

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” 3 John 1:2

# No fancy

# 2010

Members of the Otago Pacific Island Presbyterian Church attended and completed the Community Nutrition Course during the school holidays in April 2010. The course was also attended by members of other churches and denominations. It was great motivation for those that participated - young and old, to learn about different ways to prepare healthier meals for the family.

# Ingredients

The recipes are simple and easy, where even children can prepare some meals themselves. Ingredients are what most Pacific families should already have in their cupboards, so finding ingredients isn't complicated at all. 'It inspires people like us to cook healthy meals when it's simple and easy and there are no fancy ingredients that we can't find' says Hana Fepuleai - of Otago PIPC.

Since doing the course these members have returned to their church and shared recipes with other church members by doing cooking lessons, which others have also enjoyed. 'Now at home, rice and vermicelli salad is often served for my family's lunch. I even shared the recipe with my workmates' says another



member of the Otago PIPC.

The Community Nutrition Course is run by the National Heart

Foundation, supported by the LotuMoui Team and the Creating a Better Future Teams at CMDHB. If you would like to know more about all the Nutrition courses contact Suzanne Nio 09 2629550 or Saumalu Kali 09 2629522.



Left: Community Nutrition Course in April 2010

## Workshops etc

- ALCOHOL & DRUGS
- LIKE MINDS, LIKE MINE - MENTAL HEALTH
- SMOKEFREE
- SMOKING CESSATION
- NUTRITION COURSES
- PHYSICAL ACTIVITY LEADERSHIP COURSE
- BREAST SCREENING
- HPV WORKSHOP
- SME TRAINING

IF YOU WOULD LIKE MORE INFORMATION ON THE WORKSHOPS OR COURSES ABOVE PLEASE CONTACT EITHER SAUMALU KALI 09 2629522 OR SUZANNE NIO 092629550.



# Ministers & Health Committee Fono July 2010



The 2nd LotuMoui Ministers and Health Committee Fono for the year was held on Tuesday 13th July 2010 at the Holiday Inn, which saw approximately 100 different church communities (*left and below*) come together to hear updates on the LotuMoui Programme and what new ventures LotuMoui were heading towards. Also in attendance were other organisations such as ACC, Vaka Tautua, CM Active and National Heart Foundation, who were invited to showcase their services to the community.

Representatives from CM Active and Penina Health Trust presented members from the community with certificates for attending and completing the courses which were delivered in a community setting (see below).

## Congratulations

Big congratulations to all those that completed the following courses:

### **Community Leaders Training March 2010**

#### East Tamaki Samoan SDA Church

Eseta Puni; Emily Puni;

#### Emanuelu Christian Church - Papatoetoe

Aloalii Viliamu; Sam Leatigaga; Sala Isaia; Stella Burgess;

#### Mangere PIPC

Make Lakatani; Ilai Ihalamamao;

#### Mangere Samoan SDA Church

August Hansell

#### Otara PIPC

Lani Felau; Hana Fepulea'i; Merini Mauga-Leiataua; Junior Misi;

#### Samoa Worship Centre 275

Luiapou Tupainatuna; Eleanore Pitesa;

#### Sinoti Samoa Bader Dr Methodist Church

Liliuokahlani Teofilo; Lynetter Vaega; Toitua Feamaia; Seve Lofipo;

#### St Joseph's Samoan Catholic Church - Otahuhu

Toilalo Lemalu; Atonina Lemalu;



#### Tuingapapai Wesiliana

Pomana Tauape;

### **Community Leaders Training June 2010**

#### Mangere Samoan SDA Church

August Hansell; Kirita Vaafusuaga; Cecilia Andrew; Antoinette Hamilton; Jessica Miriau;

#### Manurewa EFKS

Pahlavi Timoteo; Gloria Tapaleao (refresher); Sina Ene (refresher);

#### Otara PIPC

Luatapu Maea; Tala Ainu'u; Tofilau Westbrook; Hana Fepulea'i (refresher)

#### St Joseph's Samoan Catholic Church - Otahuhu

Nina Lemalu (refresher); Toilalo Lemalu (refresher);



If you would like to know more on what's in this issue contact the LotuMoui Team on 09 2629558 or [lotumoui@cmdhb.org.nz](mailto:lotumoui@cmdhb.org.nz)