

APRIL 2010

WINGS next meeting 7th APRIL, 2010

Theme:

Kiwi Night

The WINGS Kiwi ladies would like to show us some of their favourite kiwi dishes & share a few stories about being a kiwi. See Page 4.

Food: Kiwi treats!

RAFFLE PRIZE - Curves Workout Free for 1 month. \$1.00 per ticket

Where: #1 Norfolk St. (Markwick House)

Door fee \$3.00, members free
Time: 7:00 pm

New year for membership fees \$25 per year. 1st April 2010-31st March 2011.

A Thank you to our Financial Partners:

We would like to thank **ASB, JR McKenzie, Lottery Grants Board, Creative Communities Scheme and COGS for the grants received .**

Their assistance has helped WINGS achieve it's goals and continued success.



WINGS SPONSOR-

Joe den Enting is sponsoring WINGS by advertising his services on our website, newsletters and meetings.

Joe specialises in identifying and meeting your real financial needs. From medical, income

protection to living insurance; his tailor made plans will provide the financial security you and your family will need in severe trauma. Ask him about Kiwi saver.

He can be reached at 09 434 0661, Mobile 027 345 3460 or email: joe@joedenenting.co.nz

Check out his website www.joedenenting.co.nz

Find out some tips about migrating to Whangarei from Joe! Give him a call today and tell him WINGS sent you!!



Special points of interest:

- ◆ Dining out night
- ◆ Garage Sale
- ◆ WINGS Craft Day at WMC
- ◆ Mauritius Dance Lessons
- ◆ Membership fees



Re-Cap of last meeting 3rd March, 2010

PILATES DEMONSTRATION

—There was lots of participation at this meeting when Niki showed us some pilates moves. Phone Niki at 09 438 8289 to enquire about her classes. Address is 85 Hatea Drive.

Raffle Prizes: Niki offered two vouchers for a free pilates session.

Food: The Canadians treated that night with

Nanaimo bars, West-coast Canadian Crisps, lemon & caper dip with smoke salmon on top, and a sample of a Caesar drink with out the vodka. Thank you to Millie, Marilyn & Norma for the treats.



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Volunteers needed....call today!!!



About Soul Food
Soul Food is a monthly event held at the Hancock's house providing an opportunity to relax in a tranquil environment and reflect on inspiring themes. It features music, audio-visual pieces and readings from various Faiths, indigenous, ancient and modern. Soul Food is a free community event open to all.

**SOUL FOOD—
THEME: Unity & Diversity.
Venue: 38 Puketotara Rd.**

**Time: 2:30– 3:30
When: 11th April 2010
Call: Arasteh 09 437 3184 Or 021 675961**

Would you like to organise an event, workshop or join the WINGS Events Committee?? Contact: wingsnz@hotmail.com 09 430 3221

VOLUNTEERS NEEDED FOR:

WINGS -We need greeters to welcome new members to the Wednesday night meetings, help tidy up in the kitchen, make tea & coffee, move chairs, volunteers for the WINGS office or passing out flyers around town...

We have been having an increasing membership to our

meetings and now we need more volunteers to make sure everyone's needs are being met. Contact wingsnz@hotmail.com if you can help out.



WINGS would like to give a heartfelt thank you to all of the volunteers and supporters **who have given their time at our meetings, events and running the WINGS office.** We couldn't run WINGS with out all of you!!



Subgroups - Pub night, Dining Out & Indian Cooking

MOVIE NIGHT

Interested in going to dinner and the movies?

Call Kay 434 0801 or email mearys@xtra.co.nz to be put on the Movie email list.

Next event to be announced.



Dining Out Group. Leave your pots and pans in the cupboards !

Every other month on the second Friday a different restaurant - 9th April 2010 .

Venue: Fat Camel on Quality St. 7:00pm. Call Kay 434 0801 or email mearys@xtra.co.nz to reserve your seat. .

Indian Cooking Night

Contact Rima at riday@xtra.co.nz or phone 435 5228/021 1646 570 if you are interested in being on her list for the next Indian Cooking Night .



Friday Coffee Morning at Mokaba

WINGS meets every Friday at Mokaba (Town Basin) 10:00 am to 12:00 pm

If you are interested then email wingsnz@hotmail.com to be on the coffee email list.





MEMBERSHIP FEES, SETTLEMENT SUPPORT, ELP, WMC

WINGS MEMBERSHIP FEES -

****Membership fees start up again April 1st 2010 to March 31st 2011.**

You can drop by the WINGS office or pay at the Wednesday Night Meeting. No hassles paying at the door, WINGS nametag, discounts on certain events, vote at the Annual General Meeting (AGM) and the satisfaction of showing your support. WINGS would like to thank you all for your support over the past 3 years. For more information call

Liane 09 430 3221 or email wingsnz@hotmail.com

ENGLISH LANGUAGE PARTNERS- 10 Rathbone St, upstairs. Call Jenny at 09 438 2512 www.esolht.org.nz

SETTLEMENT SUPPORT
Call Ellen Altshuler for more information on settlement information and referral for services. 09 470 3056 or 09 430 4230 ext. 8356, email ellena@wdc.govt.nz www.immigration.govt.nz/settlement
See Gwen on Fridays at the Settlement Support Contact Centre Forum North, Rust Ave 9am-4pm. Ellen is now at 71 Bank St in

the Whangarei Migrant Centre.

WHANGAREI MIGRANT CENTRE (WMC)- Call Sabrina 09 430 0571 or email whangareimc@gmail.com

Drop in Monday 10am – 3pm, Tues to Friday 9am-2pm. 71 Bank St. Upstairs Parking in behind

WINGS OFFICE - Call 09 430 3221 Drop in on Mondays 10:00am to 3:00pm and Tuesday to Fridays 9:00am to 2:00pm - 71 Bank St. The Old Town Hall. Upstairs in the Whangarei Migrant Centre, Room 12.

Yaaaaaaaaaaaaaa
ahhhhhhhhhhhhh
oooooooooooooooo
o,

Have read everything in its entirety on your Blog. I am absolutely thrilled that this group is up and running. I mentioned an idea for just this exact kind of group to "the powers that be" in our local council a number of years ago to be told there was not a need for any such thing. There always was, and always will be. I was delighted to read the article about the group in the Whangarei report. Well done for making other people feel welcome in our community,

DON'T MISS THE NEXT WINGS MEETING! 1st Wednesday of every month!!!

Seminars

Settlement Support– From 2 March Gwen Ras will take over as the information advisor – providing most of the Settlement Support information service to newcomers as well as other functions .

Hours: 9am-2:30pm Tuesday-Friday Ellen will work 3 days a week (**Monday – Wednesday 8am-5pm**). Ellen will be responsible for working with services and other stakeholders as well as providing the information service when Gwen is not here (and other functions).

Location: We are no longer located at Customer Services. **We work exclusively from 71 Bank St. Direct dial: 470 3056 or 0800 776 948 .**

Craft Day

Craft Group:
WINGS has started a craft day mainly with different tutors covering needle-felting, knitting, crocheting and other crafts. All women are welcome to join, with an emphasis for women whom English is not their first language. Join us for afternoon tea. Craft kits are for sale. For more information please Gina 09 436 5336.

Every Tuesday
Venue: Whangarei Migrant Centre
Time: 1pm–3pm.
Every Tuesday!
Bring your projects or questions with you. Please call Gina if you would like to help tutor a class.



Monthly Tips

- Monthly Tip:**
- Clean a vase.**
To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka Seltzer tablets.
 - Polish jewellery.**
Drop two Alka Seltzer tablets into a glass of water and immerse the jewellery for two minutes.
 - Clean a thermos bottle.**
Fill the bottle with water, drop in four Alka Seltzer tablets, and let soak for an hour (or longer, if necessary).
 - Unclog a drain.**
Clear the sink drain by dropping three Alka Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, and then

Give yourself the gift of good health take care, have a regular cervical smear It is still your best protection. Northland Cervical Screening Programme.

Wednesday Night Meetings

Phone: Liane 021 111 6711,
or WINGS Office 09 430 3221

Blog website
<http://wingsnz.blogspot.com/>

New website:
<http://www.wingsnz.org.nz/>

wingsnz@hotmail.com
info@wingsnz.org.nz

7th April, 2010
7:00 pm

Kiwi Night!

The Kiwi Ladies would like to treat you with some of their favourite Kiwi food. Who does the Pavlova belong to? Is it really a New Zealand recipe or an Aussie?



5th May, 2010 7:00 pm
AGM!

WINGS Annual General Meeting. This is the time to vote in the new Executive Members and go over the past year. WINGS knows how to make an AGM fun so don't miss out! If you are thinking about being involved on a committee let us know about it.



2nd June, 2010 7:00 pm
To Be Announced

We will announce this meeting in the May Newsletter.

*Bloom where you
are planted!*



Events!!
**Want to know
more about events
in Whangarei? Try**

[http://sites.google.com/
site/whangareimc/](http://sites.google.com/site/whangareimc/)

Events Calendar

WINGS Craft Day—
Every Tuesday after-
noon at the Whangarei
Migrant Centre 1-3pm.



9th APRIL Friday -
Dining Out Night ! Bring
a friend or your hus-
band to The Fat Camel
on Quality St. 7:00pm.
Call Kay to reserve your
seat by 7th April -09
343 0801

11th APRIL SUNDAY-
SOUL FOOD— Venue: 38
Puketotara Rd.
Time: 2:30– 3:30
Call: Arasteh 09 437 3184
Or 021 675961. See page
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24th April -WINGS Ga-
rage Sale Fundraiser —
27 Reyburn St. 8:30am
–12:30pm -Do you want
to get rid your junk?
Donate it to WINGS!
Please bring them to
the April 7th Meeting
and we will sell them on
24th April 2010. See on
page 7

Future events to look
for:

MAY 2010—INDIAN
COOKING NIGHT— De-
tails to be announced in
the MAY Newsletter.
Email WINGS if you would
like to sign up.

7th Aug 2010 -
PAMPER DAY— If you are
a beautician or massage
therapist, do hair, and
other pampering treat-
ments and you would like
to be involved please email

wingsnz@hotmail.com or
call 430 3221.

***What
you
get out
of WINGS
is
what
YOU
put
Into it!!!***



WHANGAREI MIGRANT CENTRE

- A PLACE WHERE PEOPLE CAN GET INFORMATION.
- A ONE STOP SHOP!
- A PLACE WHERE YOU CAN BE A PART OF THE COMMUNITY!
- A PLACE TO HANG OUT AND MEET NEW FRIENDS!
- A PLACE TO VOLUNTEER!

SETTLEMENT SUPPORT, WINGS AND THE WHANGAREI MIGRANT CENTRE ALL UNDER ONE ROOF!

WHERE: 71 BANK ST. Upstairs.
The Old Town Hall Building
09 430 0571

Come down and see us!

ESOL has changed it's name to English Language Partners
For more information please call Jenny at 09 438 2512 or www.esolht.org.nz

jenny.huddleston@englishlanguage.org.nz



EVENTS AT THE WHANGAREI MIGRANT CENTRE (WMC)

-SOCIAL LUNCH EVERY FRIDAY. DROP IN AT 12PM & BRING YOUR LUNCH OR SOMETHING TO SHARE & YOUR FRIENDS & COLLEAGUES!

New Migrants, Kiwi Locals, Children are all welcome!

09 APRIL 2010- CAREER SERVICES -Jean Ottley will be holding a Drop In Career Advice session. Career Services can help you write your CV, identify job options, prepare for job interviews & understand the culture of workplaces in NZ. Next drop-in clinic at the Whangarei Migrant Centre is on the 9th April from 11am-1pm.

30TH APRIL 2010-Going for an interview in New Zealand – a free seminar

What will it be like? Who will interview me? How should I prepare? Who can help me? The seminar will be presented by staff from Career Services rapuara. All welcome.

Date and time: Friday 30th April 10am to 12noon at WMC. Please contact Sabrina on 09 4300571 or email whangareimc@gmail.com. You can also contact Jean Ottley (09) 430-3984 or email: Jean.Ottley@careers.govt.nz or Visit: www.careers.govt.nz

DROP IN FRIDAY LUNCH CROWD



Practical Support for Mums

A trip to the supermarket, preparing a meal, making a cup of tea, washing the dishes... these jobs become really hard when you, your partner or child is sick or you don't get very much sleep. A group of mums are starting a network to offer practical support to migrant families in Whangarei. **Join us on 7 April 2:30 pm at the Migrant Centre.** To find out more. Jessica 438 7856 or Maria 436 5334.



RECIPES—CANADA NIGHT—

Nanaimo Bar Recipe

Bottom Layer

½ cup unsalted butter (European style cultured)

¼ cup sugar

5 tbsp. cocoa

1 egg beaten

1 ¼ cups graham wafer crumbs

½ c. finely chopped almonds

1 cup coconut

Melt first 3 ingredients in top of double boiler. Add egg and stir to cook and thicken. Remove from heat. Stir in crumbs, coconut, and nuts. Press firmly into an ungreased 8" x 8" pan.

Second Layer

½ cup unsalted butter

2 Tbsp. and 2 Tsp. cream

2 Tbsp. vanilla custard powder

2 cups icing sugar

Cream butter, cream, custard powder, and icing sugar together well. Beat until light. Spread over bottom layer.

Third Layer

4 squares semi-sweet chocolate (1 oz. each)

2 Tbsp. unsalted butter

Melt chocolate and butter over low heat. Cool. Once cool, but still liquid, pour over second layer and chill in refrigerator.

WESTCOAST CANADIAN CRISPS

2 cup white flour

2 tsp baking soda

2 tsp fine sea salt

1/2 cup brown sugar

2 cup buttermilk

1/2 cup liquid honey

Stir together flour, soda, salt & sugar

Add buttermilk & honey, stir slightly

Add "options" and stir just until blended (this will be quite soupy)

Pour batter into 6 small greased 3"x6" loaf pans. Do not have more than 1 1/2 -2' batter or it won't rise. Bake for 30 mins at 350 F until golden & springy to touch. Cool to room temp. Then remove from pans. Wrap & place in freezer min 1 hour. Slice very thin, lay slices on a cookie sheet(s) & rebake at 275 F for 15 mins. Turn oven off & leave until oven cools. Put into airtight container.

Options: 1 cup raisins, 1 cup roasted pumpkin seeds, 1 cup toasted pecans, chopped fresh rosemary. Make up your own with 3-4 cups of anything you can think of.

SMOKED SALMON KETTLE CHIP BITS

1/2 cup (125ml) light cream cheese, softened

1 tbsp (15ml) horseradish

1 tbsp (15ml) minced shallot

2 tsp (10ml) minced capers

1 small clove garlic, minced

1 tsp (5ml) grated lemon rind 1 tbsp (15ml) lemon juice

1 bag (210 g) kettle cooked potato chips or pita bread

1 pig (85 g) sliced smoked salmon

2 tbsp (25 ml) chopped fresh chives

1. Using an electric hand mixer, beat cream cheese until fluffy. Beat in horse radish, shallot, capers, garlic, lemon rind & juice until smooth.
2. Empty chips onto large plate and select flat, similar-sized chips. Dollop a small amount of the mixture onto chips & set on serving platter.
3. Cut smoked salmon into thin strips & place decoratively on top of cream cheese mixture. Sprinkle chives before serving—serves 6-8

CANADIAN HAYSTACKS

1 Package Crispy Noodles (Traditional Flavour)

1/2 cup Peanut Butter

1 cup unsalted peanuts

375g white chocolate melts

Break noodles into little pieces (while in bag)

Chop peanuts

Microwave peanut butter and chocolate

Add the noodles and peanuts, mix and re-zap if needed to soften chocolate.

Drop onto greased tray, make any size you want) chill then eat or freeze.

I just put them on a sheet of tin foil then in the fridge. They come off easily.

WINGS FUNDRAISER - THE BEST GARAGE SALE EVER!

Saturday April 24th 2010 at 27 Reyburn Street

(next to the Toyota Cars) 8:30am—12:30pm

Want to get rid of your junk? Donate it to WINGS. Bring your junk to the next WINGS Wed Night Meeting.



OTHER NOTICES

Outreach Worker- WINGS hired long time volunteer Liz Carroll to be their part time Outreach Worker. You can find Liz at the WINGS office at 71 Bank St. on Wednesday Mornings. Call Liz at 430 3221.



WINGS MEMBERSHIP FEES START UP AGAIN- 1st APRIL 2010 -31st MARCH 2011- Pay at the APRIL WINGS meeting. No hassles paying at the door, receive a name tag, get a discount off certain events and your chance to vote at the AGM meeting 5th May 2010. . Thank you for your support.

WINGS DATABASE- We have a database to help us with statistics and information that may be requested by our funders. Everyone who is on our newsletter list and/or who has gone to a Wednesday night meeting are on this list. This list is in a lock file and information is confidential. If you do not want to be on this list please let us know and we will take you off.

QUESTIONNAIRES- Have you filled out a questionnaire form? This helps us know if we are doing a good job or not. We will be sending out another mail out in April. You may print this and mail to our office or press reply and answer the questionnaire. We want to know how WINGS can work for you.

FACEBOOK- WINGS is now on face book. Look us up and become a fan. Another way to stay in the loop on what's happening in our group. It is a great way to match a name with a face.

EASTER MARKET IN THE ROSE GARDEN (Water St.)- SATURDAY 3RD APRIL 7AM-1PM- Arts & Craft for sale, Performances & Live Music.

MAURITIUS DANCE LESSONS- Join Valerie at the Whangarei Migrant Centre 9th April 2010. 6:00-7:30 PM. \$5.00 per person. Call Valerie for more info 021 2985913, 09 459 6330