

INFORM



November 2019
Vol 13 No 5

Monthly Newsletter of
Lions International District 202M

DG JACK'S NOTES

District Governor: Jack Hayes

Home Club: Wairarapa Ruamahanga
Email jackhayes.hayes47@gmail.com

Vice District Governor: Murray Pringle

Home Club: Dannevirke Host
Email murray@ldp.co.nz

2nd Vice District Governor

Home Club:

Cabinet Secretary: Graham Atkinson

Home Club: Wellington Host
Email graham.atkinson@xtra.co.nz

Cabinet Treasurer: Glenys Hansen

Home Club: Masterton Holdsworth
Email: ghansen@contact.net.nz

GLOBAL ACTION TEAM

Leadership: PDG Rex Bullard

Home Club: Silverstream
Email rexbullard@xra.co.nz

Services: VDG Murray Pringle

Home Club: Dannevirke Host
Email murray@ldp.co.nz

Membership: Cat Hancock

Home Club: Napier Host
Email: Cath@Napier.govt.nz

InforM Editor: Mary Snook

Home Club: Karori
Email: mj.snook@outlook.com

Murray Pringle and I have almost completed the District Governor Club visits and they have been a great experience for us both. Thanks to all Lions for making us feel so welcome and listening... and asking us the hard questions!!

All Clubs are busy right now with a wide range of projects and I repeat that it is important that you enjoy these projects and have fun – that is a powerful incentive for potential members to join you. Our membership is the lowest it has been for many years and we need to be actively asking potential members to join us as well as meeting the real challenge to retain our current members.

A quick rundown of news

The Petone Lions Club will close shortly with most members transferring to other clubs.

The Lioness Clubs across the world have been advised they will no longer be supported by LCI from 30 June 2021. This action has been expected to come at some stage, so please support the Lioness members in your area as they decide what to do. They have been offered a good package to become Lions. Speechmakers is back for 2020 with a 202M

District final in Levin in May 2020 and the national final in Wellington – date to be finalised later this month. Prizes are different but the format will remain basically the same.



Your Club winning Peace

Poster entries need to be with me by Wednesday 13th November. Call me to arrange collection, or courier to me at 32 Waltons Ave, Kuripuni, Masterton 5810. I will decide the District winner by Friday 15th November and take that to the MD202 Council of Governors meeting in Wellington on 16th November. The National winner will be decided that day.

There is a lot of work being done behind the scenes on youth exchange. In the interim, I encourage you all to support our inwards Youth Exchange students with home hosting. This is not onerous if the Club takes it on as a project with the hosts providing effectively bed and breakfast while other members take the youths out for the day. They do not need to be entertained – this programme is about seeing how we live, not a grand holiday.

During our Club visits we encouraged you to look at more use of social media – many Lions are concerned about security – go to the **NZ government sponsored site - www.cert.govt.nz** It has excellent guides, advice and explanations there for you as Lions and for your family. Lions NZ does NOT intend to produce a guide of its own when there is a fully funded excellent resource available to you all free.

Finally, this is the last note from me prior to Christmas with Murray writing the December article. Sandy and I wish you all a safe and enjoyable Christmas with your family. Relax and enjoy their company and laughter. Bless you all for the service you are delivering.

Jack and Sandy Hayes

From the Editor's Desk

Only 55 days until Christmas and there's such a lot to do! Your club's cake order will have been delivered. If you are making your family's presents you will be well on the way to deciding what to make. And if not you may have already bought them, wrapped them and hidden them. I have decided to make jams and pickles for my family and will be starting very soon.

Something else we should be getting sorted is our accommodation for District Convention 2020 being hosted in Havelock North.

Attendances at District Conventions have dwindled over recent years and clubs are missing an opportunity to advocate for change. If cost is a concern then now is the time to plan by starting a Convention account into which your club members can contribute an amount to help with their expenses of convention—registration, accommodation and transport/petrol. Apart from that the Convention is the AGM of the district when clubs get to vote on remits which are the changes we want to affect. It is also the time when we elect our DG, VDG and 2nd VDG and hear what their plans and ideas are for our District. And we have a huge amount of fun catching up with friends.

Further details will be in the next InforM. *Editor*

TABLE OF CONTENTS

Page 1	DG Jack's Jottings
Page 2	From the Editor's Desk Table of Contents District Convention 2020
Page 3	President Choi's message LCIF—Campaign 100 \$2 drop details
Page 4	LCIF—Campaign 100 Brochure (Front)
Page 5	LCIF—Campaign 100 Brochure (Inside)
Page 6	Automatic External Defibrillator - AED Mana Lions Club—News
Page 7	Youth Exchange Dates For Your Diary "TAKE A BOW "TRUCKIES" - Rimutaka
Page 8	Karori Lions Celebrate 50 years of service
Page 9	The "ROAR" from Zone 4 STOP PRESS - Youth Exchange
Page 10	Tawa Lions Tree Planting project
Page 11	Striding out for Diabetes Day
Page 12	Homemade Muesli Bars (no added sugar)
Page 13	Shopping - 5 reasons to eat in colour
Page 14	Shopping - 5 reasons to eat in colour contd
Page 15	Recipes - Banana Boysenberry Hotcakes Carrot & Currant Salad
Page 16	Karori Lions Garden Trail
Page 17	Kapakapanui Lions Lawn Bowls Day - beneficiary Blind and Low Vision NZ

Convention 13 – 15 March 2020

Coast – City – Country
"Together we are one"



Accommodation

- At the camp – twin share rooms and bunk rooms.
- Motorhome points – at venue.
- Motels and hotels – book yourself.
- Airbnb – book yourself.
- Home and Host.

Activities

- AGM
- Learning
- Mix and mingle
- Guest speaker – you need to hear
- Explore the Bay



Where

Riverbend Camp
Te Aute Road,
Havelock North Hawkes Bay





PRESIDENT'S MESSAGE

Dr Jung-Yul Choi



Dear Lions,

For far too many in your community, the first sign that something is wrong comes far too late. Diabetes is now the 8th leading cause of death around the world, contributing to more than 5 million deaths per year. But it only takes small steps to prevent millions from developing type 2 diabetes.

Lions can be the difference. We must raise awareness of diabetes to prevent friends and neighbors from developing this disease.

There's no better time to get started than World Diabetes Day on November 14.

Your community is counting on you. And so is the world.

Regards,

Sincerely,

Jung-Yul Choi

Dr Jung-Yul Choi



Campaign 100 introduces the \$2 Drop

Here is a new and innovative way to raise funds for the campaign. Members, family members, and/or friends participate by putting aside \$2 a week to support the campaign. Just take your coins to your club treasurer for banking each month. Or the club could have a collection jar for members to donate a gold coin at each meeting and the proceeds get banked as LCIF \$2 Drop after each meeting.

This is the most ambitious fundraising effort in LCIF's history, the goal of Campaign 100 is to raise US\$300M by 2021 to empower Lions to serve hundreds of millions more people. We will increase our service impact, fight diabetes, and expand our global causes to include childhood cancer, hunger, and the environment. Disaster relief remains an important focus of our service in communities throughout the world ensuring LCIF is there when the need is greatest.

Please consider donating to Campaign 100 so we can answer the call to provide much needed funding where it's needed most!

Thank you for your compassion and generosity.

Jo Cameron

202M LCIF Coordinator

Weekly Deposits, Positive Impacts

Convenient location. Deposits that grow. Bankers who share your savings goal. That's \$2 Drop.

While \$2 Drop branches will never dot street corners across the Land of the Long White Cloud, \$2 Drop is open for business to Lions of New Zealand! With convenient weekly deposits and powerful annual yields, \$2 Drop is the simple way to ensure your service through your saving! Here's how:

♦ **TAPE** a \$2 coin to this bank book each week. Set your bank book somewhere noticeable, and make your "deposit" the same day each week so saving becomes routine. Some months you'll save four \$2 coins, some five.

♦ **TAKE** this bank book to your "banker" – your club LCIF coordinator, president, or treasurer – each month. From there, your \$2 coins go to LCIF's Empowering Service Fund. Then, take a new bank book and begin another month of saving!

♦ **TALK** with Lions and others about your savings plan, which supports *Campaign 100: LCIF Empowering Service*. Your weekly \$2 gift and annual compounded savings will make life-altering impacts in Lions' global cause areas.

1 \$2 drop a week. 52 \$2 drops a year. Annual yields with impacts like these.



Vision
2 cataract surgeries



Youth
Lions Quest curriculum for an entire classroom for 1 year



Disaster Relief
Immediate relief for 4 victims of a natural disaster



Humanitarian Efforts
Measles vaccination for 100 children



Diabetes
Screenings for 18 at-risk people



Childhood Cancer
Equipment treating 8 young cancer patients



Hunger
Regular access to food for 14 chronically hungry people



Environment
Access to clean water for 14 people



◀ *She's living with diabetes. For the price of a cup of coffee each week for a year, you can improve quality of life for her and 17 others, combating diabetes' negative impact on our country.*

Tape \$2 here ▶



Please provide donor information on back.

Thank you for supporting
our global foundation's
Campaign 100 and for
joining the conversation.

 @LionsClubsNZ

Area Leader, Campaign 100
and LCIF National Coordinator
Past District Governor Leo Danz
Email: danz24@xtra.co.nz
Phone: 027 4589 633

Saving & Giving Simplified



DONOR AND BANKING INFORMATION

Donor Information

Name _____

Month/Year of Donation _____

Information is shared with district LCIF coordinators, who ensure donors receive credit toward recognition.

Banking Information

Club treasurers deposit donations into New Zealand's International Association of Lions Clubs' account, number 030502 0081103 00, with reference "LCIF \$2 Drop."



lionsclubs.org/campaign100

LGP: CDBL EN 8/19

LCIF and LGP are Equal Opportunity Providers



Automatic External Defibrillator - AED

Does your community have a defibrillator in an accessible place. If not this would be a service your club could provide to assist in an emergency. Training in its correct use would add benefit. The offer below is valid until 31/12/2019

THIS DEVICE COULD SAVE YOUR LIFE

An Automated External Defibrillator (AED) is a safe and easy-to-use machine that is used to treat sudden cardiac arrest (SCA).

- **FACT 1:** SCA is the leading cause of death in adults, killing 1500 New Zealanders every year – 5x that of the annual national road toll.
- **FACT 2:** Your chance of surviving a cardiac arrest reduces by 10-15% every minute defibrillation is delayed.
- **FACT 3:** It takes emergency services about 7 minutes to respond to a call – can you wait?

The Heart Saver AED7000

Includes:

- Five-year warranty
- Set of adult electrode pads
- 1 x battery (5-year standby life)
- Sturdy canvas carrybag
- DRSABCD Reference Guide
- Rescue Kit



SPECIAL PRICE FOR LIONS CLUB NETWORK

\$1,495+GST. (Normally \$1,895+GST)

Email Tofiq Khan at tofiq@heartsaver.co.nz to purchase today (offer valid till 31/12/19)

ARE YOU WILLING TO TAKE THE RISK?

Are you doing everything you can to provide a safe environment for yourself, your family and your community?

What would you do if someone suffered a cardiac arrest?



“The best chance of surviving a sudden cardiac arrest is the immediate availability of an AED. I implore you to consider very carefully getting one.”

– Dr John Mayhew, ex-All Black doctor, current Warriors doctor and AED fan.

info@heartsaver.co.nz • 0800 233 342 • www.heartsaver.co.nz

HeartSaver
AED | FIRST AID | MEDIC | TRAINING

Mana Lions

At our meeting on 25 September 2019 it was my absolute pleasure to present to Mana Lion Michael George, the honour of becoming a Melvin Jones Fellow.

The Melvin Jones Fellowship was established in 1973 in honour of Melvin Jones, the founder of Lions Clubs International.

The Melvin Jones Fellowship is Lions Clubs International Foundation highest honour.

The Club has had three Melvin Jones Fellows, the late members John Wilce and David Black, and now Michael.

Michael joined Lions in October 1972 at Lower Hutt Host.

He later transferred to Nelson, and joined Stoke Lions, where he became President, and then Zone Chair and Cabinet Member.

With his return to Wellington in the 1980s, he joined Mana Lions, and became President in 1985. He has been Treasurer of our Club and Secretary/Treasurer of the Trust since 2014, as well as serving on the Trust as Trustee and Chair for several years. He has certainly ensured over the last five years that our financial position has always been sound.



Michael's contribution to Mana Lions has also included assisting in the annual Golf Tournament, the Eat Drink and Be Crafty fair, untold collections and working bees, and he is always one of the first to put his hand up to assist when we are called upon.

I had hoped to present the Fellowship to Michael at Changeover Night, back in June, but unfortunately for us, the Georges were away enjoying themselves in Europe.

I also wanted to present it on a 'Ladies Night', so that Margaret could be there for the presentation, as she has been a big support to Michael.

Again, congratulations to Michael.

David Skjellerup

Immediate Past President

YOUTH EXCHANGE

WANTED HOST FAMILIES

We are in urgent need of host families. We have youth exchangees of many nationalities coming to New Zealand.

Australian Japanese Brazil
Italians Malaysians

We have hosting opportunities from mid-December to 26 Dec 2019 and again from 6 January to end of January 2020. There are many reasons to host these young people not least the fun, laughter and growth that comes to you and your family from having them in your home.

Please if you can help contact Lorraine Brooks our District Youth chair. Lorraine's contact details
Email: buzzbrooks@gmail.com
Mob : 027 4533329

*I totally support this project. I have hosted youth on three occasions and each time I had 2 usually of the same nationality. It was the best project ever, I loved it. I hosted the first 2 girls from Japan over Christmas, an education for all of us and one of them had a birthday while with me. They become part of your family participating in your family day-to-day life including chores. We involved a PCC from our club and were invited to spend Xmas day with him and his wife and family. Hosting these young people can be a club or even zone activity but it does involve commitment. **Please see page 10 for the latest.** Editor.*

DATES FOR YOUR DIARY

- 1 Nov – Parkinsons Wairarapa Street Appeal
- 3 Nov – Carterton Plant sale – we'll be selling our Oriental Lilies which will flower around Christmas and early January.
- 6 Nov - Dinner at the Courthouse in Holloway Street.
- 14 Nov World Diabetes Day
(See Pages 4-7)
- 23 & 24 Nov Karori Lions Super Garden Trail.
(See page 13 for details)
- 28 Nov Men's health evening Karori Park Clubrooms
- 2020
- 9 Jan Carter Court Rest Home fair.
- 16 Feb Karori Lions Karnival
- 13-15 Mar District Convention, Havelock North
- 3-6 April Lions Certified Instructor Programme Sydney
(Jan 19th deadline)
- 17-19 April Emerging Lions Leadership Institute
- 1-3 May MD Convention—Whangarei
- 26-30 June 2020 International Convention — Singapore

“TAKE A BOW “TRUCKIES”

The letter below was received by Rimutaka club from the Principal Paremata School

Hi Adrian

Thank you so much for all of your hard work put in by the food truck crew at our gala last Saturday!! We really appreciate your attendance and the wonderful friendly crew who sold hot dogs and chips in not so nice weather.

It is so daunting to think on how to manage the hot oil, cook food safely and serve so many people at once! You all work as such seasoned professionals to manage this, thank you for taking this headache off of our shoulders. Would you mind please passing on our thanks at your next meeting.

Finally I would so appreciate if you could please book the 17 October 2020 for our next gala in your diary?

Many thanks and kindest regards

Julia



Paremata School gala 17 October 2020

ROUND THE CLUBS

Karori Lions Celebrate 50 years of service

Karori Lions celebrated their 50th Charter Anniversary Saturday night (14 September) with a sumptuous dinner at the Karori Bridge Club. President Joanne Knight reported 'Over 80 guests included a number of past members, coming from as far as Auckland and Australia, and this included two of the original charter members. It was a night of reminiscing about the good times and the very many enterprises of our busy club'.

She said that the spirit in the room was uplifting, as members recounted snippets of history and fun times, celebrated successes and remembered absent friends. 'The father of the Karori Sanctuary' Jim Lynch QSM was the Guest Speaker, recounting the early days of the germ of the idea for the Sanctuary and how that spark has led to a revolution in conservation around New Zealand.

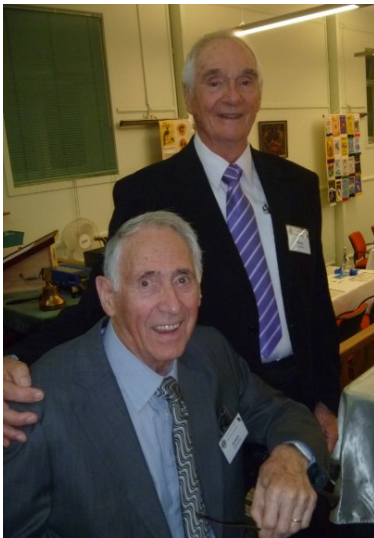
One of the organising team Beth Anders said 'Jim thanked the Karori Lions for their early and continuing support of the Sanctuary (Zealandia), from fundraising, painting the building for the first offices, working in the weka enclosure and for the intense and sustained effort over some years to eradicate invasive trees and weeds in the upper valley'. Jim said, 'The Sanctuary is now buddleia free!'

President Joanne said that the club was delighted to present prestigious Lions recognition awards to five club members who have given huge service to the community, both in their Lions capacity and through other community organisations. Vaughan Crimmins, Garth England, Tom Lumb, Gary Parsons and Jennie Vowles all became 'Melvin Jones Fellows' a recognition named after the founding father of Lions Clubs International.

She added 'Our Lions are back into action next weekend with another E-Waste recycling morning at the Karori Community Centre in Beauchamp Street and we are in the throes of planning our 6th Super Garden Trail which will be held on 23 and 24 November.'

President Joanne also stated 'Our club is always looking at how best to provide service to the community, and one of the things we will be looking at next is a major feasibility study on setting up a Mini Golf facility at the north end of Appleton Park'

The celebrations continued on Sunday morning with an animated group filling the upper section of One Fat Bird to enjoy a hearty brunch.



Left : the last remaining charter members — Anton Clements and Barry Lumsden



21 of the past Presidents including 4 past District Governors, 2 past Council Chairs



Melvin Jones Fellows - L-R Vaughan Crimmins, Gary Parsons, Jennie Vowles, Garth England and Tom Lumb

ROUND THE CLUBS

The "ROAR" from Zone 4 – Recent activities

Carterton Central Lions Club members ran a Café at the Wairarapa Fabric Fair, funds raised were donated to King Street Artworks. A plant stall was held at the Carterton Market on Daffodil Day. Nine Medical Students were hosted by the Club and arrange of speakers spoke to the students covering topics such as diabetes, Parkinsons and the responsibilities of a Funeral Director. Members recently arranged a car drive around and took senior citizens for a drive and then back to St Marks Church Hall where they enjoyed a singalong with The Parkinson Singers. Everybody enjoyed a cuppa and a chat to finish off the afternoon.

Carterton Lions Club food caravan was asked to attend the recent Bike Rodeo held at Carterton School. Over 100 children enjoyed several hours of fun on many types of bicycles, with Lions Pascoe Reynolds & John Rose on hand to assist the children at two of the obstacles. The turnout of children certainly bodes well for our Lions Clubs 50th Charter Anniversary Bike Park project in Carrington Park, which begins in January 2020.



Future BMX Champ

Masterton Holdsworth Lions have had a busy time lately catering for the Lions District 202M President's weekend held in July at the Carterton Event Centre and running the Café at the Wairarapa Model Railway Expo held in the YMCA in August. The club entered a team in the Wairarapa Cricket Assn Quiz night and had a fun evening testing the member's knowledge. Emergency toiletries have recently been delivered to the Wairarapa Hospital and members manned a sight for the Pink Ribbon Appeal last Friday. The traditional Lions Christmas Cakes are available from members of the club or by phoning 0272301231. Checkout the clubs Facebook page and place an order.

Masterton Host Waipoua Lions Club recently held their latest book sale at the Masterton A & P Show Grounds. The event was extremely well attended with over \$6000 being raised which all goes back into the local community. Thank you to all the supporters who donated the huge amount of books and to those that attended the book sale. Books are regularly coming in so keep an eye out for the next Lions Book sale.

Greytown Lioness Club provided 32 pairs of Children's Pyjamas to the Wairarapa Hospital children's Ward and baked and delivered biscuits for Father's Day to Fathers who live alone. Members helped with collections for Wellington Free Ambulance and Alzheimers. Four members travelled to Mercury Bay to attend the Annual Lioness Forum. Guest Speaker at our last Dinner meeting was Seth Rance who shared his experience as a Cricketer both in NZ and in the Black Caps team.



Getting the starting technique right

Featherston Lioness Club - at a recent dinner meeting, Jen Bhati from Neighbourhood Support and Ian Osland from the Police, talked about keeping ourselves safe. Many questions were asked and answered, particularly about scam phone calls and internet safety – very current issues. Club members enjoyed a traditional lunch in September hosted and prepared by 2 of our South African members. Over the past month, we have been catering and serving afternoon year at town events and making lunches for competitors in a cycle race, and have collected for Arthritis Foundation and Pink Ribbon.

STOP PRESS

Just updating you all on our Youth Exchange that will be arriving in December. I have sent a previous email to all clubs regarding our Australian and Malaysian youth Exchange who will be arriving around December 6/7 this year and I am still looking for more host families than the kind offer we already have.

We have two 20 year old Malaysian twin girls arriving about December 8th and am hoping to host them in Wellington till December 17th and then they will either travel to other parts of our District or District 202D. They will then be heading to the Youth camp on December 27th and then home.

We also have one 17 year old Australian boy who will need the same hosting as the Malaysian girls.

December 22nd to the 27th we will have 3 Italians arriving in our District. 1 boy 20 years old, 1 girl also 20 years old – who has a slight allergy to cat fur and one 21 year old girl who is allergic to dust. They will also be going to the Youth Camp on the 27th.

Once again looking forward to hearing from you all

Kind regards

Lorraine Brooks

202M Youth Exchange coordinator

Tawa Lions

Tawa Lions have been planting fruit trees and DG Jack's Kowhai tree at Hampton Hill School.

Hampton Hill School pupils love gardening.

Tawa Lions donated some fruit trees and lettuce plants to the school and then joined with

the pupils to plant them. We were welcomed to the school in the morning with a Powhiri and then returned at lunch time to get digging and planting.

A great joint effort.



Thanks to Rimutaka Club's Bulletin editor Adrian.

Masterton Holdsworth Lions Club



**Celebrate World
Diabetes Day
14 November.**



**Striding out for
World Diabetes Day**

Sunday

10 November

At Henley Lake

Meet at Te Ore Ore Road, Masterton.

10.00 am.

**Some Diabetes Assn members
may join us for this walk.**

World Diabetes Day

14th November 2019



What's your club doing to celebrate World Diabetes Day.

Homemade Muesli Bars (no added sugar)

(a recipe published in the Dominion Newspaper 23/10/19)

1/2 cup dried cranberries, or sultanas or dried apricots

1/2 cup dates

2 eggs

75ml vegetable oil

1 cup desiccated coconut

1 1/2 cups rolled oats (or quinoa flakes for gluten free)

1/2 teaspoon cinnamon

1/2 teaspoon baking powder

Pinch of salt

Preheat oven to 180 deg C. Line a 15cm x 20cm slice tin with baking paper.

Place the dates and dried fruit in a sieve and slowly pour two cups of boiling water over to soften and rehydrate. Leave to drain for a few minutes. Put the eggs, oil and drained dried fruit into a food processor and blend to 10 seconds to break up the fruit a little. Add the dry ingredients and pulse until the mixture comes together.

Tip into prepared tin and press evenly into the base. Bake 20 minutes until golden. Cool on a rack, then cut into 12 bars. Keep in an airtight container in the fridge and consume within 5 days. Could be put in freezer.

Variations: add pumpkin seeds, chopped nuts, or dark chocolate chips as a treat.

I haven't made these yet but will certainly give them a try!!

Glenys—your District Diabetes Co-ordinator.



From your Diabetes Co-ordinator

Glenys Hansen (taken from the Healthy Food Guide NZ March 2018)

Be a savvy shopper with our guide to making healthier choices at the checkout.

shopping

5 REASONS TO EAT IN COLOUR

Eating a rainbow of coloured foods maximises the variety of nutrients in your diet. We reveal some specific health benefits of easy-to-find colourful fruit and veg.



ORANGE
Carrots help protect eye health

1 OF YOUR FIVE-PLUS-A-DAY 1 medium carrot = 170kJ (41cal)

STAR NUTRIENT Beta-carotene

This orange antioxidant pigment, found in carrots, is important for eye health and eating more of it has been linked with lower rates of glaucoma in women. One medium carrot provides enough beta-carotene (which we convert to vitamin A) to get 79 per cent of the daily suggested dietary target (SDT) for vitamin A for women, and 64 per cent for men.

TRY THEM LIKE THIS • Grate into a homemade burger mix to add bulk and reduce kilojoules • Cut into batons and dip into hummus • Shred and combine with white cabbage, onion and low-fat plain yoghurt (perhaps with a dash of something hot) for a healthy coleslaw.



YELLOW
Bananas help control fluid balance

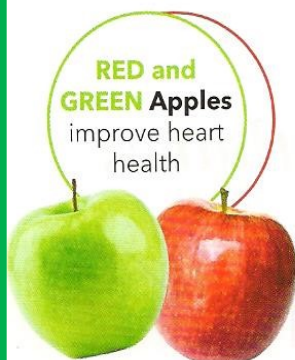
1 OF YOUR FIVE-PLUS-A-DAY 1 medium fruit = 440kJ (105cal)

STAR NUTRIENT Potassium

One medium banana provides 9 per cent of your SDT for potassium, which helps control the balance of fluids in the body, and also helps the heart muscle to work properly. The less ripe the banana, the lower its GI, meaning it raises blood sugars more slowly after eating.

TRY THEM LIKE THIS • Add them to Banana, raspberry and walnut loaf (healthyfood.co.nz).

Shopping—5 reasons to eat in colour continued



RED and GREEN Apples improve heart health

1 OF YOUR FIVE-PLUS-A-DAY 1 medium apple = 320kJ (77cal)

STAR NUTRIENT Quercetin

Regularly eating apples boosts antioxidant quercetin, which is linked to lower levels of C-reactive protein, a marker of inflammation linked to heart disease. A medium apple also has 3g fibre, some of which is cholesterol-lowering soluble fibre.

TRY THEM LIKE THIS • Make Bircher muesli. Soak oats overnight in unsweetened almond milk with raisins, dried apricots and hazelnuts. Serve with grated apple and natural yoghurt.



WHITE Leeks may help reduce risk of prostate cancer

1 OF YOUR FIVE-PLUS-A-DAY ¾ cup chopped leek = 93kJ (22cal)

STAR NUTRIENTS Sulphurous compounds

Leeks contain a group of nutrients called organosulphur compounds. When leeks are cut, these compounds mix with amino acids forming new compounds that appear to have health-protecting effects, including lowering the risk of prostate cancer in men.

TRY THEM LIKE THIS • Finely slice and add to stir-fries • Char-grill and add to a courgette and herb salad • Chop and sweat down as part of a risotto base.



PURPLE Eggplants may help to prevent tumour growth

1 OF YOUR FIVE-PLUS-A-DAY 1 cup sliced eggplant = 64kJ (15cal)

STAR NUTRIENT Nasunin

The skin of eggplants is rich in the purple pigment nasunin which, research suggests, helps to prevent tumour growth by halting the growth of new blood vessels that supply the tumour.

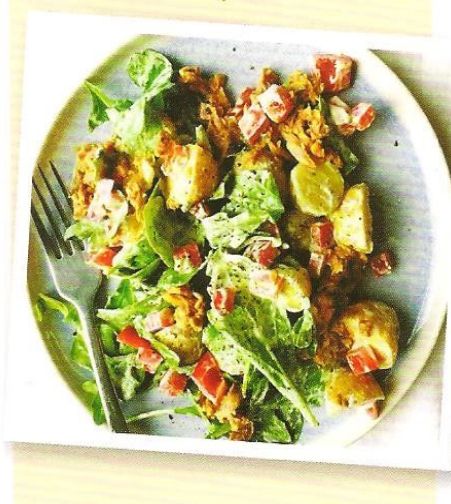
TRY THEM LIKE THIS • Stuffed and baked: halve an eggplant, scoop out the flesh and chop, then mix with cooked couscous, harissa paste, garlic, onions, dried apricots and chickpeas. Pile back into the skins, bake until hot, then serve with a crisp green salad.



Tuna potato salad Time to make 5 minutes

- 1 tablespoon **mayonnaise**
- 1½ tablespoons **plain yoghurt**
- 1 teaspoon **Dijon mustard**
- 1 cup (140g) cold cooked **baby potatoes**
- ½ red **capsicum**, diced
- 2 cups **rocket leaves**
- 95g can **jalapeño-flavoured tuna** (or flavour of your choice)

1 In a bowl, mix mayo, yoghurt, mustard together. Add veges and toss to coat. Add tuna and mix gently. **hfg**



Makes 8-11

Prep time 10 mins, cooking time 10-15 minutes

Nutritional Information

Serving size approximately 50 grams

Average quantity per serving:

Energy 540 kJ (129 kcal), Protein 4 g, Fat total 5.2 g – saturated 0.8 g, Carbohydrate 15.4 g – sugars 3.3 g, Sodium 126 mg

2 ripe bananas

2 large eggs

½ cup wholemeal flour

½ cup white self-raising flour

½ tsp ground cinnamon

½ cup fresh or frozen boysenberries, cut into thirds

Banana Boysenberry Hotcakes

- 1 In a bowl, mash the banana. Mix in the eggs until completely combined. Add the two flours and cinnamon. Stir until smooth. Lastly, fold in the berries.
- 2 Heat a little oil in a pan before dropping in spoonfuls of mixture. Cook at a medium-low heat to ensure they cook all the way through before getting too brown on the outside. When bubbles appear on the cooking hotcakes it is time to flip them over.
- 3 Serve warm, with unsweetened Greek yoghurt.

Tersha Coppell: Food & Nutrition teacher at Motueka High School

Recipes taken from Diabetes NZ Cookbook
“Eat Well Live Well.”

Serves 2 as a main, 4 as a side dish

Prep time 10 mins

Nutritional Information

Serving size approximately 283 grams

Average quantity per serving:

Energy 1240 kJ (296 kcal), Protein 10.7 g, Fat, total 12.9 g – saturated 3.3 g, Carbohydrate 28.2 g – sugars 21.6 g, Sodium 316 mg

6 small carrots (or 3 large),
grated

½ cup dried currants

handful of parsley, finely
chopped

4 large stalks celery, thinly sliced

50 g tasty cheese, grated

1 cup chickpeas or butter beans,
rinsed and drained

½ cup sliced almonds

Carrot and Currant Salad

- 1 Place all the ingredients, except the almonds, in a large bowl and mix together.
- 2 Heat a non-stick frying pan and toast the almonds for 1 minute or until golden brown. Cool, then sprinkle over the salad.

TIP: If you have a food processor, save yourself time and use the different blades to chop the parsley, slice the celery and grate the carrots and cheese.

Claire Turnbull



VISIT
12 LOVELY
KARORI
GARDENS,
INCLUDING ZEALANDIA

Tickets
\$25
per person



*Super
Garden
Trail*

Tickets available from
all trail gardens on the
day or in advance from
selected outlets listed:

- MITRE 10, GROFTON DOWNS
- PAPER PLUS SELECT,
KARORI MALL
- MARSDEN BOOKS, MARSDEN VILLAGE,
KARORI
- KARORI ARTS AND CRAFTS CENTRE,
KARORI
- TWIGLAND, JOHNSONVILLE
- PALMERS, MIRAMAU
- CALIFORNIA HOME & GARDEN, LOWER HUTT
- HARRISON'S GARDEN CENTRE, WAIKANAE
- PALMERS, PLIMMERTON

SATURDAY 23 AND
SUNDAY 24 NOVEMBER
2019
10AM TO 4PM

www.supergardentrail.com

Major sponsorship
Wellington Free
Admission





Proudly Supporting
**Blind +
 Low Vision NZ**
 Formerly Blind Foundation



SAT 15 FEB 2020

Charity Bowls Day for BLIND + Low Vision NZ Kapiti

BBQ Lunch

Afternoon Tea

Lots of Prizes

Raffles

Entry Cost: \$15

Mixed Progressive Triples Gala

Prizes for first three in each position

Register with: Roger Matthews
roger-matthews@slingshot.co.nz
 04 297 1209 027 435 0825
 Late Entries on the day by 9.30am

Brought to you by:

Kapitiapara Lions



Raumati Bowling Club

**Raumati
 Bowling Club**

***No Experience
 Necessary, just wear
 flat soled shoes
 No special clothing***

Proudly sponsored
 by:



**Nepal NZ
 Connection**

