

Eating With Friends

Newsletter May 2009

Welcome

to the Eating With Friends Newsletter for May 2009.

Introducing
Karen



Hi there,

I am thrilled to be the new Coordinator of the Eating With Friends Project. I have been on board for a few weeks now and am in the process of updating the contact information on all existing groups. If you haven't heard from me yet—you will soon! I came across the EWF concept a few years ago and was excited to use the Action Kit to start up a group in Hobart. What a wonderful concept! I look forward to catching up with existing EWF groups, and supporting new groups into the network.

Cheers, Karen

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Clarence EWF | Photos Roger Lovell

EWF Core Value 5

Provide an opportunity for community members to participate and become involved in the running of the group and meal preparation in a volunteer capacity.

- *Volunteering with an EWF group creates involvement in the local community, while addressing the social needs of community members.*
- *Volunteering benefits both the community and volunteer by building connections between people.*
- *Volunteering respects the rights, dignity and culture of others and promotes equality and acceptance in the community.*

**Volunteers are fantastic!
Why do YOU volunteer?**



Profile of Dowsing Point Community Centre Eating With Friends Group

The Dowsing Point Community Centre (DPCC) is the only Australian Defence Force Community Centre in Tasmania. In 2006 the Eating With Friends program was introduced by the Coordinator of the Centre to provide a social contact between Defence family members on a regular basis in a fun and casual way. Venues outside the DPCC were chosen as Defence houses are spread out from Brighton to Margate, and travelling for some Defence families is difficult. The group meets every 6 weeks for a meal and chat, and rotates between the different areas so all Defence housing locations are included. In the future the group will trial night meetings so as to include those working during the day. Venues are decided by the group and advertise via the DPCC newsletter.

Individual invitations are sent to Defence houses in the next venue area. Feedback is always positive. New friendships have been formed and people report that the 'linking in' with other Defence families is helpful and comforting, especially when partners are overseas on active duty. A representative of the Defence Community Organisation usually attends. The DPCC management committee considers this group to be part of a valuable outreach program.

Clarence Eating With Friends

I had the pleasure of having lunch with the Clarence Eating With Friends group on Wednesday May 13th. It was a clear, crisp autumn day and this vibrant EWF group sat and dined in the beautiful surrounds of the Lindisfarne Motor Yacht Club overlooking the Derwent River. What a wonderful place for lunch! There was a lovely 2 course meal, lively conversation, and a local choir entertained us all while we enjoyed our meal. The meal was prepared by a local restaurant, and a troupe of dedicated volunteers served the meals and cleaned up afterwards. There is usually a lucky door price - but on this day everyone attending was a winner as they were each given a potted pansy to take home.

I unfortunately had to drag myself away before the entertainment was over but it was apparent that everyone was having a great time. And why not? Good food and good company in a beautiful location. Thanks for the invite!

Cheers, Karen

Beetroot Dip



Ingredients : 1 x 450g can baby beetroot, drained, coarsely chopped, 250g (1 cup) Greek-style yoghurt, 2 tbs fresh lemon juice, 1 tsp ground cumin, 1 tsp ground coriander, Salt & freshly ground black pepper

Method: Combine ingredients in a blender, blend until smooth and season with salt and pepper. Great with lavosh bread, rice crackers or vegie sticks!

Mental Health First Aid Training

First Aid is help given to an injured person before medical assistance arrives.

Mental Health First Aid is help given to someone developing a mental health problem or in a mental health crisis.

Mental Health First Aid Training courses are being run by different organizations in the community. Common consensus is positive and that the training is of great benefit. Some of the benefits outlined are:

- better recognition of mental health problems
- reduced stigma
- increased confidence in providing help to others

Are you interested in MHFA? If so, register your interest with EWF. We will look into holding a course when we get enough numbers.



Enjoy Healthy Eating and Support Local Produce

WHAT'S IN SEASON IN MAY?

Give these delicious in-season vegies and fruits a go!

VEGIES

Tasmanian: Asian Greens, Bean Shoots, Broccoli, Brussels Sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celery, Corn, Garlic, Green Beans, Leek, Lettuce, Local garlic, Mushrooms, Onions, Parsnip, Potato, Pumpkin, Silverbeet, Spinach, Swede, Tomato



Other Australian: Avocados, Beetroot, Eggplant, Garlic, Ginger, Okra, Peas, Shallot, Squash, Sweet Potato, Turnip, Witlof, Zucchini

FRUIT

Tasmanian: Apples, Nashi, Passionfruit, Pears

Other Australian: Banana, Kumquat, Custard Apple, Grapes, Kiwifruit, Lemon, Lime, Mandarin, Mangoes, Melons, Oranges, Pineapple, Quince, Rhubarb

This information has been compiled with the assistance of the Eat Well Tasmania program. Please note that there may be some variation based on local market availability.

For further information about Eat Well Tasmania visit: www.eatwelltas.com.au

Thank you... Again, the committee would like to thank the Kingborough, Hellenic and West Moonah groups for agreeing to participate in the EWF dvd, which is now completed. The short promotional film that has been produced by Move Media will be used to promote the EWF concept and to attract others to start up EWF groups. The film will soon be available to be viewed on the Eat Well Tasmania website, www.eatwelltas.org.au/eatingwithfriends.php

This newsletter is produced by the Eating With Friends Steering Committee. For more information on EWF, please contact Karen at Eating With Friends Project on 6245 1212 PO Box 1034, Rosny Park, Tas 7018 Email: eatingwithfriends@tach.asn.au www.eatwelltas.org.au/eatingwithfriends Pamphlets and posters to help you promote your group, along with updated Action Kits, are available. Please contact us if you would like some sent to you.