for all & for living. The private 1.492 ha parcel features a large modern home and very tidy infrastructure. the extended family to visit. Great outdoor living & wide landscaped backyard. Contact 4 paddocks and quality ancillary buildings will suit lifestylers, equestrians and downsizing farmers. Contact Peter Hulsdouw. Web Ref CL10686 Viewing By Appointment

If you're thinking of selling your Cambridge Residential or Lifestyle property, NOW! is the time to list as there is currently a high demand for property!

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PRIME LAND JUST 800 METRES TO CAMBRIDGE **TOWN CENTRE**

\$TENDER

These two prime one acre sections are offered for sale by Tender. Lot 1 is 4072m² and Lot 565 is 4047m². Situated near the Waikato River, the Cambridge Cycle Way, the Gas Light Theatre and the Riding for the Disabled Centre. Zoned residential, these two sections will suit families, retired farmers and those buyers wanting lifestyle living in town. For more information contact Peter Hulsdouw.

Web References CL10846 & CL10847 TENDERS close on Friday, 27 May 2016 at 4pm, at Lugton's, 34 Queen Street, Cambridge (unless sold prior) **E** peter.hulsdouw@lugtons.co.nz

2 TITLES – BUY 1 OR BOTH

Peter Hulsdouw Call Free 0800 43 77 33

\$TENDER

WE'VE SOLD SO MANY PROPERTIES WE'RE FINDING THE DEMAND IS STRONGER THAN WHAT THE MARKET IS CURRENTLY SUPPLYING. If you're thinking about selling, now is the time to act! Take advantage of our fantastic free marketing package. Call on our our team to find out how.

Three generations of ownership coming to an end. Quality soil, which has been growing maize for a number of years. CT 97056 (Lot 3) - 4.3840ha. CT SA12D/1180 (Lot 5) - 4.3023ha with an added bonus of a Resource Consent to subdivide further. Subdivision plan and Resource Consent available on request. Plus GST (if any). View at www.murraygreen.co.nz #8082 & 8083

Agent On Site Sunday 2.30 - 3.15pm

TENDERS close on Thursday, 12 May 2016 at 12noon, at Lugton's, 1010 Victoria St, Hamilton (unless sold prior)

Murray Green Mob 0274 762 648 E murray@murraygreen.co.nz

79 Massey Road, Cambridge

REAL COUNTRY LIVING

3613m² (approx) picturesque lifestyle section gives views of the hills and surrounding countryside with power at the gate and on the local bus route this is a 'must view'. Contact Tracey Grover. Web Ref CL10262 Viewing By Appointment

314 Matangi Road, Tamahere 3 🔊 2 🗃 2 🖕 2 🚍

RESTORE AND REFRESH

\$275.000

\$485,000

4-bay farm shed, sleepout/porticom, feijoa orchard & plenty of room for pets. TENDER closes 12 May 2016 at 12noon at 1010 Victoria St, Hamilton (unless sold prior). Contact Murray Green. Web Ref LS10105 Open Home Sunday 1.00 - 1.40pm

175 Tarr Road, Ohaupo

\$TENDER 3 **3** 1 **a** 1 **b** 2 **a** \$1.350.000 (+GST if anv) TE AWAMUTU - CAMBRIDGE - HAMILTON - GOLDEN TRIANGLE No covenants lifestyle opportunity and tucked away in a quiet country setting this A massive opportunity! 4.38ha with an original condition 1950s home, double carport, 23.46ha in a prime central location with fully enclosed 5 bay implement shed + big double garage/workshop & sunny three bedroom home. Mostly flat to undulating with attractive plantings of trees in the grazeable sidlings. A great property for a retiring farmer to graze stock or for horses or cropping. Contact Bruce Scott. Web Ref CL10488 Viewing By Appointment

Paparamu Road, Tirau

A SPECIAL BARE BLOCK

This is a great 4.9ha lifestyle block with heaps of character and choice of building sites. It's ideal for most types of grazing and water is available. An attractive, native planted, wetland area with it's own little pond adds to its appeal and its only 5 minutes to Tirau on a quiet back road. Contact Bruce Scott. Web Ref CL10581 Viewing By Appointment

I have a family looking for a 2 to 4ha property with a main home plus granny flat or room to build a granny flat. Looking around the outer Cambridge/Morrinsville areas. Will spend up to \$800,000.

If you think your property might fit this description, please call Peter for a no obligation chat. Call Free 0800 43 77 33. 19 Fort Street, Cambridge

ONE ACRE IN CAMBRIDGE CBD

First time on the market for 36 years, this 4046m² section (zoned commercial) could be suitable for a variety of purposes. A rare opportunity for those with vision and enthusiasm to secure a central piece of land and become part of Cambridge's exciting future. Contact Tony Mills. Web Ref CA10404 Viewing By Appointment

491B & 505 Bruntwood Road, Tamahere

\$BY NEG (+GST if any)

4 🔊 2 📹 2 🖕 3 🚍

SOMETHING SPECIAL IN TAMAHERE Tamahere 8.97 hectares prime tree studded land in two titles – Superb 375m² (approx) shedding - an exciting stud proposition. Contact Bruce Scott.

Web Ref CL10287 Viewing By Appointment

537 Lake Arapuni Road, Arapuni 5 🔊 1 🗃 3 🖨 3 🚍

VISTAS TO BE ENVIED

This beautiful five bedroom stunning home sits majestically on 1.49ha. A hill top retreat Hinuera Stone home - great indoor outdoor flow - inground pool - stable block & boasting breath-taking panoramic views of Lake Arapuni, Maungatautari Mountain, and surrounds. An entertainers dream, an exquisite family home. This is an absolute 'must Horahora school and yours for just \$250,000. Contact Bruce Scott. see' property. Contact Tracey Grover. Web Ref CL10265 Viewing By Appointment

390 Roberts Road, Maungatautari

VIEWS FOR MILES

\$849.000

Build your dream home on this 5000m² bare block with a fantastic outlook over farmland to distant hills. It's in a great central location and very handy to the popular Web Ref CL10264 Viewing Anytime

\$245,000

\$250,000

359/1 Mystery Creek Road

Step inside the stained glass front door and be charmed by this refurbished bungalow that has retained all the charm of yesteryear. The kitchen offers excellent storage with a scullery and plenty of bench space. The kitchen and dining are open plan and flow to the covered entertaining area that overlooks the lovely in-ground pool; with a formal lounge located to the front of the home. Featuring high stud, wooden floors mixed with neutral carpet, four bedrooms, two bathrooms an office nook and separate laundry. The easy indoor/outdoor flow of the home will have you enjoying all aspects of the property and rural landscape, as well as plenty of natural light indoors. Outdoors is a double garage which incorporates a room that is lined with power and flows to the pool area. This is your chance to make a great investment in this private and relaxed environment.

Auction 11am

Thurs, 19 May 2016 (unless sold prior) **View** Sun 11.45-12.30pm www.bayleys.co.nz/811383

Angela Finnigan M 021 623 550 angela.finnigan@bayleys.co.nz

1 Stevenson Place

This beautifully modernised 1980's low maintenance home offers the lucky new owners an amazing opportunity to simply move in and enjoy. With fantastic indoor/outdoor flow from the sunny large open plan living area to the entertaining deck and BBQ courtyard outside, relax in the undercover spa and secluded backyard, so private you can totally unwind. Fully fenced and secure 678sqm section (more or less) - just perfect for kids and pets to play. Three double bedrooms, office, bathroom with bath and separate shower, separate toilet plus a single garage completes the perfect picture here.

Auction 11am,

Thurs 5 May 2016 (unless sold prior) 96 Ulster Street, Hamilton **View** Sun 24 Apr & 1 May 12-12.30pm www.bayleys.co.nz/811300 **Aimee Belton** M 021 027 72426 B 07 834 3817 aimee.belton@bayleys.co.nz success meatry trb, Bayters, Leesses Unerst me ter Act Zoos.

2 Clare Street

Fall in love with this gorgeous three bedroom character home with spacious open plan living, high ceilings, polished wooden floors and established pretty garden. Extensively yet sensitively renovated in recent years offering a modern bathroom (with claw foot bath and separate shower) and beautiful kitchen (gas cooking), neutral tones, and quality fittings throughout. Single carport, garden/tool shed, fully fenced for kids and pets on 511m² (more or less) of freehold land in a great area of Cambridge East just up the road from Cambridge Middle School.

Auction 11am,

Tues 12 Apr 2016 (unless sold prior) 96 Ulster Street, Hamilton www.bayleys.co.nz/811361 **Aimee Belton** M 021 027 72426 B 07 834 3817 aimee.belton@bayleys.co.nz success rearry trb. Bayters, teense Uners The rear Act 2006.

Few lifestyle sections are available in this prime location on the outskirts of the ever popular and beautiful town of Cambridge. This one is a large 2.0603 hectares (5 acres) with elevated building sites offering expansive views over surrounding farmland toward Cambridge and Mount Maungatautari. This location allows for rural living combined with the benefits of being close to the small town of Cambridge with all its amenities and attractions, including great schooling options, sporting facilities, walk and cycle trails and of course shopping and cafes. Easy access to the new Cambridge expressway is now an added bonus. No covenants apply.

Auction 11am Thurs 21 Apr 2016 (unless sold prior) 96 Ulster Street, Hamilton www.bayleys.co.nz/811326 Alistair Scown M 027 494 1848 B 07 834 3811 alistair.scown@bayleys.co.nz This prime equine property is located just off Peake Road, on the outskirts of Cambridge. Drive up the tree lined driveway and the fabulous two storied, five bedroom home is revealed. Open the front door and the stunning home is introduced with a six metre high entrance, complete with wooden flooring and wooden balustrade staircase. Entertaining is a breeze with both formal and informal lounges, open plan dining leading through to a fabulous kitchen. Outdoors, a large eight horse barn-style stable block comes complete with tack room, attached purpose built horse truck shed and exterior tie up stalls and wash down bay and sand arena.

Tenders Close 4pm Thurs 12 May, 2016 96 Ulster Street, Hamilton View Sun 1-1.45pm www.bayleys.co.nz/811381 Angela Finnigan M 021 623 550 B 07 834 3821 angela.finnigan@bayleys.co.nz

24 CAMBRIDGE EDITION, APRIL 20, 2016



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Rider Katie Smith and pony Lacey were the overall individual points winners at the Riding for Disabled Regional Games. Here they are pictured with Di Gascoigne and Helen McLean. The games were held last month at the Cambridge RDA grounds where 35 riders competed from Hamilton, Otorohanga, Te Awamutu, Te Aroha and Cambridge. They played games such as the Vege Soup game, where riders had to drop each vegetable into one of the 'soup pots' after weaving through cones.

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WAIKATO HUNT CELEBRATIONS

A week of events marking the 125th anniversary of the Waikato Hunt, will run from April 24 - 30.

Waikato Hunt chairperson Greg Kyte said one of the biggest days will be the national hound show, which comes to the Mystery Creek Polo Grounds next Wednesday, April 27, with about 500 riders,.

"Every hunt will be represented; they will have their hounds that they'll be showing. We've got Lizzie Penny from Harrier Hounds in England coming to be our judge," he said.

"There will be a teams chase with about 14 different hunts competing for the fastest time over a course of jumps."

On Friday (April 29) the Waikato Hunt is hosting a ball at Mystery Creek Events Centre. Tickets (\$95) include dinner. The band Squeeze will also be playing. Tickets are available to purchase through gregkyte@hotmail.com.

YOUNG RIDERS SELECTED

Two Cambridge cyclists are among 12 named on Saturday by Cycling New Zealand to contest next month's Canberra Junior Road Cycling Tour on May 7-8.

The Under-17 riders will contest a 15.4km individual time trial and 39km opening stage on the first day, with the second day comprising a further 39km stage for the girls and 51km stage for the boys followed by a criterium.

"The selection was from a growing and highly competitive talent pool which indicates an emerging interest in competitive cycling with this age group and burgeoning talent," said Cycling New Zealand development manager Graeme Hunn.

NZ team members are: Girls: Lee Boon (New Plymouth), Nia Dixon (Cambridge), Niamh Fisher-Black (Nelson), Britney Kerr (Nelson), Mckenzie Milne (Hamilton), Ally Wollaston (Auckland). Boys: Finn Fisher-Black

(Nelson), Madi Hartley-Brown (Pahiatua), George Jackson (Wellington), Hamish Keast (Invercargill), Jack McLaughlin (Gisborne), Jared Tremayne (Cambridge).

STRAPPING WORKSHOP

A sport strapping workshop will take place from 6pm to 7.30pm at Cambridge's Sport Waikato offices (16 Dick St) on Tuesday, April 26. The cost is \$12 per person (to cover strapping resource costs), and people need to bring their own scissors. The workshop will give coaches, parents and managers an understanding of sports injuries, and will offer training on protective and preventative strapping. The facilitator is Kate Ward, a registered physiotherapist from Cambridge Community and Sport. For more information and

registration, contact Janis Jeffers on 823 2510 or 027 475 7747, or email waipa@sportwaikato.org.nz.

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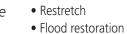
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COOPER, Ron:

Passed away suddenly on 10.04.16 on his farm doing what he enjoyed. Respected boss, workmate and friend to all staff at Wool buying firm of ELCO DIRECT Ltd, Taumarunui, Cambridge, Raetihi and Taihape.

DAVIES, Mavis Doreen: Passed away peacefully in Tauranga on Saturday, 16 April 2016. In her 90th year. Loved wife of the late Bert. Cherished mother & mother-in-law of Janice & Alec Sager (Tauranga), Colin (Queensland) and Heather (Queensland) and the Late Noel. Dearly loved grandma to 8 grandchildren, 13 great grandchildren & 1 great great granddaughter. A service to celebrate the life of Doreen will be held at St Andrews Anglican Church, 85 Hamilton Anglican Church, 85 Hamilton Road, Cambridge on Thursday, 21 April 2016 at 1:00 pm, followed by a private cremation. Donations to St John would be appreciated and may be left at the service. All communications to The Davies Family, c/- 3 Hallys Lane, Cambridge 3434.

SWEENEY,

Michael James (Mike): Passed away unexpectedly on the job. Loving husband of Sharon, father & father in-law of Matt & Trina, and Jim & Carla. Dearly loved grandfather of Cameron, Chelsea & a new announcement due

November. Brother to Pete and Jack, brother in-law to Janet and Vicky. Uncle to Luke, Andrew and Megan. Son of the Late Eric & Ivy. Son in-law to Steve & the Late Tensia. Brother in-law to Faye, Bruce, Neil, Kevin, Shane, Cathy and Kate. A Stuart Houchen best mate to too many to mention. A service to celebrate the life of Mike will be held at The Cambridge Town Hall, Victoria Street, Cambridge on Friday, 22 April 2016, at 1:00pm, followed by a private cremation Donations to Waikato

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Service 10.00am Sunday Kid's Church & Creche 28 Duke Street Enquiries phone 827 3833 www.bridgeschurch.co.nz

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- Part Time 11 Hours Per Week
- Mon & Tue 9.00am until 3.00pm with availability to support additional hours during busy times

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In this role you will be responsible for ensuring that our customers experience is positive, be an ambassador for Council activities, and to respond to and educate people about our services. Processing applications, managing requests for service, problem solving, and payment transactions are all part of a busy day. Your advanced customer service skills along with the structured training you will receive, will allow you to resolve the majority of customer interactions at first point of contact.

Our Customer Support Officers work in a fast paced, ever changing environment so to be successful in this role you will need to be organised, IT savvy, have great attention to detail along with a genuine enthusiasm to continually upskill and deliver seamless customer service.

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Closing Date: Midday on Monday, 2 May 2016.

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- Be physicaly fit
- Can carry medium to heavy loads comfortably
- Can manage a team and be organised Be presentable to clients and professional
- Loyal, hardworking, and dedicated Can work well alone and with a team

Hardy Building are members of the Certified Builders Association and employ six staff. We carry out work in all sectors Residential, Rural Commercial, so the applicant can change roles internally if they wish later on.

Applications close Friday 29th April at 5pm Please email a brief covering letter and CV relevant to the job to: simon@hardybuilding.nz

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CALENDAR

RE YOU A MIGRANT LIVING IN CAMBRIDGE? DO YOU WANT TO LEARN ENGLISH? English Language Partners Waikato can help you!

Come to our Information Evening on Wednesday 27 April to enrol in a class and learn about a one-to-one volunteer home tutor.

Please bring your passport with you.

Where: Cambridge Health & Community Centre 22 Taylor St, Cambridge 3434

6.30pm - 8.00pm

For more information phone: Ellena Butcher (Rural Project Coordinator - Hamilton) 07 8532188 or email ellena.butcher@englishlanguage.org.nz

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Come to our free "Investors Evening" on Thursday 5th May at 7-30pm in the Edwardian Room at the Town Hall Cambridge. Phone 8278292 to confirm your place.

> Property Managers:

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Contact Kim Grounds Phone 021 464 006 or 827 9026 or email: kimgrounds1@gmail.com

Rugby Club

For Yrs 7 & 8

For those who are intending to play Rugby for one of the CJRS Yrs 7 & 8 teams, there will be a pre-season fitness training, weekly, starting at Te Koutu Lake from 8.30am to 9.30am. The first week will be 5th of March and will continue until the end of Term 1.

Please bring running shoes and drink bottles.

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Hamilton Press, Piako Post, Matamata Chroniole, South Walkato Nows, North Walkato Nows, Taupo Times, Franklin County News, Hauraki Herald, Rotorua Revisw, and Ruapehu Press.

HELP WANTED

I have a 16 year old teen that needs to learn the Road Code for his Learner Licence. He has a Road Code but is not a good reader. I will pay \$20 per hour for Private Help. Up to 20 hours.

Please ring 027-335-1026

Raukura Trust Hui Saturday 30 April 2016

Time: 10am Venue: TeManawa o Matariki, Mighty River Power Domain

Agenda: 1. Recieve Audited

- accounts 2. Review Variations to the
 - Trust Deed

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DEADLINES

ALL CLASSIFIEDS: 4pm, Monday FAMILY NOTICES: 9am, Tuesdav

5084440GQ

CAMBRIDGE **BOWLING CLUB** AND CAMBRIDGE CLUB

Annual General Meeting

Tuesday 24th May, 2016 at 5.30pm At the Bowling Club, Thornton Road.

V.P., Secretary, Treasurer, and Committee. Plus notices of motion to be

May 10th, 2016.

FREE BRIDGE

LESSONS TUTORIAL NOTES INCLUDED

Lessons Start: 7.00pm

Fort Street, Cambridge

Cambridge Junior **Pre-Season Training**

Nominations for President,

submitted to Secretary by

THAT appear in the Cambridge Edition are

CLASSIFIED

Open mornings Saturday,

Sunday and Public Holidays

Five double passes to The Great NZ Food Show coming to Mystery Creek over the weekend of April 30/May 1 are up for grabs. All you need do to be in the draw is email viv.posselt@fairfaxmedia.co.nz before 5pm next Wednesday, April 27. Put FOOD SHOW in the subject line, and don't forget to include your contact details.

The Great NZ Food Show (GNZFS), showcasing the best in food, wine, delicious edibles and innovative products, comes to Mystery Creek on April 30 and May 1.

The Heathcote Appliances Cooking Theatre will feature chef and foodwriter Ray McVinnie; television host, author and traveller Brett McGregor; and popular New Zealand's cooks and cook book author, Chelsea Winter.

Also there will be the talented chef from Te Waihou Bistro, Jimmy Boswell; NZ Beef & Lamb 2016 ambassador Andrew Clarke from Victoria Street Bistro; and the 2014 My Kitchen Rules NZ winners from Cambridge, Neena Truscott and Belinda MacDonald.



Jockey Club Cambridge Jockey Club Premier Race Day Saturday 30 April at the Te Rapa Racecourse

Featuring \$100,000 Group 2 Travis Stakes and \$70,000 Group 3 Inglis Sales Cambridge Breeders Stakes

1st race 12.45pm Free Admission Free race bus from Cambridge for bookings phone the Club's Office – 07-827-6004

Pick-up Points Five Stags Leamington - 11.25am Group One Turf Bar/TAB - 11.30am Prince Albert Tavern - 11.35am The Clubhouse Sports Bar - 11.40am Cambridge Jockey Club - 11.45am Bus leaves Te Rapa - 5.00pm

Come racing with the Cambridge Jockey Club - it really does pay! "Last year the GNZFS created quite the buzz," said Neena. "We loved being involved, and this year we have some new and exciting recipes to showcase for the first time from our upcoming cookbook.

"Getting involved in local events is really important to us. Catch us in the Heathcotes Appliances Cooking Theatre, or join our Wintec Cooking Class which will be loaded with creativity, heart, and wholefood goodness."

The Wintec Cooking Classes will showcase recipes, with classes offering visitors step-by-step lessons delivered by talented chefs. "The Wintec cooking classes are a unique part of our show," said event manager Michele Connell. "Students will come away with new recipes and skills, and an unforgettable experience."

"The entire show is all about foodietainment. Like the hilarious Vilagrad Winery Mystery Cook off, where chefs have 20 minutes and mystery ingredients to create the most delicious dish as voted by the audience, it's great fun."

Visitors will be able to indulge in a gourmet lunch in the Black Dog Seat & Eat Zone. Those inclined to make a weekend of it can bring their motorhome or caravan and stay for free – enjoying the setting and save by purchasing a weekend pass to the show.

Cambridge 2014 My Kitchen Rules winners Belinda MacDonald and Neena Truscott are among many cooking stars featuring at The Great NZ Food Show. We have tickets to give away.

The 2016 show will also feature products from the range of new and returning exhibitors.

Saturday's hours will be from 10am to 5pm, while Sunday's will be from 10am to 4pm. More information on the show is at the website greatnzfoodshow.co.nz.

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Cambridge Cosmopolitan Club

FILM NAME	THU, 21 Apr	FRI, 22 Apr	SAT, 23 APR	SUN, 24 Apr	TUE, 26 Apr	WED, 27 Apr
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		
Fransisco 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

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

Community cook

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
- 1¹/₂ cups couscous
- 1 tablespoon olive oil ¾ teaspoon salt
- 100-120g bag baby spinach leaves 1 couraette

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 1/4 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

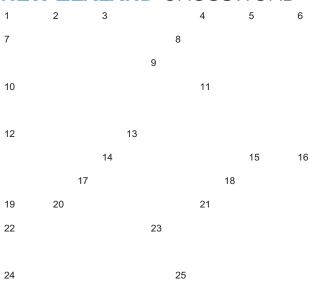
This fresh and tasty lamb salad is a quick and easy weeknight winner.

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

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. Palmy, 21. Skink. 15. Popular, 16. Belated, 19. Padre, Strop, 9. Departure, 14. Foveaux, 3. Giant, 4. Disrobe, 5. Begun, 6. Down: 1. Pie cart, 2. Goodbye, 25. Insane. Abate, 23. Rakiura, 24. Rumour, Darby, 17. Worth, 18. Poi E, 22. Cadence, 11. Raupo, 12/13. Rhys Across: 7. Ironic, 8. Bisect, 10.

TOP 10

10. Manganese. Backstroke, 9. A five pound note, 1840, 6. Fantail, 7. Cambodia, 8. Commodores, 4. Italian (Sicily), 5. titic name, the humerus, 3. The 1. Free milk, 2. From its scien-

ANSWERS ARE INCLUDED ON THIS PAGE

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

JUNIOR CROSSWORD

1

Across 1. Someone who breaks the law (8) 7. A symbol on playing cards (5) (5) 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) 8. A smelly vegetable 3. Press clothes with this (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. Bigger, 17. Error, 18. Comic, 19. Across: 1. Criminal, 7. Clubs, 8. Onion, 9. Attack, 10.

2

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