HEART AWARENESS

Healthy living is all about choices, some big ones and lots of little ones.

There's heaps you can do to keep your heart healthy - whatever your age.

There are 172,000 people living with heart disease in New Zealand. That's one in twenty adults. (Ref: www.heartfoundation.org.nz)

Every week, 12 babies are born with a heart defect in New Zealand. Whilst there are surgical procedures that can improve the heart's function, there is no cure for a Congenital Heart Disease (CHD).

Did you know that 33% of deaths annually are caused by cardiovascular disease? It is the leading cause of death in New Zealand and includes heart, stroke and blood vessel disease.

August marks Heart Awareness month across New Zealand and we want you to join us to support so many New Zealanders living with heart disease. We want to educate and encourage healthy lifestyles and give meaningful and productive options for a healthy heart long term.

The Heart Foundations mission: To STOP New Zealanders dying prematurely of heart disease and HELP people with heart disease to live full and productive lives is one we strongly support with Sport Gisborne and the YMCA together offering Healthy Hearts programmes.
Our four International Volunteers from Hong Kong are settling in well and proving that their skills are a much appreciated asset to the team during our very busy Holiday programme.

Janice, Christie, Tiffany and Topaz worked full time in the OSCAR Holiday Programme during the school holidays and had very busy, fun filled adventures along the way.

They got to experience various different local attractions with the groups, teach and play sports, games and art, and learn some new games that we hope they will take back home with them and teach others.

They have had long days and find kiwi kids energetic and friendly which has helped them develop relationships with many different age groups and learn more about our kiwi culture.

Highlights for the girls during the programme were visiting Eastwoodhill, the Museum of technology, Botanical Gardens and Galaxy World as well as doing lots of arts, crafts, cooking and games with the kids.
The weather may have kept us on our toes, but it certainly didn’t stop us from having an action packed, fun-filled two week Holiday programme, with so many exciting adventures for ages 5-13.

The YMCA OSCAR Programme would like to thank all the community organisations and businesses that supported our July Holiday Programme with a big shout out and thank you to:

The Odeon Movie Complex
Eastwoodhill Arboretum
Gisborne Olympic Pool Complex
Enterprise Pools
EIT Toihoukura
HB Williams Library
Galaxy World and the Gisborne Badminton Centre.

July Winter Holiday Programme was another fun-filled two weeks of awesome games, activities and adventure with our groups having a blast and families were excited to follow our adventures through Facebook updates.

Highlights included, visits to Galaxy World, Botanical Gardens, EIT Toihoukura, MOTAT, Eastwoodhill, Enterprise Pools and movies at the Odeon, along with cooking, arts and crafts, kite making, sports games and team building challenges.
With our amazing July Holiday Programme all done and dusted, we have a busy Term 3 ahead of us as we continue to offer awesome opportunity for adventure, creativity and loads of team building challenges in OSCAR After School Care.

OSCAR is growing and for us to be able to continue to offer awesome activities and a fun place to be each afternoon our rates have increased.

For full details of rate increases please jump on our website www.ymcagisborne.org.nz, head to our ‘whats on’ page or grab a flyer from Customer services, OSCAR or facebook.

Winter Holiday Programme was surely our biggest one this year, with our numbers growing to over 130 most days and hitting highs of 160 on others.

The weather wasn’t going to bring our programme to a halt as we explored all over Gisborne, checking out our favourite sights, playing new games that some may have never tried before and challenging ourselves to work as teams in obstacle courses, cooking activities and kite building.

Term 3 promises more exciting activities ahead for our groups, with opportunities for our Seniors Group to take leadership roles, leading our younger groups in ki o’rahi and other senior organised activities.

Building strong, confident role models within our programmes, ensures our children are making positive choices and building strong relationships with their peers, learning team work and open communication.

It’s been a fantastic year across all our OSCAR programmes so far and we hope to continue to deliver amazing adventures and activities throughout term 3, with our next holiday programme being planned as we speak.

Max Haraki
Oscar Manager.
KITE MAKING WITH THE Y

During the July Holiday Programme our Juniors group had the chance to get hands on and construct their very own kites using bamboo sticks, plastic bags and string.

They were paired up and all given a demonstration, then in their pairs they got stuck in and designed, constructed and decorated their creations.

It was a morning of creativity with design flair shining through.

The boys were determined to out do the girls and were excited about the opportunity to fly them at the Adventure Playground in the afternoon.

Some kites were lucky enough to fly, whilst others needed to go back to the drawing board for tweaking, but we had fun and it was great to see the determination and dedication to the task.

JULY HOLIDAY FUN FOR EVERYONE
GIZZY KIWI GUARDIANS

Toyota Kiwi Guardians
An activity programme for kids to learn about nature, earn cool rewards and go on epic family adventures!
Before term 1 School holidays, two new sites were launched here in Gizzy:
Okitu Scenic Reserve
Gray’s Bush Scenic Reserve
For more info visit www.kiwiguardians.co.nz

Stay tuned for two new Gisborne Kiwi Guardians sites set to launch in October!

CONSERVATION EXPERIENCES

Tairawhiti Conservation Experiences
want to get the kids out and involved in a local conservation project - check out our attached calendar of events brought to you by DOC, Gisborne District Council, Tairawhiti Environment Centre and Womens Native tree Project.

To keep in the loop, Like our page - “Conservation Groups Tairawhiti” on facebook

Waikanae Stream Planting
For August we NEED help to plant natives along the Waikanae Stream.
Contact Koka Trudz at DOC East Coast for more information.

Habitat Heroes Competition
Habitat Heroes encourages young people to explore a local natural environment and think about how they can make a difference.

The competition runs between 18 April and 29 September 2017.
Check out the website to see how you can be a Habitat hero.
It may be a project you are already doing at your school or something you have in mind.
Utilise the resources on the DOC website to get going.

Dirty Dozen Competition
DOC has put a bounty out for the Dirty Dozen common weeds. Submit sightings to be in to win $100.
Competition closes 30 August 2017.

LEARNZ Map my waahi
DOC East Coast, Land Information NZ and LEARNZ are joining up to deliver ‘Map my waahi’.

This virtual field trip scheduled for Aug 1-3rd will travel up to the isolated East Cape with Te Waha o Rerekohu Area School and TKKM o Kawakawa mai tawhiti learning how to utilise online mapping tools to present ‘my place-my story’.

Mapping is one of the key tools in Conservation work. To register visit www.learnz.org.nz

World Ranger Day 2017
Live Q & A with rangers for schools 31st July 2017

To celebrate World Ranger Day on the 31st of July 2017, we want to let students know what it’s like to be a DOC ranger.

It’s a wonderful opportunity for us to educate young people on DOC’s work and to perhaps inspire future DOC
HABITAT HEROES COMP

Habitat Heroes encourages young people to explore a local natural environment and think about how they can make a difference.

The competition runs between 18 April and 29 September 2017.

To enter, groups of two or more students need to:

Get outside – explore and investigate the health of a local natural environment.
Get their teacher/group leader to register your group online.
Share a summary of their work on any online channel (school blog, YouTube, Facebook, etc.) to be in to win one of six prizes.

Students need to share: learning and experiences outdoors, in particular, the observations regarding the health of the local environment ideas and an intended action that could be taken to improve the health of the local environment.

Email their entry to conservED@doc.govt.nz. This could be a weblink to their blog, video, photos, PowerPoint presentation, or a PDF document. Students could also post the entry on social media with the hashtag #HabitatHeroes.

WORLD RANGER DAY JULY 2017

To do this, we will be hosting a Facebook LIVE Q & A session with rangers on our Facebook page.

You’ll be able to tune in to the live video stream from your device (using a computer or phone, all you need is wifi!), and the students will have the chance to ask DOC rangers questions about what their job is like, live!

This is a real-time event and we’re so excited to share it with you.

• and register your name and school here: www.doc.govt.nz/worldrangerday
• Follow our World Ranger Day webpage for up to date information on live stream. (Time to be confirmed)
• On the 31st July, Log into Facebook in your classroom, and head to the DOC Facebook page: www.facebook.com/docgovtnz.
• Decide whether you would like to see the comments as you watch or not.
• If you do: Click on the time stamp for the video (see example below).
• This will bring the video into the middle of the screen, and let you read the comments as they come through.
• If you don’t, click on the fullscreen symbol in the bottom right corner of the video.
• Rangers will answer as many questions as they can, but if they run out of time before they get to your question we will try to get you a response as quickly as we can after the stream has finished.

You'll also be able to find and watch the video on the DOC Facebook page afterwards.

Teachers Conservation Workshop

Stay tuned for planned teachers workshops with Tairawhiti Environment Centre and DOC.

Already in the planning is the Marine Metre Square a workshop to engage kids with our marine environment.

More topics to come!

Contact Theresa Zame at the tairawhitienvcentre@gmail.com
GET YOUR VITAMIN C

It’s clear that Vitamin C has a multitude of benefits across a broad range of conditions. Even pregnant women and children can take vitamin C. Why wait – get dosed up before winter hits. The problem with a lot of vitamin C is that they are not absorbed well and are not retained in the body for long. They are also acidic, making them hard on the stomach and teeth. Good Health Opti-C is an advanced, highly absorbable, stomach friendly Vitamin C that provides potent 24 hour immune support plus antioxidant protection. It’s made using a special water-based process that makes the Vitamin C molecules more active resulting in increased absorption and it stays active in your body for longer.

10 REASONS TO TAKE VITAMIN C

1. **It gives you youthful skin.**

That’s right, move aside botox. Vitamin C is an important factor in collagen production. It’s also a strong antioxidant which helps to prevent premature aging. The combination of these two ingredients makes it an excellent supplement to take for healthy looking skin.

2. **It’ll make you stress less.**

Vitamin C is one of the main nutrients that your adrenal glands (stress glands) need to function properly. When you’re under stress your body uses up much more vitamin C than usual. Humans (unlike most animals) can’t make their own vitamin C so we need to obtain it from our diet or through supplementation.

3. **It helps your wounds to heal quicker.**

From cuts and broken bones to burns and recovery from surgical wounds, vitamin C taken orally helps wounds to heal faster and better. It helps to heal connective tissue but also has anti-inflammatory properties.

4. **It reduces suffering for asthmatics.**

Asthmatics tend to have higher needs for vitamin C because of the antioxidant function it plays in the lungs and airways. Doses of 1,000 to 2,000 mg per day reduce asthmatic symptoms and lessen the body’s production of histamine, which contributes to inflammation. Most asthmatics are also lacking in magnesium too.

5. **It’s beneficial for people with diabetes.**

People with diabetes can benefit from extra vitamin C, too. This nutrient can help regulate your blood sugar levels. Since insulin helps vitamin C, as well as glucose, get into cells, people with diabetes may not have enough vitamin C inside many of their cells. Just like glucose, vitamin C can’t do its work if it’s not inside a cell. Supplementing vitamin C can force it into body cells, where it can protect against the many complications of diabetes.

6. **Protection from toxins and aids smokers.**
With such busy schedules, juggling work, family, sports and the daily chores, life can sometimes get a bit full on and finding a way to balance these stresses can be a juggling act all on its own.

We have just the thing to help relieve those daily pressures, without any impact on your wallet. Have you considered taking our FREE Tai Chi class on Thursday at 10:30am?

Run by Turanga Health, Tai Chi is a FREE, low impact, calming class that teaches you to find your inner calm, realign negative energy and release some of those pressures that we all carry around with us on a regular basis.

Give it a go, you might find it’s just what you have been searching for!

**FIND YOUR INNER CALM**

**SUPPORTS YOUR BODY'S SYSTEM**

Did you know that every cigarette you smoke uses up about 1000mg of vitamin C from your body? Vitamin C aids detoxification and/or neutralisation of many harmful agents. It helps to keep certain heavy metals (like lead, cadmium and arsenic) in solution, thus allowing them to be more easily eliminated in urine. This is one of the reasons why smokers use up vitamin C so quickly.

7. **It helps to prevent heart disease.**

As with many other antioxidants, vitamin C helps to prevent heart disease by preventing free radicals from damaging artery walls, which could lead to plaque formation (atherosclerosis). This nutrient also keeps cholesterol in the bloodstream from oxidizing, which is another early step in the progression towards heart disease and stroke. High blood pressure may also improve in the presence of this wonder vitamin. All these factors combined make vitamin C an inexpensive and easy way to lower one’s risk of heart disease and strokes.

8. **It reduces your suffering from allergies.**

Vitamin C is a natural anti-histamine (histamine is an inflammatory chemical the body releases when exposed to an allergen) therefore can be useful in the prevention and treatment of hayfever and hives.

9. **It helps to prevent cataracts.**

Cataracts are when the eyes start to cloud over and can lead to blindness. The lens in your eye needs a lot of vitamin C to counteract all the free radicals that form as a result of sunlight on the eye. Vitamin C is concentrated in the lens. When there’s plenty of vitamin C floating through your system your eye is more protected from damage. It’s possible that 1,000 mg per day of vitamin C might stop cataracts in their tracks and possibly improve vision.

10. **It supports your immune system.**

This probably isn’t news to many, but winter is looming. Vitamin C reduces the severity and duration of viruses such as the common cold but it’s ideally used as a preventative rather than a cure. Vitamin C works by inhibiting the virus replication in the body.
NUTRITIOUS EATING

Enjoy a variety of nutritious foods, including:

- Plenty of vegetables and fruit
- Grain foods, mostly whole grain and those naturally high in fibre
- Some milk and milk products, mostly low- and reduced-fat fish
- Some legumes, nuts, seeds, fish and other seafood, eggs or poultry, or red meat with the fat removed.

Legumes include lentils, split peas, chickpeas and cooked dried beans (eg, red kidney beans, baked beans).

Healthy eating helps your body to work well and helps you to feel good
- can lower your risk of heart disease, stroke and some cancers and help you to have a healthy bodyweight
- means eating a variety of foods that give you the nutrients your body needs.

WINTER SPORTS INJURY PROVENTION

Winter is in full swing, and it is the season to get involved in your favourite winter sports.

Whether you’re a committed athlete or just enjoy the exercise and staying in shape, adopting a few smart lifestyle habits can help you stay healthy, active, injury free and performing at your best this winter.

We’ve got five helpful and easy tips to keep your body running smoothly this winter, whatever your pace.

1. Layer up and stay warm:

No matter what activity you choose to stay fit in winter, staying warm outdoors is important.

It’s not just about feeling comfortable, your body needs to stay warm to properly function.

When your body is at the right temperature, it won’t need to spend as much energy trying to keep warm.

If you’re not too keen on the bulk that occurs when layering, some of the newer fabrics like merino and DryLete fabric will give you the same warmth by regulating your temperature, as well as being sweat resistant.

Wet clothes mixed with wind chill is a recipe for spending a few days sick in bed, so if you do go out when the weather isn’t so flash (we’re impressed by your commitment), make sure you’re dressed for it.

2. Boost your immunity:

It’s no secret that the fitter you are, the less likely you are to succumb to sickness during winter.

But even if you are active all year round, you’re still not immune to the nasty chills and viruses that could force you to take a break from your workout routine.

Proper sleep and the right nutrients can give your immune system an added boost to keep your body strong and healthy.

Keeping your immune system functioning properly is vital through...
MAKING HEALTHY CHOICES

What and how much you eat and drink, and being physically active are important for your health. Choose and/or prepare foods:

- with unsaturated fats instead of saturated fats
- that are low in salt (sodium); if using salt, choose iodised salt
- with little or no added sugar
- that are mostly ‘whole’ or less processed.

Being healthy improves your quality of life and your sense of wellbeing. Being healthy also means that you are more likely to be around longer for your whānau.

STAYING IN TIP TOP CONDITION

winter, so look for natural immune boosting ingredients that can work to support it.

Olive Leaf is a great choice as it helps increase immunity with its antibacterial and anti-viral actions.

If you do find yourself coming down with something, it’s best to get on top of it straight away with some powerful, fast acting natural support.

3. Stay hydrated

During the cold weather your body still loses water the same way that it does during summer.

Just because we sweat more during summer, especially when exercising, it doesn’t mean we don’t need to drink as much water during winter.

Staying hydrated is essential because it directly impacts your immunity.

Water helps your lymphatic system which is basically in charge of filtering the rubbish out of your body, as well as carrying white blood cells and immune cells. It’ll also help you with digestion, energy levels and will keep your skin looking bright and clear from breakouts.

4. Warming up and down:

We know that we should do stretches before and after exercising, but why?

Stretching to warm up elevates the heart rate and increases the flow of blood and oxygen through the body.

It increases the circulation of blood and oxygen throughout the muscles, prepares our joints and ligaments, plus improves our flexibility to help prevent injury.

Warming down to recover from an activity is just as important.

Your goal during a warm down should be to gradually bring your heart rate back down to its resting level.
**HAVE YOU HEARD THE NEWS**

It's official and we are super excited to let you all know that YMCA Fitness Centre is going 24 hours!

That's right, the YMCA Gisborne is getting ready for 24 hour access to the fitness centre with renovations underway to revamp the entrance of the building, replace windows and install 24 hour access.

These changes will disrupt the entrance area for a few weeks, but trust me when I say it will be well worth the wait.

We ask that while renovations are underway you use the back carpark/stadium entrance to enter the building as the front entrance will be off limits while construction is taking place.

**WHEN THE TEMPERATURE DROPS**

Stretching when your muscles are warm, after a workout, will also help to improve your flexibility over time, which in turn helps prevent injury.

Make sure you wear an extra layer, as your body will cool down quickly once you finish exercising.

5. **Protect your muscles and joints naturally:**

Injuries are a common occurrence when participating in winter sports.

Whatever your fitness level is, there are some key natural supplements you can take that'll support your body.

Magnesium plays a key role in muscle relaxation and recovery.

You can either take magnesium or try using magnesium cream.

Since your skin is your largest organ, rubbing the cream directly on the sore spots will effectively target the area and get to work easing the pain.

Physical activity such as running or playing team sports involves continuous muscle contractions and may trigger damage and inflammation to the muscle cells.

Turmeric is a master when it comes to inflammation and is key in reducing the onset of many inflammatory pathways in the body.

It's important to make sure that you don't wear your joints out.

Glucosamine provides the building blocks for keeping them healthy and supple.

This means they'll stay healthy and be able to repair and restore themselves quickly if they do get damaged, so you can carry on with your active lifestyle.

While it's much harder to get motivated to exercise when it's cold and dark outside, staying active during winter supports a better mood, helps to manage stress and can improve your concentration.
BEING ACTIVE UNDER 5'S

Movement is important from birth. Help your infant or toddler to be active, and they will learn and develop quickly.

Sensory exploration, play and movement are how your child makes sense of the world. Help them out by giving them lots of opportunities to play and move.

Play doesn’t just keep children active – it helps them develop socially, emotionally and cognitively. As children learn to control their bodies, climbing, running and jumping become important and exciting activities. Encourage your kids to be active, and join in with their play – you can both have lots of fun!

HELPING CHILDREN BE ACTIVE

Helping young children be more active

Being active will help your child achieve and maintain a healthy body weight. Being active has many other health benefits and can be fun for the whole family.

- Walk, run and play with your child. By being physically active yourself you are setting a good example.
- If your child is not usually active start with something fun like a trip to the local playground. Walking there adds extra steps into the day.
- Instead of short car trips, try walking, biking or scooting with your child. Start by doing this once a week and add more trips over time.
- Encourage your child to play outside as much as possible.
- Try to do something fun and active as a family each week. Some ideas are a walk along the beach, roll down a grass bank, play tag, fly a kite at the park, or take a trip to the local swimming pool.
- Limit the amount of time your child spends watching TV or in front of a screen to less than 1 hour a day.

Do it together

A mother playing with her toddler in the pool. You and your children can have lots of fun staying active together. It’s a great way to get some quality time with the whānau.

Here are some ideas for low-cost physical activities to do with your children.

Play – throw and catch balls, spin hula hoops.
Put on some music and dance.
Go to the local swimming pool.
Walk with them to preschool or kindy.
You may or may not be aware that promoting a love of reading and good reading habits begins right from birth.

Children love to hear language and being to imitate these sounds early on.

From the very beginning, babies try to imitate the sounds that they hear us make. They “read” the looks on our faces and our movements. That’s why it is so important to talk, sing, smile, and gesture to your baby. Hearing you talk is your baby’s very first step toward becoming a reader, because it helps him or her to love language and to learn words.

START READING AT A YOUNG AGE

As your child grows older, continue talking with him or her.

Ask her about the things they do, about the events and people in the stories you read together.

Let baby know you are listening carefully to what he or she says when they babble and goo at you.

By engaging them in talking and listening, you’re also encouraging your child to think as she speaks.

Reading books aloud to child stimulates their imagination and develops their understanding of the world.

It helps a child to develop language and listening skills and prepares them to understand the written word.

Start them Young

At just a few months of age, your baby can look at pictures, listen to your voice, and point to objects on cardboard pages. Even at this early age you can be guiding them by

- pointing to the pictures, and say the names of the various objects,
- counting objects on the pages,
- stating the colour names,
- drawing attention to pictures and associating the words with both pictures and the real-world objects.

If you can do all these things your baby will begin to learn the importance of language and before you know it will be mimicking these things.

Reading Together

All the talking and interacting with your baby as you read shows them that there is a connection to be made between words and pictures.

This is an extremely important connection and one that leads to them wanting to begin scribbling, drawing and ‘writing’.

While your child is still a baby, reading aloud should become a part of your daily routine.
GOOP MAKING WITH ECE

Goop recipe for hours of entertainment

2 cups cornflour
2 cups warm water
3 cups flour

In a mixing bowl, add two cups cornflour and 1 cup water. Mix until it becomes liquid. Pour liquid in a saucepan on low heat and add the three cups flour. Mix while gradually adding water. Turn off stove and put the dough on the table for kids to play with. It will stick to your hands but that’s okay. Pour a little flour on the table or on children’s hands. Keep playing with it until it doesn’t stick. You can also store in ziploc bags.

MAKE READING TIME A ROUTINE

At first read for short bursts to get your little one used to it but read several times a day.

Chances are once your little one realises this is an enjoyable activity he or she will be egging you on with books all the time.

As your baby grows older you’ll be able to tell if he or she wants you to read for longer periods.

You should work up to a half hour reading stint.

Don’t be upset if there’s a day where the reading doesn’t fit or if your little one isn’t interested.

Make sure you do get back to the routine ASAP.

Pick a quiet time that is good for you both, like the half an hour before you put baby to bed.

Read cosied and cuddled up together, lying down or with baby on your lap.

Stop if baby gets tired and is struggling to stay put or interested – reading should be enjoyable and if baby is trying to ‘escape’ then it’s “not happening”!

Reading is Physical

Reading is as much a physical act as it is a mental one.

Children need to learn how to hold a book, turn pages, read from left to right, all of which involves hand/eye co-ordination.

For all those hours you spend reading to your little one remember this and work on involving him or her by

• having them hold one side of the book,
• pointing out objects in the pictures;
• following the words with your finger (so your child develops a sense that the words go from left to right on the page); and
• having your child help turn the pages (to learn that the pages turn from right to left).

Reading, reading and more reading is the best way to help your little one become a reader.

But remember the number one rule for both or you is “KEEP IT FUN!”

Don’t let it become another chore or boring activity.
**Pumpkin soup**

**INGREDIENTS**

- 1 kilogram pumpkin, peeled and chopped
- 2 medium kūmara, peeled and chopped
- 1 large onion, chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon curry powder, use more or less to taste
- 4 cups water
- 3 teaspoons vegetable or chicken stock powder
- 1/2 cup low-fat milk

**METHOD**

*Add onion, garlic and curry powder to large pot with a little oil. Fry until onion is cooked, but not brown.*
*Add pumpkin, kūmara, water and stock powder.*
*Bring to the boil and simmer for about 15 to 20 minutes or until vegetables are very soft and mushy.*
*Remove soup from heat.*
*Stir in milk and purée soup with stick blender, mash with a potato masher, or blend in a food processor.*
*If necessary, gently reheat before serving.*
*Serve with toasted wholegrain bread.*

**Mexican bean tortillas**

**INGREDIENTS**

- 1 can Mexican-spiced tomatoes (400 grams)
- 1 can red kidney beans (420 grams)
- 1 can whole kernel corn (330 grams), drained
- 1 bag pre-prepared coleslaw
- 8 tortillas, wraps or burritos

**METHOD**

*Preheat the oven to 180ºC. Wrap tortilla in tin foil and place in oven to heat.*
*Put tomatoes, kidney beans and corn in saucepan and simmer for 10 minutes.*
*Place two spoonfuls of the bean mixture into each warmed tortilla along with about 1/2 cup coleslaw.*
*Wrap, serve and enjoy.*