



# E- Newsletter – Winter Edition

## Warm Pasifika Greeting

### Coming up....

**Community Learning  
Programme (CLP)**

**Month of July**

**Ranui Community Centre**

474 Swanson Road, Ranui

**Dates:** Tuesdays 3<sup>rd</sup>, 10<sup>th</sup>  
17<sup>th</sup> & 24.

Time: 10am-1pm

**Month of August**

**Massey Community Hub**

385 Don Buck Road,  
Massey

**Dates:** Fridays 3<sup>rd</sup>, 10<sup>th</sup>,  
17<sup>th</sup> & 24<sup>th</sup>.

**Month of September**

**Kelston Community  
Centre**

135 Awaroa Rd, Kelston  
Dates: TBC

Proud winner of the Mother's day voucher draw...



### Give us a call...

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Maria DDI: 09 216 4603

Mob: 021 902 571



The Mother's Day \$250 Baby Factory voucher was won by a young Samoan mother. Betty completed a promo form during her visit to the GP. She was over the moon when she got the phone call that she won the Mother's Day draw. Betty is very excited about participating in the next Community Learning Programme.

*Second chance draw:* \$150 Pak & Save won by Pati Tangianau, Pati was overjoyed to be drawn as the winner for the voucher.

Complete the Promo form to go into the next draw. Contact Maria for the form.



## In Brief...

An update of the Pasifika HBHF activities, during July 2017-June 2018.

### Completed Promotional Forms

356 mothers included caregivers and family members

### Introduced to the Programme (Healthy Conversation)

280 mothers, including family members

### TextMatch Update:

254 mothers and family members registered for TextMatch.

### Community Learning Programmes Participants (CLP)

206 mothers and family members registered for Community Learning programmes.

129 completed all 6 modules of the programme.

## Text MATCH

Talofa Maria. If you are trying to lose weight it's a good idea to cut out sugary fizzy drinks which are high in calories. Switch to water!

## Our favourite recipe.....

### Sapasui – Chop Suey **Serves 10**

#### Ingredients

3 packets vermicelli  
1 Tbsp peanut oil  
1 onion, finely chopped  
4 cloves garlic, peeled and crushed  
2 Tbsp fresh ginger, grated  
1 ½ kg lean beef, cut into small pieces  
2 large red peppers or carrots, finely chopped  
2 cups broccoli, cut into bite-sized pieces  
1 cup fresh or frozen green beans, sliced  
½ cup soy sauce, reduced-salt

#### Method

1. Place the vermicelli in a large bowl and add hot water until just covered. Soak for 10-15 minutes or until the noodles have expanded
2. Heat the oil in a large pot, add the onion, garlic and ginger cook until onion is soft
3. Add the beef and cook until it is just done
4. Drain the vermicelli over a bowl, saving ½ cup of the soaking liquid
5. Add the vermicelli and ½ cup of soaking liquid to the beef mix
6. Add the vegetables and soy sauce, and simmer for a couple of minutes
7. Serve immediately

#### Tips

Be careful not to stir this dish too much, or the vermicelli will become mushy  
If you don't have peanut oil, just use whatever oil you have on hand

#### Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
1517kJ	4.3g	58g	2.8g	266mg

Recipe taken from Pasifika Flavours – Heart Foundation

## Our Physical Activity

### Spell Your Name Now... Work Out!

A: 50 Jumping Jacks  
B: 20 Crunches  
C: 30 Squats  
D: 15 Push ups  
E: 1 minute wall sit  
F: 10 Burpees  
G: 20 sec. Arm Circles  
H: 20 Squats  
I: 30 jumping Jacks  
J: 15 crunches  
K: 10 Push Ups  
L: 2 minute wall sit  
M: 20 Burpees  
N: 40 jumping Jacks  
O: 25 Burpees  
P: 15 sec. Arm Circles  
Q: 30 crunches  
R: 15 Push Ups  
S: 30 Burpees  
T: 15 Squats  
U: 30 sec. Arm Circles  
V: 3 minute Wall sit  
W: 20 Burpees  
X: 60 jumping Jacks  
Y: 10 crunches  
Z: 20 push ups

REPEAT  
2x

Some exercise tips that might motivate you this winter.

If you are pregnant, don't attempt these without seeking advice from your GP.

Safety first!

← Pinterest exercises