

## The gift of life

Chatsford staff and residents rallied to create a very meaningful and thought-provoking Think Pink afternoon on May 26th as part of the National Breast Cancer Awareness Week.

A beautifully prepared afternoon tea was served to mark the occasion and attendees wore pink to commemorate the many women who are battling the disease.

In a gripping address titled "A Journey Back from the Brink", Mosgiel's Lachie McLachlan, gave his insight and experience of recuperating from a life-threatening condition.

His address focussed on the immense benefit that nominated organ donors can bring to both individuals and their wider community.



Lachie McLachlan, guest speaker, and his wife Helen, brought a fresh perspective on coping with life threatening illness to Chatsford guests at the Think Pink Breast Cancer Awareness afternoon.

In New Zealand there have been 165 recipients of lung transplants in the last 20 years. This equates to about eight people a year.

"I was very fortunate. Some people wait for a much longer period than I did. It's a matter of finding a donor who matches your specific requirements, including the same blood and tissue type."

After months of rehabilitation and recovery, Lachie has returned to his working schedule.

"Some people would call me a workaholic. But the truth is I love what I do. That is my major motivator."

Lachie is using his own life story to encourage other people to consider the benefits of organ donation.

"When I look at the audiences that I am talking to I am aware that so many people have endured real tragedy in their lives," he says.

"I know I have received a wonderful blessing."

He expressed his gratitude to the family of his donor six months after the transplant and again six months later.

"Although they were really difficult letters to write, I believe it is also a blessing for the families of the donors to know that their loss is not entirely in vain."

In New Zealand people can register their wish to be a donor when they apply for their driver licence and subsequent renewals. This information is recorded on the driver licence with the word 'donor' and in the Land Transport New Zealand database.

"It's only when you come face to face with the gripping reality of a life threatening illness and the possibility of a reprieve that the importance of organ donation really hits home," he says.

After receiving a successful lung transplant and being able to return to his productive working life, Lachie McLachlan really knows the meaning of gratitude.

"I was very unwell and really didn't realise it until I experienced dramatic deterioration of my health," he says.

"I was extremely fortunate that within seven months after being placed on a waiting list I received the gift of new lungs.

The list of people I have to thank for being alive today is a very long one.

First and foremost is my wife Helen, who together with my family stood by my side throughout the whole journey.

Everyone who walked alongside me was completely integral to the success of the operation.

Ben Brockway, the respiratory specialist at Dunedin hospital became like a member of my family throughout the process."

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Our next guest speaker

Gold medal Olympian  
**Barbara Kendall** has accepted an invitation to speak at Chatsford

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# Chief's chatter

Welcome to our 2014 'winter is almost behind us' edition of the Chatsford Chat.

We've seen off the shortest day and we are now looking forward to spring and all the new colour and vibrancy that it brings to the wonderful Chatsford gardens.

It appears, however, that there's no such thing as the 'winter blues' at Chatsford. My mother has been living here for many years and her sister has just recently become a part of the Chatsford family. After my aunty had been here a few weeks I asked Mum how she was settling in. She told me how she and my aunty and a group of friends were all sitting in the community centre having a good laugh about something. My aunty said, "I don't think I've laughed so much in all my life as I have since I've been here." So I think she's settled in just fine!

Each year we bring a special Kiwi to Chatsford as part of our 'Guest Speaker Series'. This year is no exception, and we are delighted that Olympic gold medal board sailor Barbara Kendall will be visiting us on Sunday 19th of October.

Mark this date in your diary! Barbara is the only NZ woman to have competed at five Olympic Games, having also won silver and bronze medals. She is an inspirational achiever, and this promises to be a memorable and uplifting day.

On a special Sunday in May I was privileged to be one of more than 200 residents, staff and guests who packed Chatsford's Summerfield Hall to enjoy a wonderful concert put on by the Dunedin City Jazz Orchestra, led by Dunedin's doyen of jazz – Calder Prescott. Playing more than an hour of mainly Glenn Miller favourites, the band gave a masterful performance that had everyone swinging along and tapping their toes.

Great gardens, fabulous fun, superb speakers and marvellous musicians are just some of the many benefits that are available to Chatsford residents all year round. Perhaps this is why we continue to see such strong demand for our Chatsford homes. No sooner does a town house or apartment become available, and it is snapped up by someone choosing to make Chatsford their lifestyle choice.

What's fabulous about a community like ours is that each new resident brings something special that adds to the life and character of Chatsford. These are individuals from a fascinating range of careers and backgrounds – diverse and interesting people who enjoy life – and who clearly love a good laugh!

Each year I attend the New Zealand Retirement Villages Association annual conference. This year's conference was in Auckland in June. There's always a good mix of speakers covering national and international trends in the industry. Contributors this year included: Economist, Cameron Bagrie; Political Commentator, Duncan Garner; Commonwealth Games organiser, Sir Ron Scott; and Olympian, Rob Waddell as well as a number of industry specialists.

These formal sessions are always useful, but just as important is the opportunity to mingle with other managers in the retirement village sector and compare notes. With the industry going through a period of rapid growth around the country, there is always an opportunity to share experiences and learn from each other along the way.

Until next time...

**Malcolm Hendry**  
*Chatsford CEO*

## Chatsford Chat Online

Each edition of Chatsford Chat can now be **easily accessed on-line**. For readers who would prefer this option to a hard copy edition please indicate your preference by forwarding your email contact details to **info@chatsford.co.nz**.

# When irish eyes are smiling

St Patrick's Day and its world-wide appeal began as a celebration to mark the life and times of St Patrick who was a foundational member of the Catholic Church in Ireland.

St Patrick cleverly wove in Celtic symbols such as the Green Shamrock into the Christian culture there. He is also reputed to have been instrumental in bringing alcohol to Ireland.

Each year millions of people celebrate St. Patrick's Day. It is a national holiday in Ireland when people do not work, but observe it in worship and family gatherings.

In true form Chatsford residents got into the swing of the day with a celebration of their own in their wonderful Community Centre. The bar opened at 4pm to whet the whistle and a quick quiz got the celebration going. Some wonderful green costumes made their appearance for the first time spurred on by the prizes for the Best Dressed participant.

Guests enjoyed their menu of Blue Cod and Chips, or the Hot Dog and Chip alternative and a spirited evening brought out the malarkey and yarns that only the Irish can tell.

Delicious cake and cups of tea capped off the fine festivities and residents and their guests retired for the evening after another happy community event.



Above: Brenda and Des Cordelle dazzle in their emerald outfits.

Left: Bill Harrison and Doreen Caparn enjoyed a chat after the quiz.



## Join the activities

Every day Chatsford has a wonderful selection of activities on offer to all residents.

Here are a sample of some available this August. For the full schedule, please contact the office.

- Walking Group
- Bowls (Indoor & Outdoor)
- Song & Dance Concert
- Darts
- RSA Choir
- Pilates
- Assisted Swimming
- Happy Hour
- Pottery
- Movie Screening
- Topiary Café Outing
- Gardening Group
- Table Tennis
- Mystery Trip
- Craft Group
- Ukelele Practice

## Virtual tour

To take an online tour of our wide range of activities, amenities and housing options available, visit

[www.chatsford.co.nz](http://www.chatsford.co.nz)



# The hands behind the wheel

Knowing that you are in the hands of a safe driver brings a certain pleasure and security to any journey, be it large or small.

For over 10 years, Leon Willocks has ferried Chatsford residents to various destinations with his typical understated charm and ease.

On his recent retirement from this voluntary role he was the recipient of a thank you afternoon tea provided by many of his grateful passengers.

For future outings, residents are creating a roster of drivers to offer a helping hand to residents who require the help of a driver. They will also help to arrange the very popular mystery outings, or trips to concerts, visits to the Saturday Farmers market in Dunedin and on occasion a trip to Central Otago.

*Above: Leon and his wife, Phyllis.*

*Right: Leon Willocks passengers expressed their thanks with many delicious treats at his farewell afternoon tea.*



# In the mood



Chatsford residents welcomed the unique opportunity to hear a performance by the Dunedin City Jazz Orchestra presenting a programme of Glen Miller favourites recently.

The Summerfield Hall rocked to the strains of the big band and many fond memories were re-ignited.

The one-off event was a precursor to the band's planned trip to Australia. The programme was presented by Calder Prescott MNZM.

Proceeds from the event were presented to Calder and were gratefully received acknowledging the cost and effort that an international tour requires.



# Secrets of the monster pumpkin growers

According to the New York Botanical Garden in the USA the world record monster pumpkin of 2013 weighed in at 2,032 pounds.

Maybe you won't achieve quite that size of a pumpkin, but Chatsford resident Joe van Alphen produced a monster pumpkin this year.

To get the competitive spirit going - a "winner takes all" Guess the Weight of the Pumpkin competition, was held complete with an official afternoon tea. The 'official' weigh-in of the pumpkin was recorded at 36.5 kg.

To entice people who enjoy a wager, a \$1 entry fee was required to enter the "Guess the Weight Competition". Winner Catherine Smith had an astute guess with her best guess/closest guess, of 32.5kg. She received a princely sum of \$40 for her discerning eye.

The pumpkin's final fruitful destination was to Chatsford's on-site kitchen where a delicious batch of pumpkin soup was enjoyed by all.

Not to be outdone, Bob Watson also produced a decent size carrot - showcasing once again the good fertile soil of the Taieri plains.



## The surprised gardeners

Imagine the surprise Malcolm And Trish Boote had when they went to dig up their potatoes recently!

Instead of their dainty small edible potatoes that they expected they unearthed some truly great sized spuds.

After weighing in one at 1.6 kilos of the Heather variety spud it took some true Taieri ingenuity to create recipes that would make the most of their find. Brian, a gardener at Chatsford came up with a resounding success with his potato bake recipe.

# Chatsford Residents Who

## Chatsford Residents who participated in the 2014 NZIPP and the Returned Servicemen and Women

Some of Chatsford's WWII returned servicemen and women are among the 3000 New Zealanders who have had their portraits taken as part of an ambitious national project spearheaded by the New Zealand Institute of Professional Photographers and the RSA.

Over 100 photographers New Zealand-wide have volunteered their time and skills to complete the ambitious mission. Many of the volunteer photographers have a family history of military service and all respect and value the contribution that our WWII veterans have made to the nation.

The full collection of photographic portraits will be gifted by the NZIPP to the Royal New Zealand RSA to form a digital archive, and each veteran who took part will be given a printed copy of their portrait.



**Private**  
**Doreen Caparn**

Doreen served as a full time volunteer in the United Kingdom Territorials from 1944-1945. She was posted to a search-light emplacement in Coulsdon, Surrey.

She recalls that she never used a searchlight against enemy aircraft as by 1944 there were more V1 and V2 rockets than enemy aeroplanes. They were too fast to track.

She had the honour of meeting Queen Elizabeth (the present Queen's Mother) when she came to inspect the troops.

On V E day she stood on the Eros statue in Piccadilly Circus watching the ensuing festivities.

**79151**  
**Jean Platt**  
**Womens Royal Naval Service**

Jean was born in Manchester, England and attended boarding school in York. She joined the WRENS in September 1944.

She received her basic training at Loch Lomond, Scotland. Her first posting was with the Royal Navy Fleet Air Arm Base at St Merryn in Cornwall, as a bombing range marker. This essential job enabled bomb aimers to perfect their skills.

Jean and her late husband Peter married in 1948 and moved to Australia in 1952. Peter was later appointed to the Chair of Music at both Otago and Sydney Universities.

**455531**  
**Lance Corporal**  
**Ian Buchan**

Ian was born in Wairoa and educated in Balclutha. He began a cadetship in Civil Engineering before joining up for army service on his 18th birthday.

He underwent basic training in New Zealand before his reinforcement landed in Egypt where they were issued with suitable clothing to withstand the harsh Italian winter. He was posted to the 25th Infantry Battalion.

From November 1943 the 2nd New Zealand Division fought major battles at the Sangro River, Perano, Orsogna and the Liri Valley before being drawn into the Cassino inferno. He was wounded at Cassino and later put on a hospital ship headed for home on June 10 1944. He completed his recovery in Balclutha Hospital. He completed his civil engineering degree and was employed in South Otago and the Clutha River Catchment for many years.

**PO/X110573**  
**Royal Marine**  
**Charles Wilkin**

Charles was born and educated in Norfolk. When he left school he tried his hand at several jobs before settling as a maltster.

He enlisted in the Royal Marines in 1940 and undertook his basic training at Portsmouth. He boarded ship at Bristol and was posted to convoy duties in the Atlantic. Among the many memorable journeys he experienced were the voyages down the coast of North West Africa, South Atlantic, Capetown, Indian Ocean, Durban, the Red Sea, Port Taufiq, Egypt, Sicily and Taranto, Italy.

On D Day Charles was on a torpedo boat. During the final months of the war in Europe he worked undercover and mostly alone in Northern France, Holland and with the Belgium Maquis (resistance fighters). Following demobilisation Charles joined the Birmingham Police Force.

# o Answered Call To Arms

## New Zealand Institute of Professional Photographers and Women Documentary Project.

These photographs show our veterans that they are remembered and that the sacrifices they made for the freedom of us all is still honoured.

"This project recognises each individual's personal service and sacrifice, at the same time as creating an archive of national significance for New Zealand's generations to come," says, RSA Chief Executive, David Moger.

"Seeing a veteran dressed in their medals, put down their walking sticks and proudly rise to stand unassisted while their portrait is being taken is a hugely powerful moment," he says.

*Left to Right: Doreen Caparn, Jean Platt, Ian Buchan, Chas Wilkin, John Tulloch, Denys Stewart, Bill Elliott and Jack Ingram. (Photo compliments of Moira Clark Photography)*



**041818**  
**Corporal Signalman**  
**Jack Tulloch**

Jack was born and educated in Christchurch. He was initially employed by Smith and Smith paint, wallpaper and glass merchants. He volunteered for service early in 1941 and trained at Burnham specialising in signalling. He left New Zealand in December 1942 and arrived in Egypt just in time to be posted to the 4th Armoured Brigade of the 2nd New Zealand Division as they completed their successful North African Campaign.

From September 1943 until the end of the war in Europe he fought in Italy including the battle for Cassino in May 1944. He returned home to New Zealand on the Dominion Monarch and resumed his position at Smith and Smiths. He retired as the firm's Greymouth manager in 1983.

**421415**  
**Flight Sergeant/Air Gunner, RNZAF**  
**Denys Stewart**

Denys began his service career with six months driver training in the Army Service Corp.

He transferred to the RNZAF and received training and instruction in Nelson, Rotorua, Whenuapai and at the Gunnery Training School, Ohakea.

In May 1944 he was posted to No 3 Bomber Reconnaissance Squadron in the South West Pacific. They were equipped with twin-engined Ventura fighter bombers.

Flying out of Torokina and Emirau, Denys completed two tours with 336 hours in the air, 86 missions and 30 strikes. He also undertook bombing, strafing, anti submarine patrols, photography and escorting convoys.

One brother served in the Royal Navy, another in the Royal New Zealand Navy and a third in the New Zealand Army. All four serving brothers returned home safely to their family.

**NZD 1353**  
**Able Seaman**  
**Bill Elliot**

Bill Elliot went straight from school into the New Zealand division of the Royal Navy in 1935. He completed his basic training at HMS Philomel and passed with first prize in the advanced class of the school in 1936. He later served on HMS Dunedin, HMS Leander and HMS Achilles.

He joined the Armed Merchant Cruiser HMS Monowai and was later posted to HMNZS Gambia. On the Gambia he served in the Far East alongside warships from The United Kingdom, the United States and the Free French Navies. Bill was in the British Naval Base at Trincomalee Ceylon for V E Day. He took discharge from the navy shortly afterwards.

On his return to New Zealand Bill apprenticed as a plumber and went on to establish his own successful business. He also worked for the Otago Hospital Board and was the resident plumber at Wakari Hospital.

**433723**  
**Flying Officer**  
**Jack Ingram**

Jack was born and educated in Dunedin. He was six months into his first year at Dunedin Training College when he was called up for army training mid-1942. After completing his basic training at Addington Race Course he was posted to the 3rd Nelson Marlborough West Coast Regiment near Blenheim as a signaller.

He applied to join the RNZAF and trained at the Elementary Flying School at Taieri. He also trained in Calgary, Canada as a Wireless Operator and Air Gunner. He was commissioned and crossed the Atlantic in the troop ship Nieuw Amsterdam. He volunteered as an Air Gunner and was posted to a Coastal Command squadron just prior to the cessation of the hostilities.

Jack returned to Dunedin, completed his teachers' college and university studies and taught in Dunedin until his retirement.

# Resale corner

Locals say that although we have passed the shortest day, winter's coldest moments are yet to come.



The eternal optimism of trees blossoming in the depths of winter hints at the promise of the return of spring and all of her garden delights.

Chatsford residents take particular pride in their gardens. Visitors to Chatsford often comment on the beautiful park-like grounds and the loving care that residents and gardeners take of their environment.

The social choices offered within the Chatsford community present newcomers with new opportunities, familiar pursuits and the enriched benefits of a thriving community network. Even if you prefer the quieter things of life, knowing that company and stimulation is all around you can be very comforting.

A low-stress lifestyle is our goal for all who choose to make Chatsford their home. Our team also aims to make the process of viewing and purchasing a Chatsford home a refreshingly stress-free process as well.

Any groups or interested individuals are more than welcome to book for a guided tour of Chatsford, its amenities and its proudly tended gardens. Without doubt, Chatsford truly is The Lifestyle Choice.

***If you require information on properties available, please phone Dawn Brieseman on 489-7776***

## The road to the top

The quest to become a gold medal Olympian is a goal that few New Zealand women aspire to and achieve in their lifetime. In 1992 Barbara Kendall became the first woman in 40 years to achieve that goal.

Barbara has accepted an invitation to speak at Chatsford, on Sunday, October 19, 2014 at 2pm in the Summerfield Hall. She will share the twists and turns of her remarkable journey to the top of the podium. It hasn't been an easy road and a lot of her success has been achieved after extreme trauma and adversity.

Barbara's natural warmth, vitality and enthusiasm have won the hearts of all New Zealanders. She has instant audience appeal, whether she is sharing Olympic anecdotes or the secrets of her success. Her story is one of hard work, goal setting, discipline, motivation, determination and passion.

Barbara began racing P Class boats at the age of 12 and attained success in a variety of classes at a national level. At 16 she tried windsurfing as a serious sport and entered her first world Competition in Scotland in 1984. She is a four-time World Champion, Olympic Gold, Silver and Bronze Medallist windsurfer.

Twenty years later she was still at the top of her sport. A veteran of five Olympic Games, Kendall won gold in 1992, silver in 1996 and bronze in 2000. She was fifth in Athens in 2004 and sixth in Beijing in 2008 before retiring from competition in 2010.

Her achievements and dedication to her sport have been widely recognised receiving a Young Achievers Award in 1990 and later the Commemorative Queens Medal, and MBE and the Yachts Person of the Year Award in 1992 and 1998. She was also awarded the New Zealand Sports Woman of the year for 1996, 1998, 1999 and 2002.

After becoming a mother in 2001 she continued to compete a year later, winning the world championships later in 2002. In 2007 Barbara was inducted into the International Sailing Hall of Fame. She was elected as a member of the International Olympic Committee (IOC) in South Africa in July 2011.

Barbara Kendall's relaxed and humorous approach in her speaking engagements has instant appeal with her audiences. She shares many of her secrets of success which are applicable to people in all stages of life.

***To register your interest in coming to Chatsford to meet with Barbara, please phone 489-7776 by 15th October. Refreshments will be served at the conclusion.***



# Think pink!

During Breast Cancer Awareness week Chatsford staff and residents rallied to lend their support to the cause which is close to the heart of many families.

Chatsford residents united in an afternoon aptly called Think Pink to raise donations for research and to raise awareness of the disease.

In the spirit of the day both men and women donned pink outfits, armbands, hats and costumes in recognition of the campaign's significance in their lives.

All baking and decorations also reflected the pink theme and the result was a spectacular display of colour and appetising delights.



*Above: Elaine Fowler and Margaret Barber enjoyed the afternoon and contributed their time and effort to the beautifully laden tables of glorious pink food.*

*Below: Shirley Thornbury and Aileen Labes appreciated every moment of the informative and heartfelt Think Pink afternoon.*



*Above: Don McEwan kept his focus on the Think Pink Raffle after purchasing a ticket from sales lady Doreen Caparn.*



*Above: Doreen Caparn coaxed many people to try their luck at the sales table.*

*Below: Keith Stewart and Colin Hicks brought their own distinctive pink attire to acknowledge the significance of the Think Pink afternoon's message.*



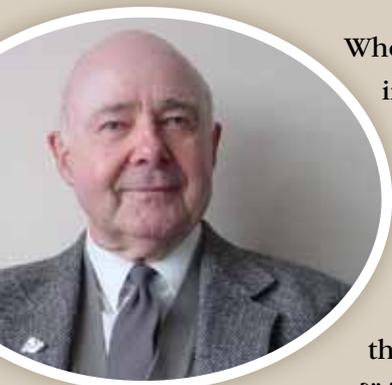
*Above: The organising committee for the Think Pink afternoon who donated time and a delicious array of pink themed savouries and sweets for the afternoon tea.*

*Back Row: from left, Wendy McAlwee, Val Wansink, Anne Cowie, Jennifer Saunders, Margaret Barber, Shirley Thornbury and June Smith. Front Row: from left, Pauline Laing, Jan McEwan, Elaine Fowler, Sandra White, Brenda Cordelle, Doreen Caparn.*

# Chaplain's chatter

One day, an ox said to a mule, "Let's pretend to be sick."

The mule replied, "No, we need to get the work done." The ox feigned illness, and the farmer brought him fresh hay.



When the mule came in from ploughing, the ox asked how things went and the mule said, "All right." The ox asked, "What did the farmer say about me?" The mule replied, "Nothing."

The next day, the ox pretended to be ill again. When the mule came home, the ox asked, "How did it go?" The mule said, "All right."

After a week of this, the ox asked, "Did the farmer say anything about me today?" The mule replied, "Well, he said nothing to me personally, but he stopped and had a long talk with the butcher!"

Understand this: "You were born to fulfil a divine purpose. When you don't, there are consequences, both here and in eternity." In the Bible, the parable of the Talents tells us that the man who buried his talent paid a high price.

That's because, in God's eyes, the greatest failure of all is the failure to invest in time. Killing time is a wicked type of murder. One day your life will be audited, it's called "the Judgement Seat of Christ." If you survive, you will receive a reward.

**Lawrie Rankin**  
*Chatsford Chaplain*

# cook's corner

When you combine the knowledge of the science of cooking with heartfelt enjoyment you have a winning combination.

Anita and Leon Oliver are finding their choice of retirement at Chatsford to be a very fulfilling and happy decision. The couple came to New Zealand from Johannesburg in 1994. Leon established a flourishing business as an audiometrist and Anita completed an internship at Dunedin hospital as a registered Pharmacist. Leon was a regular visitor to Chatsford, servicing and upgrading resident's hearing aids.

After choosing to retire, the couple set their sights on a town house in the Salisbury development of Chatsford. At first they moved into an apartment and found to their delight that a home in the Salisbury development became available for them to purchase.

"We were so touched by the help and kindness that we have encountered from all of the staff to make our transition into our home as easy as possible," says Anita.

"Everyone rallied and helped us to shift furniture and really make our home-coming a special occasion for us. We moved on December 13 and hosted our whole family for Christmas in our new home. It was a wonderful occasion".

Anita remains connected to her profession as a pharmacist, teaching undergraduate students at the Pharmacy School in Dunedin. Leon is thriving, teaching residents ceramics and pottery on a Monday and Tuesday in the on-site pottery workshop.

For this edition of Cooks Corner, Anita has submitted two of her favourite recipes. They have come out of a tried and tested Kiwi Aunty Cookbook compiled by Anita and members of her extended family.

She says the brownie recipe is more like a mud cake that completely satisfies with only one slice. The amount of chocolate used in the recipe is open to each cook's preference.

The Bobotie recipe brings forth the distinctive Malay flavours often found in Cape Town cuisine. She says it is an ideal addition to any potluck dinner.





# Kiwi Aunty Recipes

## PANDORO CHOCOLATE BROWNIES

*(AKA Julie's Chocolate Brownie)*

100g cocoa  
200g butter, melted  
400g or 2 cups caster sugar  
4 eggs  
90g (just under ¾ cup) flour  
1 tsp vanilla essence  
1 tsp baking powder  
200g chocolate chips

*(Can also use half a bag each of Nestle milk chocolate and white chocolate bits instead of the choc chips.)*

### Method:

Line a 20 x 20cm or 20 x 30cm baking tin or dish with baking paper – see Tips below.

Sift cocoa into a large mixing bowl. Add melted butter, sugar, eggs and vanilla. Mix to a smooth paste. Sift in flour and baking powder and then add chocolate chips.

Pour the mixture into the tin/dish.

Bake in a preheated oven at 150°C for 70 - 75 minutes.

Cool in pan for approximately ten minutes, and then cool on a rack. Once cool sift icing sugar on top and cut into pieces. (See tip #3 below).

### Tips:

1. The brownie will still be soft when it comes out of the oven and will set as it cools. Try not to over cook it, it is meant to remain moist and it doesn't bake the same as a cake. (a skewer or knife may not come out clean)
2. Line the tin with baking paper, it is easier to lift the brownie out.
3. Brownie is best left in the dish overnight so it sets before you cut or move it which will help to prevent the brownie breaking.

### MOST IMPORTANTLY!

If making for the School of Pharmacy or the Chatsford staff ;-)  
DOUBLE the recipe!  
You will need to bake it in a larger dish (a lasagne dish works well) but you do not need to bake it for any longer.

## BOBOTIE

*This recipe from the Malay sector of the Cape province in South Africa is much loved by Kiwis!!*

2 large chopped onions  
50g butter  
50mL milk  
2 slices of bread  
1kg Beef mince  
50g Fruit Chutney (Mrs. Ball's)  
100mL beef stock  
100mL wine (optional)  
1 large grated apple  
100g sultanas  
1 or 2 cloves of garlic (crushed)  
12-20g curry powder (I use Madras, but you can use something hotter)  
10g tumeric  
3 large eggs  
200mL milk  
salt and pepper to taste

### Method:

Preset the oven at 170°C.

Cook the chopped onions in the butter until glazed.

Soak the bread in the 50mL milk.

Combine all the ingredients except for 2 eggs and the 200mL of milk.

Press the mixture into a greased ovenproof baking dish.

Combine the 2 eggs and the 200mL milk.

Add salt and pepper to taste and pour over the meat mixture in the dish. This forms the custard layer.

Bake at 170°C for about 45 minutes until the custard layer is a golden brown colour.

Serve hot with yellow rice (cook rice in normal way, adding a teaspoon of tumeric for flavour and colour. Can add some raisins or sultanas.

Also serve sambals as a side dish (a condiment or side dish of Indonesia, Malaysia, and southern India, made with any of various ingredients; ie. vegetables, fish, or coconut, usually seasoned with chili peppers and spices and served with rice and curries).

### Sambals:

- *Finely chop tomatoes and onions and add a bit of salt.*
- *Also have a dish of fresh, sliced bananas to serve as a side dish.*
- *Some people like to sprinkle a bit of grated coconut over the bobotie when they dish it up, so have a small bowl of grated coconut as a side dish as well.*

