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Welcome to the New Year. A summer we shall not forget. Our sunburnt country is indeed a place of flooding rains also. A summer we shall not forget because our beloved friend Lois passed away on the last day of the old year. She had achieved her great desire to make it to Christmas and the family reunion. At our first meeting in 2011 we will be discussing our contribution to the hospitals oncology unit as she requested, rather than flowers. To say that we will miss her wonderful robust outlook on life is to put it mildly. How much we miss all our members who have fallen asleep. How much we have been privileged to have journeyed together these past years. It reminds one that even a heart emergency, which is so frightening at the time, can enrich our lives. So it's on to next WED 19th for our first 2011 WALK/TALK meeting at the Wang Club. Hope you can be there – rain or shine!

CHEERS GEOFF

TEN YEARS COMING UP

As we enter 2011 we are coming up to the Branches 10th year. We held our first meeting in July 2001. The branch kicked off with an invite to all those who had attended cardiac rehabilitation over the past 12 months or so. This meeting was organized by nurse Lois Youngs with the help of Anita Payne. These two were running the Cardiac Rehab. programme at the time and were totally dedicated to the task. With encouragement, charm and a bit of feminine bullying about 50 members were recruited. At first we were able to operate out of the Cardiac Rehab facilities but after a few months the hospital insisted we shift out and become entirely independent. So we set up at the Wangaratta Club and have continued to today. Initially we had members as far flung as Bright but many of these folk appeared only on rare occasions and soon dropped off. Gradually we recruited new members but over the period our numbers have slowly declined. Our present membership of 26 contains 10 folk who attended the first July meeting.

How will we celebrate in July? That is the question. Please put on your thinking caps and talk to other about any ideas.

IDEAS FOR 2011

Each year we have had activities to supplement the weekly Walk/Talk on Wednesdays.

- Talks on diet, exercise, medical issues etc.
- Trips such as to Benalla, Eldorado etc
- Other activities to add to our program.

WE NEED YOUR IDEAS FOR 2011

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The wise man chooses a partner who is attractive not only to himself, but to the mosquitoes.

There is no food that cannot be improved by the application of tomato sauce.

It's not summer until the steering wheel is too hot to hold.

JOIN US.

For a mere **\$11 a year you will get :

- * **SUPPORT ENCOURAGEMENT & INFORMATION** * **NEWSLETTERS - 5 to 6 annually.**
- * **WED. WALK 9:30am** Wang Club Car park followed by * **WED CHAT 10:15 – 11:15** Cuppa, friends & laughter.
- * **MONTHLY FREE TALKS** by health experts or **SHORT OUTINGS.** **Partners \$5.50.

Stir-fried quinoa with prawns

Recipe: Vivi Riches **Photography:** Vivi Riches

Serves 4. Preparation time 15 mins
Cooking time 10 mins Level of Difficulty easy
Low fat Source of fibre Low Sodium Wheat-free



Quinoa is a South American grain that is available in most health food shops and some supermarkets.

Ingredients

- 200g quinoa, rinsed well and cooked in 500ml water
- 2cm piece fresh ginger, finely grated
- 50g frozen peas (snow peas can be used)
- 1 stick celery, finely diced
- 1(200g) red capsicum, sliced into thin strips
- 1 tsp sesame oil
- 200g chicken breast fillet, sliced
- 2(50g) spring onions, sliced on diagonal
- 200g cooked, peeled prawns
- 2 garlic cloves, finely diced
- 150g broccoli florets
- 1 medium onion, finely diced
- 50g lean salt-reduced ham, cut into strips
- 1/4 tsp white pepper
- 2 tbsp peanut oil
- 1/2 tsp Chinese five spice powder
- 3 eggs
- Gluten-free soy sauce to serve, optional

Method Rinse quinoa under cold water. Put 2 cups of water in a saucepan and bring to a boil, add quinoa and return to the boil, stirring continuously. Place a lid on the saucepan and reduce the heat to a simmer. Simmer for 10 minutes, or until the water has been absorbed. Remove the saucepan from the heat. Spoon the quinoa onto a tray and spread out to cool, and store in fridge until ready to use.

Separate 1 egg and place the eggwhite into a bowl. To the eggwhite add 1/4 tsp of Chinese five spice powder and white pepper taste, whisk together. Add sliced chicken breast fillet and stir until well coated. Set aside in fridge.

Crack remaining eggs into bowl with the other egg yolk, add 1 tbsp cold water and 1 tsp of sesame oil. Whisk together until well combined.

Place a wok on a high heat and add 1 tbsp peanut oil. Pour in egg mix into the centre of the wok, tilt the wok so that the egg runs to the edges. When most of the egg is set, turn off the heat and fold the omelette over and remove from pan. Shred the omelette into thin strips and set aside.

Heat the wok again with a 1 tsp peanut oil, add chicken strips and stir fry until cooked. Remove from wok and set aside. Wipe out wok and add 1 tsp peanut oil.

- * Add onion, garlic and ginger and toss for 2 minutes.
- * Add ham and cook for 2 minutes.
- * Add diced red capsicum, broccoli florets, diced celery and cook for 1 minute.
- * Add quinoa, frozen peas, sliced spring onions, chicken, prawns and toss all together until heated through thoroughly. Top with shredded omelette. Garnish with fresh coriander or pea sprouts. Add Sgluten free soy sauce if liked.

Nutritional Analysis

	Average	per 457g
Energy		2030kJ
Protein		34.6g
Fat		20.9g
Saturated fat		4.4g
Carbohydrate		37.9g
Sugars		10.3g
Dietary fibre		7.5g
Sodium		259mg