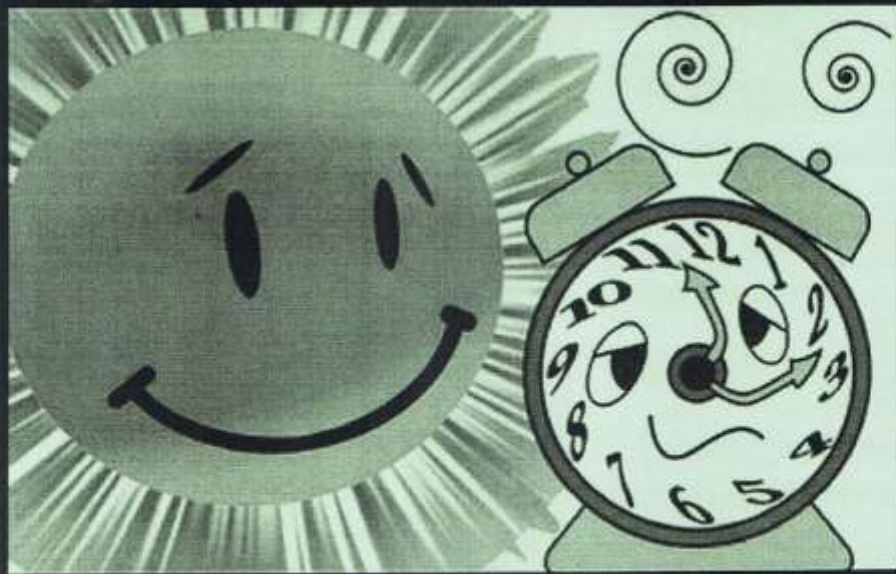


# EUREKA EXPRESS

VOL XXXIII No. 7 Circ 298

SEPTEMBER 2012

## DAYLIGHT SAVING TIME



**BEGINS SUNDAY  
30 SEPTEMBER 2012**

**SET YOUR CLOCK  
AHEAD 1 HOUR**



## GUEST EDITORIAL



Hi Everyone

When we first shifted to Eureka nearly 22 years ago, we were a family with four children still living at home. Brent was 18, Andrew 8, Sarah 6 and David was 10 weeks old. After a settling down period of time we soon got involved in the community, with Andrew and Sarah attending Eureka School, while Brent attended Wintec in Hamilton. I also got involved with the school at committee level and parent helping at every opportunity there was.

There were only 10 houses down Hooper Road back in 1990 and the families all knew each other, which family owned which car and we all knew if there was a stranger visiting the road. We feel very privileged to have found the near perfect place to live and some of the best residents to share it with.

Well some things have certainly changed over the last few years, with 24 homes now residing in our street. The children have all grown up and left home, a couple have returned a time or two, they have done us proud and managed to expand our family with Brent and Andrew marrying a Helen each.

The other main changes in our lives have been that Colin and I have moved from being spectators of Motor racing to participates. We purchased our first Mini about 10 years ago this car was unwarranted and unregistered so it was developed into a race car for Colin and the boys to use on the track. This Mini was followed by three more over the next few years, so that we had a road car, or two to be able to use for club events as we had joined the Minis Waikato Club by this time.

About 6 years ago Colin also purchased a Peugeot 106 race car which both he and David use. I decided that it was time that I joined in the fun and I started using the race mini in club events around the Waikato about 5 years ago.

Our latest project is a National level Super Mini Challenge car which Colin is going to race in the IRC Series during the summer months. I think that makes me the main sponsor and fetch and carry person.

In about a weeks time Colin and will also get to fulfil a life time dream of attending the great V8's Bathurst Race in Australia. It is the 50<sup>th</sup> Anniversary of the event and should be an awesome experience.

If you see either a White or yellow mini cruising through Eureka it will most properly be me going to work in Morrinsville.

Happy Motoring  
Glenys Middlemiss



## Snippets

Welcome to Eureka Road – to Jo Osborne and Jeremy Rothery, with their three girls, Constance, Bea, Eliza and dog, Grabble. Tel 8241188.



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	August 2012	Year to 31 <sup>st</sup> August
Total (mm)	149	827
Average (1994-2012)	116	810
Difference	+33	+17

Rainfall recorded on 21 days.



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## Badminton

We are about to wind down for the year with us finishing on the 26 Sept with prize giving and a few games. Congratulations to our winners of our competition that ran over 2 nights. Esperance Carta and Judy Bull, Uira Kairau, and Luke Aldred, Epernay Carta, Emma Sinclair, Whiti Kairau and Luke Aldred. A big thank you to Bryce Silvester for doing a great job as Coordinator and been there every week.

Thanks to the parents that help each week also. We hope to see all next year and have a great rest of year.

Vanessa Mason.

## Recent Winners

### Motor Cross

Young **Dylan Kenny** continues with success on his 65cc Motor Cross bike. Recently he won the winter series at Huntly on his KTM - great trophy Dylan!

The first week of the school holidays sees Dylan and family off to Taupo racing and then on Oct 6th and 7th he will be competing at the N.Z Championships being held in Wellington.

**Liam Couling**, another motocross rider, recently won the following:

- Huntly Motorcycle Club 2012 winter series mini's 50cc 2nd Placing
- Cambridge Motor Cross Club winter series mini's 50cc 2nd placing
- Cambridge Motor Cross Club winter series intro trail 80cc 4th placing

Liam will also be competing in the New Zealand Nationals in Wellington over the School holidays.

Well done boys and good luck - ride hard. We will look forward to your next report.



Dylan Kenny



Liam Couling

### Netball

Some of our local ladies playing Netball in Morrinsville competition recently won 3rd place in their division. Congratulations Racheal Gordon, Jo Buckley, Kim Taylor, Jody Thomson, Hannah Buchana all of Waverley Road and Lisa Hamilton, Laura Clauson and Rebecca Davison- well done ladies!

### Swimming

Taylah Buckley recently competed in the Matamata swimming competitions at Waterworld. She was placed 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> in backstroke, breaststroke and freestyle and achieved personal best times in all three events. Taylah is a member of the Ace Swimming Club in Hamilton. Well done Taylah.

### Dancing

Young dancers who participated in exams at Dury Lane and were successful were:

#### Grade 1 Jazz

- Kendall Buckley – Distinction
- Trinaka Kenny – Honors
- Zoe Buckley received her first Bronze medal

Keep up the good work girls.

### Pukeko Preschool September 2012

Pukeko Preschool children have been celebrating the arrival of spring. We have been planting sunflower seeds and carrot seeds, and having lots of discussions about what seeds need in order to grow. The children have produced some amazing spring artworks of daffodils.

We enjoyed our trip to see the diggers working at Liam's dad's work, and participated in the nationwide earthquake drill "NZ Shake-out".

We are offering a \$10 portrait fundraiser through Jack'n'Jill Portraits. For \$10 you receive a free portrait sitting and a 10"x13" portrait, with the option to purchase more photos if you would like to – great for Christmas presents! The photos will be taken on Sunday 4 November. Please phone Sara on 824 0963 for more information or to make a booking.





## \$10 Portrait Fundraiser

Colour or black & white



Your ten dollars entitles you to:

- A free portrait sitting
- A 10"x13" quality portrait

Where: Pukeko Preschool, 20 Scotsman Valley Road  
Contact: Sara On: 824 0963  
When: Sunday, 4 November 2012

**Everyone is Welcome! Please Support Pukeko Preschool**  
Every \$10 collected is retained by the Organisation

## IN YOUR GARDEN

Well last month it was Magnolias and Daffodils, this month it's the heavenly scented and beautiful Cheery- blossoms, particularly Awanui, which makes such a grand show, and do notice the creamy/green blossom flower of the golden elms.



Be on the lookout for "Downey Mildew". This sneaky rose fungus causes the leaves to just fall off your rose bushes without any other physical signs and the weather over the past month is just perfect for it. If you think you have Downey mildew, you need to spray with Bravo and do 2 or 3 sprays 2 days apart, spray the ground underneath as well and remove all the fallen leaves and put them in the rubbish. A chemical free way is to spray with Perkfection Supa.



Plant early potatoes now. Prepare the ground with plenty of well rotted compost, preferably rich in animal manure – potatoes are gross feeders, chomping through a lot of nutrient to produce well. Dig a good wide trench, sit the seed potatoes gently into the trench 30 – 40cm apart, cover the seed with well tilled soil, avoid lumpy sods and weeds. When the leaves poke their heads above the surface by about 10cm begin the process of mounding up; drawing the soil around the plant right up to their necks. Mound up about 3 times before harvesting.

**Tasks to do:** Must mulch, spread it around your garden now. Give lawns a boost with good quality lawn fertilizer, raise the cut of your lawnmower and mow more often, this encourages growth and discourages weeds. Leave hedges alone, let new growth harden up, about 6 weeks, before trimming. Grow from seed, it's more cost effective. Most of these seeds can be sown directly into well composted soil; cosmos, sunflowers, nicotiana, echium, viscara, salvias and marigolds.

Your greenfingers might be itching to get in the garden, but it's still too early for many veggies. You can direct sow hardy crops like broad beans, peas, spinach, and root crops like celeriac, parsnips and Swedes which don't like to be transplanted, but only sow peppers, eggplants and tomatoes in trays inside. Start leeks for next winter, sow in a tray now and plant out in December. Sow lettuce, but beware of slugs and snails, they will be out in force this month, so use bait or pick off by hand. Sow plenty of parsley - just scatter seed with a heavy hand.



Feed your soil. Fertilise in spring when plants are growing fast. Add fertilizer now, fast growing veges will take it up quickly, in basic terms. Most fertilizers you buy contain nitrogen, potassium and phosphorous in a ratio. Use nitrogen for leafy growth, potassium to encourage fruiting plants and phosphorous for healthy roots.

**Tip of the Month:** Fill the leg of an old stocking with sheep pellets, tie it to the top handle of your watering can so it hangs inside. When you water your plants you will be feeding them too.

Happy gardening Jennifer

## LADIES A PLATE

### Warm Asparagus and Bacon Salad

Nothing beats that first serving of new season asparagus I use slender stalks for this recipe

- 1 teaspoon olive oil
- 200g streaky bacon-diced
- 1 small onion –finely sliced
- 400g asparagus, trimmed and cut into 3cm lengths
- 1 tablespoon finely chopped parsley
- 1 tablespoon balsamic vinegar
- 2-3 tablespoons grated Parmesan cheese

Heat the frypan to a medium heat; add the oil and bacon, and sauté until the bacon begins to crisp, 3-4 mins. Add the onion and sauté for 2 mins more. Add the asparagus and sauté for another 4 minutes until the asparagus is crisp tender.

Remove from heat, stir in the parsley and balsamic vinegar. Allow to sit for a couple of minutes, then sprinkle with the grated parmesan cheese and serve.



### Plonk Cake

- 2 eggs
- 1c sugar
- 1c flour
- ¼ tsp baking powder
- 40g melted butter
- Fruit for plonking (frozen berries work well, as do pears and apples, but pretty much anything you have will work)
- Slivered almonds
- Icing sugar (to dust)



1. Heat the oven to 170 degrees; oven on bake setting
2. Cream eggs and sugar until pale and fluffy (about 6 minutes)
3. Sift flour and baking powder and fold into the creamed sugar and egg mixture
4. Stir in the melted butter
5. Put mixture into a greased cake tin (you can use a ring tin or a normal spring-opening one)
6. Plonk the fruit over the top of the cake mix
7. Scatter the slivered almonds on top as well
8. Bake for around 45 - 50 minutes
9. Bring out of the oven and cool, remove from tin and dust with icing sugar prior to serving



# Grapefruit



If you are lucky enough to have a grapefruit tree, don't forget to use the fruit.

Grapefruit is the perfect breakfast food, it is loaded with antioxidants and is a powerful detoxifier and immune strengthening fruit with vitamin C. Our tree has a sharp tangy taste but Colin loves the pink variety which is a lot sweeter and is richer in beta-carotene.

Each part of the grapefruit is a powerful detoxifier which also helps with tissue growth, skin immunity, potassium and bioflavonoids which are important for the heart and circulation. The pulp is high in pectin which binds excess cholesterol toxin and waste, relieving constipation. Its seeds contain an anti-parasite, anti-fungal compound which although not edible can be taken as a supplement form (grapefruit seed extract). It is also rich in alpha-hydroxy-acids, which make an effective skin toner, also speeds wound healing.

## Nutrients

Vitamin C, beta-carotene, folate potassium, lycopene, flavonoids, fibre, limonoids and naringin

## Facts

Check with your doctor if you are taking drugs as grapefruit can enhance the action of certain drugs: including sleeping pills

The white pith that lines the skin and divides the segments is high in pectin, so eat this to gain the benefits for your heart.

## Grapefruit Diets

There is a popular myth that eating grapefruit helps you slim, as it helps burn fat. Yes they are low in fat and kilojoules, (providing you don't use heaps of sugar) but they must be part of a balanced low fat diet.

Some experts believe that all citrus fruits have a role to play in protecting us from cancer as the pulp and pith contain compounds known as bioflavonoids which are thought to neutralize cancer-causing substances.

We are what we eat!

By Cheryl McFarlane



## TAUWHARE INDOOR BOWLING CLUB

Once again Tauwhare featured in Waikato Championship events. Congratulations to Andrew and Bronwyn McNally, winners of the Champion of Champion Pairs. Andrew was 3<sup>rd</sup> equal in the Waikato champion of Champion Singles

Tauwhare Players, M Bargh, B McNally and B Meads were in Eastern's Grupen Cup Team. Eastern won the Grupen Cup as well as the Moore Cup for 2012. Well done!

The Brown Bowl is still in Tauwhare's care pending the final challenge for 2012 by Puketaha. I guess that will happen sometime soon.

### Results:

#### 23.8.12 Club Night

Winner: B Meads, G Mayall, K McNally  
R/up E. Morris, An McNally, H Bargh

#### 30.8.12 Sattrup Trophy

Winner R Bargh, K McNally  
R/up An McNally, D Appleton

#### 6.9.12 Club Night

Winner R Bargh, E Morris, E Porter  
R/up J Bargh, K Williams, M Bargh

#### 13.9.12 Club Night

Winner J Bargh, D Pizzini, K McNally  
R/up R Coxon, R Arnold, B Grieveson.

### Up Coming Events

4.10.12 Annual General Meeting and Prizegiving  
11.10.12 Christmas Tournament – (Rinks, \$5.00 entry, plate please)

Robin Bargh Ph 8241819

## EUREKA EXPRESS

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## Marque Brand Studios Photographer, Specializing in Weddings and Portraits

I'd like to introduce myself & my business. I am Christina Vandy - Owner & Photographer of Marque Brand Studios, based in Ngaruawahia.

Just some more background about me, my husband & I have recently moved back to the mighty Waikato to raise my family after 6 years of being in Christchurch. We are currently in the process of fitting out a studio at our home ready for launch in mid-October.



Marque Brand Studios is a family orientated photographic studio, specializing in Weddings, Newborns, Family Portraiture, and launching mid-October our Inner Beauty Portraiture - Contemporary Portraits for Women.

I shoot with a relaxed, photojournalistic atmosphere. To capture the best of my subjects I like to have them experiencing something do as a family, couple, or maybe a group of friends.

My loves in life are my husband, Adrian, and of course my wee Issabella, but then there is great coffee, yummy food and wine, and lastly I always wake up nice & early to capture the best of the day ahead.

Christina Vandy (Dip DI & Dip PP)  
Founder, Photographer

Marque Brand Studio's  
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m// 0210730710



## NEWS FROM YOUR WAIKATO DISTRICT COUNCILLOR

Isn't it pleasant now the rain has stopped and the land is starting to dry out. Hopefully the ground temperature will start to increase and grass growth improve - the spring weather has certainly been challenging.

**Creative Communities Assessment Scheme** Committee are meeting to discuss their latest round of funding on 11 October. I note from the agenda that at least two organizations from Eureka Ward are applying for funding. This fund gives grants towards art, music, performing arts projects and the like. If you think your organization may meet their criteria contact the District Council for application details or download an application form from the WDC website. The Creative Communities NZ Committee generally meets twice a year, usually in May and November.

**Waikato Sculpture Trust** - The 7<sup>th</sup> glass sculpture exhibition begins in early October at Waitakaruru Sculpture Park in Scotsmans Valley Road. This year Tim Walker has curated the exhibition for the Trust and has gathered together a lovely range of glass sculpture, set around the Rock Garden and Asian Garden of the Park. The Park is open every day of the year: 10am - 6:30 summer; 10am - 5:30am winter. More details on their website [www.sculpturepark.co.nz](http://www.sculpturepark.co.nz)

Last month I mentioned the changes to **roading infrastructure** around Ruakura. I attended another NZTA Open Day recently that showcased the Waikato Expressway - Hamilton Section which includes the roading around the Inland Port.

For Ruakura Road there is an **A and a B option**.

- Option A - a link off Ruakura Road, near Davison and Vaile Road, heading under the expressway, linking in to Silverdale Road;
- Option B - a link off Ruakura Road, near Ruakura Motors & Wreckers, that would head up the side of the expressway and link in to the new roundabout at the Tramway Road end of 5th Avenue.

At this point the B Option seems to be the preferred route because most believe it to be a more direct route in to the city. The City Council has yet to make a decision whether it supports Option A or B and I was told at the Open Day that Hamilton City Council had not formally discussed the options. SH26 will of course still be a direct route in to Hillcrest and the city. Wairere Drive will eventually go through to Cobham Drive and beyond which will vastly help with the flow of traffic in to and around the city.

Our Council is having a major input in to the discussions and meets with NZTA on a regular basis to discuss expressway plans and their implications for District residents.

Further to my update on the reopening of the **Valle Walkway**. Strada won the contract to repair the walkway and now the weather has improved, and they can bring in the suitable machinery, they will be able to do the repairs. Newstead Community Committee is currently working on options to extend the walkway from Lisette Road. I still have the funding in place to assist with building the extension.

**Hamilton and Waikato Tourism**, formed to provide leadership and collaboration with public and private sector partners to promote the Waikato Region, are located in the old Ansett Building at Hamilton Airport. Their Chairman Alistair Calder, also a Newstead resident and on the Airport Board, and one of his colleagues visited Council recently to give us an update on their first year of official operations.

Their report shows they are getting the results expected of them when we agreed to contribute to the funding to help set up the organization. They have a yearly budget of around \$800-900k made up of support from seven local authorities, including Waikato District Council, through long term plans and funding from central government. The organisation has met their key performance indicators for most targets. A Convention Bureau has also been established to tap in to the lucrative conference market with 42 partners coming on board so far.

**Rob McGuire**  
Councillor Eureka Ward

Ph. 824 3696 / fax 824 3645  
Mob. 0274 970 966 / email [robmcguire@xtra.co.nz](mailto:robmcguire@xtra.co.nz)



### Consulting Officer Comment

Well I'm back from my 6 week European holiday and into the thick of it again. I felt sorry for you all when I kept getting the rain reports from NZ. Not that sorry that it affected a wonderful trip! It was great to catch up with my youngest daughter in Stockholm. In fact she joined us for 10 days driving around France as well. Nothing like taking your daughter on your honeymoon!



With all the amazing food we ate, strangely enough the ones I find myself talking about the most are 2 rather exotic dishes. I take the approach if it's good enough for the locals I'll give it a go. The first was in France where goose gizzard was offered as a main. It was actually quite OK. The second was in Guangzhou, China, during a stopover (we flew China Southern Airlines). We were taken out to a hugely popular Chinese restaurant for lunch where one of the selections was a specialty - Seahorse Soup!

I got my own little bowl and "tea pot" with the soup in. It was actually quite an edible broth. After sipping my way through it during the meal I figured I had better take a look inside the "tea pot". There were pieces of fish flesh, some stalky vegetable matter (debris) and lying on top looking up at me were 2 little sea horses! It was the real thing.



### And now to farming...

Surely by the time you get to read this the grass will have taken off. It's been pretty slow for mid to late September and has caught a few people by surprise, especially those that 'let the herd go early' (sped the round up) and then found growth dropped below herd demand again. Where would we be without supplement, urea, 'ammo' (for much needed sulphur) and perhaps some growth promoting gibberellic acid to get out of a feed pinch. Most of all we need some nice warm fine weather.

Mating is upon us and focus inevitably goes on how to get the best results. Rising plain of nutrition, heat detection, body condition score (BCS) and the best form of heat detection aid are all things that are considered. In reality a lot of the potential results have been determined already in that BCS is largely set, in that it will be closely related to the herds BCS at calving. Can't do much about that now.

Contrary to popular thought, even a rising plain of nutrition now, good though it is, will play only a small part in determining reproductive performance. Also there is nothing magical in spring fed supplements to improve reproductive performance providing your herd is grazing to around 4cm residuals.

Perhaps the single most important, and cheapest, thing you and your team can do right now to maximise reproductive performance is do a great job at heat detection. The cost of each missed heat is around \$200 (21 days x 1.6kg MS x \$6). An investment in your time and attention here is really worthwhile. Oh and also don't forget the importance of sufficient bull power and of the bull teams management. 1 bull per 30 cows not in calf to be run with the herd(s) plus the same number as back up on rotation.

For further information on heat detection refer to the relevant chapter in the In-Calf book or email me and I will send you a copy of an easy to read 2 pager on the Basics of Heat Detection written by dairy farmer and ex DairyNZ CO, Wayne Berry.

**Phil Irvine**  
Consulting Officer Comment

## **Newstead Veterinary Services**

161 Morrinsville Rd  
RD4 Hamilton  
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Well it's that time of year again. The grass is growing, the lambs are frolicking and the weather...well, the sunshine is hopefully not far away!

Whilst it was wet and cold outside, we have been working hard on some exciting new changes here at Newstead Vets. We all have families of our own and appreciate how hectic life can become at the best of times. Here are just some of the fantastic new options available to you....

### ***ONLINE SHOP***

*You can now order pet food and accessories online in the comfort of your own home and have it delivered directly to your door. Watch out for our specials on Facebook for free delivery, freebies or bonus buys! Just visit [www.newsteadvets.co.nz](http://www.newsteadvets.co.nz)*

### ***EXTENDED OPENING HOURS***

*We are now open late night EVERY NIGHT of the week! From Monday to Friday, we are open until 7pm giving you more flexibility when requiring an appointment or to purchase food & accessories.*

### ***GREY POWER HOUR***

*Weekdays during the month of September & October, between 11.30am - 2.30pm, Gold card holders receive a 10% discount on all consultations. Turn your gold into cash!*

We hope these offers will make life a little easier for you, and look forward to seeing you and your furry friends in clinic soon!

The Newstead Vets Team

*p.s. Don't forget the fleas will be breeding faster now the weather is warming up. If your pets are overdue for treatment, now's the time to get them under control. Not all flea treatment is the same, so ask one of our highly trained fleaologists for the treatment best for your pet. Bring this letter into the clinic before the end of October & we'll give you \$5 off any treatment of your choice to kill those nasty suckers!*

*Crazy fact: One flea left untreated, can produce 1.4 million eggs within 3 months!!*

## THE BEAUTY HOUSE

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COMING SOON a lovely selection of giftwares! I have been busy buying up a gorgeous range of jewellery, cushions, candles, ceramics, handbags, umbrellas, wall art, funky gifts, pretty shawls/scarves etc all in the vicinity of \$10-\$60.

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Tues 7.30 - 8.30pm Hamilton - St Peter's Hall, 51 Victoria St CBD	Student/Pensioner	\$ 6
Wed 6.00 - 7.00pm - Morrinsville - Senior Citizen Hall, Canada St.	Concession Cards -	
Fri 6.00 - 7.00pm - Morrinsville - Methodist Church, Thames St	(for 10 Classes) \$70 (3 months)	
	(for 20 Classes) \$120 (6 months)	
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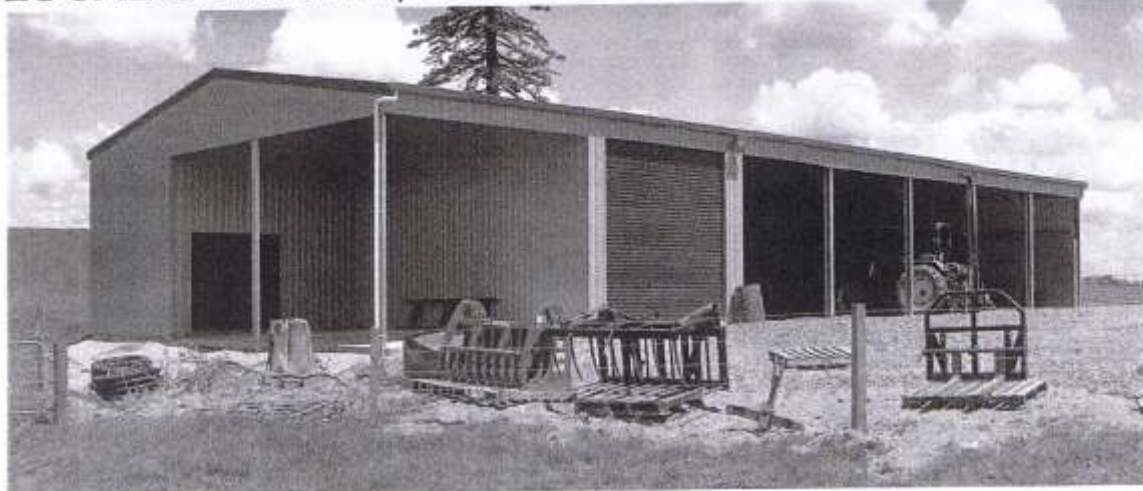
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