

# Heart Life



## Welcome and thank you

I would like to welcome you to another issue of Heart Life while bidding you a fond farewell. After 16 wonderful years at the Heart Foundation, it is time for me to leave.

I cannot begin to describe the gratitude I feel for your support of the Heart Foundation during my time. You have helped your fellow New Zealanders in the most amazing ways.

This issue of Heart Life is further proof. From the incredibly generous Maitland Hillson to every

Kiwi who helped make our Big Heart Appeal such a success, the generosity of our supporters amazes me.

In this issue you will see some familiar faces from last year, hear how you are helping our nutrition team, and learn how to make healthy hot cross buns.

Every story you read was made possible by people just like you, and I cannot thank you enough.

Farewell and all the very best to you and your family.

Tony Duncan  
Chief Executive



## The Big Heart Appeal was bigger than ever

Once again, Kiwis have given from their hearts, and their pockets, to make this year's Big Heart Appeal the biggest yet. Wonderful supporters from Kerikeri to Invercargill, and nearly everywhere in between, held their red Heart Foundation buckets high while thousands of more Kiwis helped fill them.

If ever there was proof that, with your help, the Heart Foundation has become part of the community, the Big Heart Appeal is it.

*Thank you*



It's Kiwis banding together for the good of all New Zealanders whose lives have been touched by heart disease.

The much needed funds will go to helping Kiwis live healthier lives. Thank you to everyone involved.



# Thanks for your feedback



Last June, Heart Foundation supporters helped us learn a little more about themselves and their thoughts on the Heart Foundation, by completing a survey. Being a supporter yourself, these facts may not surprise you, but they help us better understand what you most care about:



**79%** of our supporters know someone with a heart condition



In **71%** of the cases, it's a member of the family.

As for the most important aspects of the Heart Foundation's work, our supporters believe they are:



- 1. Raising awareness** of heart disease
- 2. Funding research** to help experts learn more
- 3. Teaching New Zealanders** about nutrition and other healthy habits
- 4. Funding specialist training** overseas



**This feedback is very important to us, so thank you to everyone who filled out these surveys.**



## You're helping kids learn healthy habits

The Heart Foundation's Food and Nutrition team have been very busy recently. In a collaborative effort between the Heart Foundation, [vegetables.co.nz](http://vegetables.co.nz) and 50 New Zealand teachers, they've created some fantastic new online tools for food and nutrition/technology classes at schools around New Zealand.

The resources are aimed at 10-12 year-old students and give them all the tools they need to cook healthy meals with lots of vegetables. Each lesson plan includes an important food skill with a healthy recipe.

Many of the activities are interactive so students can use them on tablets and other smart devices. Resources can also be customised for different students or teachers.

It's all part of the Heart Foundation's new Food Curriculum Project, and just another way you're helping future generations do all they can to make heart disease a thing of the past.

Food and nutrition manager, Dave Monro hard at work



Some of the children with their healthy handiwork

# Your compassion at work, one year on

You may remember Anna and her beautiful baby Zara from last year when they featured in a Heart Foundation appeal. We thought you might like to know how they are getting on.

Heart disease claims more than 50 Kiwi women every week. But we are pleased to say that Anna is fighting fit – which is just as well given how busy Zara keeps her. Here is what she had to say:

*“I can’t believe how lucky I’ve been. Three years ago, I was suffering from a rare heart disease - spontaneous coronary artery dissection. I thought I was going to die. Now, I’m a healthy young mum bringing up my beautiful baby girl.*

*My health is great. I’m finding time for some exercise and I’m trying hard to relax and reduce my stress levels – which, with a toddler, is easier said than done!*

*My cardiologist, Dr Gerber, was a recipient of a Heart Foundation grant so I can’t thank Heart Foundation supporters enough for everything you’ve done for me and my family.”*



## Maitland Hillson, you’re magnificent!



*Maitland Hillson*

Maitland Hillson is an amazing man in more ways than one. Back in 1971, he suffered two massive heart attacks. Two years later, he suffered another one. Maitland, however, is not a man who’s easily beaten. He’s now 89, and still full of life – and generosity.

He has supported the Heart Foundation for many years and, more recently, committed his most generous act of all. Maitland has left a bequest to the Heart Foundation in his Will.

To say he has enjoyed a full life is somewhat of an understatement. Maitland was one of the first Kiwis to have had open-heart surgery and may well be the oldest living survivor.

Maitland has always loved the ocean, working as a commercial fisherman and sailing recreationally for years. He’s competed in three trans-tasman races and was the first New Zealand boat to win the Sydney to Hobart. He was selected for the New Zealand Commonwealth Games yachting team in 1967. For his 90th birthday, Maitland wants to go skydiving.

But Maitland’s says his greatest achievement was the 58 years he spent married to his beautiful wife Joy who, sadly, passed six years ago.

Now, Maitland is ensuring his love of life will continue once he passes too, by leaving a bequest. On behalf, of every Kiwi who will ever benefit from your generosity, a most sincere and very large thank you Maitland.



## Healthy. Hot Cross Buns

**Serves: 4**

### Here's what you'll need for these scrumptious Hot Cross Buns

#### Dough

- ½ tsp dried yeast
- 2 tsp brown sugar
- 85 ml reduced fat milk
- 85 ml warm water
- ½ cup wholemeal flour
- 1 cup plain white flour
- ½ tsp ground allspice
- ¼ tsp ground cinnamon

- ¼ tsp ground cloves
- 1 ½ tbsp margarine
- 1 egg
- ½ cup mixed candied citrus peel
- ½ cup dried currants

#### Crosses

- 1 tbsp plain white flour
- 2 tsp water

### Method

#### Dough

1. Dissolve yeast with brown sugar, milk and water
2. Sift together flours and spices
3. Rub margarine into flour mixture
4. Add egg to yeast mixture
5. Knead flour mixture and yeast mixture together to form a slightly sticky dough
6. Add dried fruit and knead
7. Cover the dough in a large bowl and allow to rise until doubled in size
8. Weigh the dough into 80g portions and shape into buns
9. Allow to rise again until approximately doubled in size

#### Crosses

1. Mix together the flour and water
2. Roll dough into thin strips
3. Place strips on top of buns in a cross

#### Baking

1. Heat oven to 220°C
2. Brush the tops of the buns with trim milk
3. Bake for approximately 10 minutes or until well browned on top and cooked through
4. Transfer buns to a wire rack to cool

### Per serve:

ENERGY	FATS	SAT FAT	CARBS	SUGAR	FIBRE	SODIUM
813kj	2.8g	0.7g	35.7g	13.6g	3.4g	58mg

# Jennian Homes Mother's Day Fun Run



Why not get together with the women in your life to love your hearts this Mother's Day?

Heart disease is the single biggest killer of Kiwi women. This is a wonderful way for you to have fun, get active and, best of all, help save lives by funding heart research. And if you don't want to run or walk, we'd love to have your help as a volunteer.

**So why not circle Sunday May 12th** on your calendar or in your diary and visit [www.jennianmothersday.com](http://www.jennianmothersday.com) for further information.



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If you would prefer to receive your copy of Heart Life via email, simply provide your email address to us.

You can do this by either: Calling 0800 830 100 or emailing [info@heartfoundation.org.nz](mailto:info@heartfoundation.org.nz)

## Help the Heart Foundation

To donate, call us on **0800 830 100** or visit us online at [heartfoundation.org.nz](http://heartfoundation.org.nz)

Your name and contact details will be retained, in order to keep you informed about news, offers, promotional events or fundraising activities that may be of interest to you. You may check, update or suppress your details from our records, by contacting the Heart Foundation.

The Heart Foundation is New Zealand's heart health charity and relies on the generosity of donors, Lottery customers and other supporters to help fund its vital work. We are a trusted charity with ethical fundraising and revenue-generating activities, managed to the highest standards of accountability and transparency.

For our donor fundraising activities (e.g. supporter appeals, online donations, bequests and major gifts), approximately 85% of donations fund our heart health work. For our regular Lottery programme, approximately 39% of GST-exclusive ticket sales (after all costs including prizes) funds our heart health work.

Our auditors, KPMG, audit each of our Lotteries as well as our annual financial statements. Thank you for your valued support of the Heart Foundation.