



# Kid's Club - Issue 13

Mac is on the high seas...



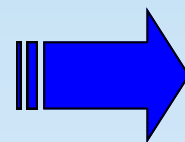
Taylor is making a splash!



Merry Christmas!



Schools out, summer's started!



PLUS

*Check out what other CF kids are up too...*



# HAPPY HOLIDAYS!

I cannot believe it's been a six months since writing the last Kids Club magazine! Since then I have travelled to Auckland, Taupo and Melbourne to carry out work for the CF Association. I've helped branches with fundraising, been excited to see our own Grace Paterson on our Appeal Week adverts, met some great parents, lots who donate their time to work at CF branches and got to meet a lot of fabulous CF kids. Some of you have even popped into the National Office while visiting Christchurch, it's a lovely surprise! It's been particularly nice to see how CF families and branches around NZ have helped out people in Canterbury after our difficult year with the earthquakes. Our Fieldworker, Susan, has been making sure Christchurch families get all the support needed to get through 2011 and it's been made easier by the care shown by others from all parts of the country. The CF office closes on the 23rd of December. We bring in a shared lunch (I buy something because I'm the worst cook out of everyone in the office!) and we have a secret Santa. I'll be looking forward to getting some of your holiday snap shots! I'm going to Queenstown and then to Blenheim so hopefully the sun will be shining in both spots. Merry Christmas, have a safe and happy holidays....

Caroline

## Yummy in my tummy!

### Muesli Slice

- |                             |                      |
|-----------------------------|----------------------|
| 2.5 cups plain flour        | 250g margarine       |
| 2.5 cups rolled oats        | ½ cup treacle*       |
| 2.5 cups desiccated coconut | 1 tbsp boiling water |
| 2 cups sugar                | ½ tbsp baking soda   |

Measure flour, oats, sugar and coconut into a large bowl and stir to combine. Add margarine and treacle to a saucepan over a low heat, when melted remove from heat.

Combine baking soda and water and stir to dissolve. Add to margarine/treacle mix. Stir together and add to dry ingredients. When mixture is well mixed, press into a greased and lined roasting dish, to about the thickness of a muesli bar.

Cook in 180 degree oven until golden brown, approx 10 – 15 minutes. When cool, slice into bars. Can be decorated with drizzled melted chocolate. \*Treacle may be substituted with golden syrup.

### Famous Chocolate Sauce for Ice-cream!

- |                      |               |                              |
|----------------------|---------------|------------------------------|
| 1/2 cup sugar        | 1/8 salt      | 2 tablespoons cocoa          |
| 2 tablespoons butter | 1/4 cup water | 1/4 teaspoon vanilla extract |

Combine sugar, cocoa and salt in a small saucepan. Add enough water to make a stir able consistency. Add butter to cocoa mixture. Bring to the boil over a medium heat, stirring constantly. Allow to boil for one minute.

Remove from heat and add vanilla. Serve warm over ice cream sundae or banana split.

You can add extra whipped cream, chopped walnuts and cherries for some-thing extra special on a hot summer day. Enjoy!



## Dylans new role...



Mosgiel teenager, Dylan has been named as a Cure Kids Ambassador and is looking forward to his new role. His first appointment was an all expenses trip to Queenstown, a chance to have lots of fun!

Dylan lives with his father Arthur, and they are looking forward to giving back to a great cause that helps children like Dylan who have CF. It helps promote to the NZ public that not all kids have it easy, some have to work really hard to maintain good health. Cure Kids help fund research for many diseases so lives of children can be greatly improved.

Dylan's Dad says "many things in life have structure and routine, CF is just one of them. It's a medical condition you just have to manage to the best of your abilities. You can't live wrapped up in cotton wool, you've just got to get out there and give it your all!"



## IRONMAN...

Don't forget CF's biggest fundraiser of the year, Ironman New Zealand, Taupo 3rd of March. Many CF families volunteer their time at this outdoor event, selling balloons, collecting and many of the Dad's spend time manning the bbq to feed hundreds of hungry spectators. It's lots of fun clapping the athletes home after their 226km journey. I might see you there!

# Captain Fitness...talks to Rugby World Cup Winner...Kieran Read!



Kieran, tell us a little about yourself?

I grew up in a small town named Drury, just south of Auckland and went to Opaheke Primary (where my mum is a teacher) and Rosehill College. I worked hard and became Head Boy along with Sportsman of the Year in year 13. I've always loved to play rugby, got really good at cricket as well as enjoying athletics. My friends call me Reado.

Kieran, it's obviously been a huge year of you, how do you maintain good fitness? We do a lot of conditioning work for rugby which includes heaps of running. I really enjoy mountain biking and playing tennis to keep good all round tone and fitness.



In the tough times how do you stay positive?

I had a big operation on my knee which saw me on the side line for quite a while. To try and keep myself positive I concentrate on the good things in life, playing rugby and my family.

Who would be three guests you'd invite over to dinner and what would you cook?

Nelson Mandela, Chris Martin, leadman of the band Coldplay and All Black great, Colin Meads. I'd be cooking up a big backyard bbq.

How do you like to relax and what are your plans for the future?

To relax I play golf and play with my beautiful 11 month old daughter Elle. In the future my wife Bridget and I would like more children and I'd still like to be playing for the All Blacks for as long as possible.

What's the best advice you've been given?

My school rugby coach told me, "always back yourself".



# Chopper...



# Noah...

# Gwen...



# Hot holiday tips...

### On Holiday:

- \*Make use of what is around you and get the whole family involved
- \*Take your equipment with you, your PEP and Acapella are light and compact, so can easily fit in your suitcase!
- \*Take your bike, rollerblades or scooter if possible, find a skate park nearby
- \*Organise a sports day or a game of touch rugby to compete against your family and friends
- \*Challenge mum and dad to a biking or swimming race, make up an obstacle course

### At the beach:

- \*Swimming, jumping the waves, boogie boarding the waves
- \*Building giant sand castles, or drawing big sand pictures with a stick
- \*Playing volleyball, cricket, swing-ball or running races on the sand

### At Home:

- \*Sometimes it is easier to stick with your routine, but remember you can do your physio at anytime because you are on holiday!
- \*Also, sports tend to take a break over school holidays, so it is important to find other sports and exercises
- \* Play touch rugby, blowing bubbles outside in the pool, go for bike ride with friends



**Come on email me your photos & stories so you are in the next issue!!!**

Thanks to all those who contributed to the Kids Club magazine in 2011. Lucky little Anahera (pictured above) Caleb and Sinead have won great prize for their contribution (thanks to Mum's who helped out too!) It could be you next! Just send me letters, poems or photos of your summer holidays, sporting activities or starting school in the New Year. Next issue due out July 2012.

Email me at [caroline@cfnz.org.nz](mailto:caroline@cfnz.org.nz) and you can be a star in the next Kids Club magazine.