

# XRACE

This year two of our dads and daughters (David & Gabby Balsom and Dan & Keelah Bodle) competed in the first XRACE to be held at Lake Te Koutu on Sunday, 29th March. The following is a recount of the day as written by Gabby Balsom.

"We were challenged with all sorts of activities like, loom band challenge, hands only CPR and elastics. The first challenge we did was the Nautical flag challenge, we had to take a monocular and find 6 nautical flags. The flags had letters on them that spelt out a word (SAILOR).

The second activity we did was elastics, we had to complete a set routine, left-right-left-right-in-out-in-out-in-stand. It was very easy because, the pattern was so simple that we could get it done fast.

The third challenge was one of the hardest, we had to listen to songs from different movies and then complete a crossword with the names of the movies.

Next we had a game of petanque, you had to beat another team to carry on to the next challenge, we lost two games before we won. There were also lots more challenges until we finally made it to the finish line everyone was cheering and clapping, the people at the finish line gave us medals that had the XRACE symbol on it. It was a great day and I would like to do it again next year".



## HORSING AROUND ....



Tessa Morgan is horse mad, which paid off recently at the end of year prizegiving at Tamahere Pony Club where she took out the following awards: Attendance & Grooming Shield, Best Rider on the Flat (which is similar to dressage) and the Joint winner of Junior Best Turnout trophy (how horse and rider look). If that wasn't enough she also won the Best Improved Rider - Juniors, at the Hamilton Lighthorse Club.

Every second Wednesday Tessa and her 5 year old sister Layla attend Tamahere Pony Club where they learn how to jump, dressage and games and then every second Sunday they attend the Hamilton Lighthorse Club. They also have weekly riding lessons. This winter Tessa is competing in Showhunter an interschools winter series. Her ambition is to ride in Horse of the Year in the near future.

Layla is also showing signs of following in her sister's footsteps by winning The Best Combination Pony and Rider at Hamilton Lighthorse Club, and also winning the Turnout and Attendance trophy at Tamahere Pony Club. Great effort girls.

## Thai Chicken Burgers with Apple Slaw

- 400g lean chicken mince
- 2 Tablespoons Thai red curry paste
- 1 bunch fresh coriander, stems finely sliced and leaves reserved
- 2 teaspoons fish sauce
- 6 shallots, finely sliced
- 4 large carrots, julienned or finely grated
- 2 medium-sized green apples, julienned or finely grated
- 2 cups bean sprouts
- 4 limes or 2 lemons, juice
- 2 tablespoons rice bran oil
- 4 soft wholemeal bread rolls, halved



### Method:

Combine mince, curry paste, coriander stems, fish sauce and one third of shallots in a large bowl. Wet hands to thoroughly combine mixture and shape in 4 patties. Refrigerate patties for 10-20 minutes if time permits.

To make apple coleslaw, in a small bowl combine coriander leaves, remaining shallots, carrots, apple, sprouts and lime (or lemon) juice. Set aside.

Set a large non-stick frying pan over a medium heat. Add oil and heat. Add chicken patties and cook each side 3-4 minutes or until golden brown and cooked through.

Place a patty on each burger base. Top patties with half of the reserved apple coleslaw and serve with remaining coleslaw and other roll halves.

HFG March 2015



## Third in NZ

On Easter Weekend Tia Hastings-Thurgood and her family travelled to Christchurch for the 2015 BMX National Championships.

On Easter Sunday Tia competed in the 12 year old girls category making it in to the finals. She then came NZ3, meaning she is third in New Zealand for her age.

Tia is a member of the Cambridge BMX Club and has been riding since she was four years of age. She started entering BMX competitions at the age of five and has consistently been in the top of her age group in New Zealand for many years.

## Did you Know?

- A 600 ml bottle of fizzy drink contains around 16 teaspoons of sugar!
- Mussels are a rich source of iron.
- The redder the meat the higher the iron content
- In NZ 30% of adults and 10% of children are obese. The Ministry of Health predicts 2016 will be the year that obesity becomes New Zealand's leading risk to health.