

CONSUMERS VOICE

SPECTRUM CARE TRUST BOARD

January/February/March/April

2009

SPECTRUM CARE SPORTS DAY

WAIKARAKA PARK 2009



Spectrum Care 
Te Wai Kahukura Atawhai

ISSUE 7

In this issue:

- Sports Day 1
- Talent Quest 1
- Art exhibition 2
- Recipe 2
- Consumer group meetings 2



It was beautiful day and the turnout was great! Everyone arrived full of energy and enthusiasm ready to prove their team was the best on the day! The sun was hot and the competition was fearless. The echoing sound of cheering and chanting filled the air. From start to finish it was a flurry of balls, buckets, cones and batons. There were plenty of winners and all had a fantastic day in the Auckland sun. The day finished with a barbeque, prizes and a Mr Whippy ice-cream. WELL DONE EVERYONE!

TALENT QUEST!



Its time to practice that singing and dancing and wipe the dust off that favourite musical instrument. The Talent Quest is set for July 31st at Freemans Bay Hall and we want to see you in all your glory demonstrating your hidden talents and ability to entertain. Whether it's a cultural dance, your rendition of Moon River or a simple tune on your favourite instrument, you are invited to participate in the regional heats. Ask your house staff when the regional heats are so you can practice your talent in plenty of time. The regional heats will be during June so get practicing, but if you are not interested in competing, come along to the heats and the Talent Quest and enjoy the entertainment. Enquiries can be directed to: Helen Horan on: 634-3790 ex: 326.



Any queries in regards to the production of this newsletter can be directed to: Helen Mulford—Coordinator of Advocacy Services on:634-3790 ex:312

CONSUMER GROUP MEETINGS

- **NORTH**— 7 Packham Pl, Beachhaven, 10.30am till 11.30am, the 1st Tuesday of every month.
- **CENTRAL**— The Hub, 270 Neilson St, Onehunga. Manuka rm, 11am till-12pm, 2nd Tuesday every month.
- **WEST**— Sturges, 2 Sturges Rd, Henderson, 1pm till 2pm on the 3rd Tuesday of every month.
- **SOUTH**—Manukau Aspirations, G/22 Amersham Way, Manukau, 2.30-3.30pm, 4th Tuesday of every month.
- **HAMILTON**—To be advised!. Bi-monthly. May 28th, July 23rd, Sept 24th and Nov 26th.



COME ALONG
AND HAVE
YOUR SAY!

ART EXHIBITION 2009 26th till the 28th August.!

Later in the year we are having another Art exhibition where you can display fresh work or work you have already done. The Categories are:



Sunflower



Abstract



Still Life



Portrait



Open Photography



Open Craft



Wooden Art

BAKED LEMON CHEESECAKE

BASE: 1 Cup Plain biscuit crumbs & 50grams butter, melted.

FILLING: 500 gr cream cheese, softened, 250g sour cream, 1 cup Caster sugar, 2 Tablespoons Standard flour, 1 Tablespoon of finely grated lemon zest, 1/4 cup lemon juice & 3 eggs, lightly beaten.

To make the base, combine biscuit crumbs and butter. Mix well. Press evenly over the base of a 20cm diameter spring form tin. Refrigerate while preparing the filling. Place cream cheese, sour cream, sugar, flour, lemon zest and juice in a food processor. Blend until smooth. With the motor running on slow speed, gradually add eggs, processing until well blended. Pour filling into tin. Bake at 150°C for 1 hour 50 minutes until firm. Cool in the tin. Cover and refrigerate for at least 6 hours before serving. **Serves 8-10.**

