



## COURSES AND ACTIVITIES FOR TERM 3, 2007

### YOGA

**SAMADHIMURTI**, Arbana Levande, is running yoga again this term. Arbana has lived in Satyananda Ashram's around the world. She taught Yoga from 1986 to 1993 in New Zealand and has recently enrolled in the Yoga Teacher Training with the Satyananda Yoga Academy in Australia to become an accredited Satyananda Yoga Teacher, with level 1 of 3 completed in 2006.

#### Beginners Yoga

Classes are on Mondays from 11.45-1.15pm and cost \$36 for 9 weeks starting on the Min: 6 Max: 9

#### Progressive Yoga

For people with some yoga experience or who have done the Beginner's Yoga class.

Classes on Mondays from 1.15-2.45pm.  
Min: 6 Max:9 \$36 beginning 23 July.

### SCRAPBOOKING

Tracey is a nurse by profession, but has had a variety of occupations since including working with children and teaching English as a second language. She started scrapbooking her family's history just over four years ago. It wasn't long before it became a passion. She travelled to Australia and completed some classes with an American Tutor. In 2003 she became a scrapbook tutor/designer for Scrapbook Inn here in Hamilton, designing and running weekly beginners classes as well as the more advanced technique classes. 2006 was an exciting year for Tracey as she had her first



layout published in an Australian magazine. Tracey says: "Watching the craft grow and develop over the past few years has been amazing." She left Scrapbook Inn five months ago and is now teaching classes from home as well as to community/church/school groups etc.

"Scrapbooking is MY passion and I am looking forward to being able to share it with another new group of people through the Waimarie Community House."  
Tracey Reynolds

### CRAFT FOR KIDS

Classes are on Tuesdays at 3.45pm from 17 July. \$20 per term. Min: 6 Max: 12  
Tutor: Billie-Marie Neal

### TAI CHI

Tai Chi will run on Wednesdays from 18 July. There is a \$2 charge per class. The tutor, Eddie Tan, has been teaching Tai Chi for over 30 years and is a member of the New Zealand Tai Chi Association.

## BUDGETING SERVICE

ONCE again, we are offering free budget advice to individuals and families who would like help with managing their money.

Julie Elmer is the new Budget Advisor. She works with a team of other Budget Advisors at the Budgeting Advisory Trust which is affiliated with the New Zealand Federation of Family Budgeting Services (Inc.). Julie

will be based at Waimarie on Tuesdays from 9.00am.

Julie is a local resident who has experience working within government departments such as Inland Revenue and various community organizations such as Refugee Migrant Services. She is looking forward to working with the local community again

and to helping people handle their financial affairs through the development of good money management skills. This may involve helping a client to plan a budget and to live within an income, negotiation with creditors as required and arranging banking and recording systems.

Julie, who is married with two school aged

children, is able to offer her life experience and has a good understanding of the financial pressures and the juggling act that many of us have to deal with in our daily lives. She offers free, confidential and non-judgemental advice and support.



## New migrants to Hamilton share traditional taste temptations:

### PHILIPPINES

#### Lumpiang Sariwa

- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 tablespoons cooking oil
- 1/2 pound cooked pork, diced
- 1/2 cup chopped shrimp
- 1/2 cup cooked garbanzo (chick peas)
- 1/4 cup cooked ham, chopped
- 2 cups julienne carrots
- 1/2 cup green beans, sliced thinly
- 2 cups shredded cabbage
- 18 egg roll wrappers
- Lettuce leaves

Cook onion and garlic in oil until tender. Add pork, shrimp, garbanzo beans and ham. Simmer uncovered for 5 minutes, stirring frequently. Add carrots, green beans and water. Cook for another 5 minutes. Add cabbage and salt, stir until cabbage is done. When all of the vegetables are cooked, let the dish cool.

To prepare egg roll wrappers, cook one side only on a lightly greased skillet until wrappers are slightly brown. Cook one side only.

To assemble, place an egg roll skin unbrowned side up on one corner facing you. Top with a lettuce leaf and 1/3 cup cooled vegetable mixture. Roll up, folding in one end of egg roll wrapper and leaving other end open. Serve immediately with Brown Sauce.

#### Brown Sauce

- 1/2 cup granulated sugar
- 1 tablespoon cornstarch
- 1 cup chicken broth
- 2 tablespoons soy sauce
- 1 clove garlic, finely chopped

In a saucepan, mix sugar and cornstarch. Stir in chicken broth and soy sauce. Cook and stir until mixture bubbles. Lower heat and add garlic. Cook until thickened.



### JAPAN: Marinated Ginger Shrimp

Sweet sherry may be substituted if sweet sake is not available.

- 1 1/2 pounds frozen shrimp, shelled and deveined
- 1/4 cup soy sauce
- 3 ounces ginger root, chopped
- 1/4 cup vinegar
- 2 tablespoons granulated sugar
- 2 tablespoons sweet sake
- 1 1/2 teaspoons salt
- 2 to 3 tablespoons thinly sliced scallion

Cook shrimp as directed on package; drain. Arrange shrimp in single layer in glass or plastic container. Heat soy sauce to boiling; add gingerroot. Reduce heat; simmer uncovered until most of the liquid is absorbed, about 5 minutes. Stir in vinegar, sugar, sake and salt; pour over shrimp. Cover and refrigerate at least 2 hours.

Remove shrimp from marinade with slotted spoon; arrange on serving plate. Garnish with scallion.

### INDIA: Cucumber Raita Recipe (Seasoned Salad of Yogurt And Cucumber)

Take one tablespoon cumin seed and roast in a dry skillet, stirring constantly, until lightly browned (about 2-3 minutes): Grind seeds in a blender or mortar and pestle. Combine the ground seeds in a bowl with:

- 1 cup yogurt
- 1 cucumber, peeled and shredded
- 1/2 medium tomato, chopped small (opt.)
- 2 Tablespoons milk
- 2 Tablespoons fresh coriander leaves (cilantro), chopped
- 1 Tablespoon onion, chopped
- 1 Tablespoon sour cream (opt.)
- 1/2 teaspoon salt
- 2 pinches hot red pepper powder
- 1-2 Tablespoons water, enough to make a creamy consistency.

## Kia Ora – Bula Vinaka

I am co-ordinating a Spontaneous Painting Workshop with the theme "Healing Domestic Violence and Abuse".

Spontaneous painting is a form of art therapy that involves painting freely to emotive music without any restrictions or judgment. The left hand is encouraged to be used as it is the connection to the right brain – the creative brain and the brain holding instincts and subconscious memories. It doesn't matter if the product is just a mass of illegible colours – the importance is the experience of catharsis that the painter can go through – as it is like a waking dream in which one physically works out their inner issues. Interpretation of the painting can happen later but what is most important is what the painter experiences. It has been amazingly helpful to people who have repressed traumas that they cannot articulate in words.



Jenny Nand

Venue: Hamilton City Council Reception Hall  
Time: 10am- 4pm  
Date: August 3

Facilitator: Samar Almedfa  
There is limited space left, to RSVP contact: Jenny Nand (07) 8592571.

### Mongolian Chicken

- 1 pound skinless, boneless chicken breasts or 1 pound pork
- 1 tablespoon hoisin sauce
- 1/2 teaspoon crushed dried red pepper
- 1/2 teaspoon catsup
- 1/4 cup chicken stock or broth
- 1 1/2 tablespoons vegetable oil
- 1 1/2 teaspoons finely chopped garlic
- 2 scallions, slivered
- 1 cup bean sprouts
- 1 tablespoon sesame oil

#### Marinade

- 1/2 teaspoon salt
- 1/2 teaspoon granulated sugar
- 1 teaspoon soy sauce
- 1 teaspoon oyster sauce
- 2 teaspoons white wine
- 2 teaspoons cornstarch
- Dash of pepper

Cut chicken or pork into pieces about 1 inch by 1/2 inch. Sprinkle marinade ingredients on chicken and mix well. Marinate 1 hour or overnight.

Mix hoisin sauce, red pepper, ketchup, and stock; set aside. Heat wok and add oil. Stir-fry garlic 30 seconds. Add meat; stir-fry 3 minutes over high heat. Add sauce mixture; mix well. Cover; cook 1 minute. Add onion and bean sprouts; stir-fry 1 minute. Add sesame oil. Mix well and serve. Serves 4.

