



## Safe in your Community on the Shore. ShoreSafe Newsletter #22



**Safety Starts With**  
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Summer is here and so are the unsavory statistics that increase at this time of year. We can be spared if we do some very small silly things that cause no harm but all too frequently, we learn of gross silly things that do cause harm. Invariably these are fuelled by lack of care, especially in regard to safety and excessive alcohol and its effect on our personal safety and the safety of others. The first is handled by carefully adopting the policy of managing the risk and put another way; think first, adjust where necessary and then proceed. Too often we leave out the 'think' part. Always ask yourself what can you do to ensure the activity you are about to commence is super safe. The second comes down to keeping an eye on one another and trying to be more responsible and not less responsible. No one wants a sad ending to an already difficult year for many. It is like not finishing the long race when all the hard work has been done. From Wayne, your ShoreSafe Coordinator, treasure the family time and hit 2010 Injury Free. Merry Christmas

It just occurred to me: This time next year we will have to travel further to get out of town BUT we will be able to go much further without leaving town. Auckland will soon be a lot closer to the whole world—wow!!

### BOATING THIS SUMMER?

Consultation is almost complete in regard to the wearing of lifejackets in small boats. It also coincides with the launch of a new public awareness campaign encouraging boaties to make wearing a lifejacket as automatic as wearing a seatbelt. Last summer was marred by a significant number of fatalities and serious recreational boating accidents that would see the wearing of lifejackets made compulsory on all boats under 6m in length – unless the skipper considers there to be a low safety risk. It is the intention to change the rule so that the skipper determines when they can be taken off rather than when they can be put on. So if you are on a small boat, insist on a lifejacket for all when you first address the boat.

Remove the skin from the chicken and cut the chicken into eight pieces as follows.

Place the chicken on a strong chopping board. Pull out each leg and cut through the natural line which separates the leg from the breast. Divide the legs into thighs and drum sticks. Separate the breasts from the carcass by tilting as cleanly as possible from the rib cage. Bend the wings back and cut through the joints between the bones. Save the wings and carcass for making soup. Cut the breasts in two lengthways.

Arrange the chicken pieces in a roasting or casserole dish. Combine the soy sauce, tomato sauce, garlic and ginger and pour over the chicken.

**If you are hosting a BBQ this summer, and if there is drink available, ensure you have a delicious and easy dish like this for everyone.**

Cover and cook at 160°C for 40 minutes. Turn over the chicken pieces and cook at 135°C for a further 30 minutes or until tender.

To make the sauce, drain the cooking juices into a small saucepan. Scoop the fat from the top of the cooking juices. Add the lemon juice. Bring to the boil. Mix the cornflour and water to a smooth paste, add gradually to the saucepan and stir until thickened.

Pour the sauce over the chicken pieces and return to the oven for a further 5 minutes.



Recipe courtesy of Pacific Harbour Trust, Nal and Heart Foundation

## SOY CHICKEN PIECES



- 1 chicken, sliced
- 2 Tbsp soy sauce (low salt)
- 1 Tbsp tomato sauce
- 4-5 cloves garlic, peeled and crushed
- 2-3 Tbsp root ginger, finely chopped
- 1 Tbsp lemon juice
- 1 Tbsp cornflour
- 1/2 cup water



## Christmas preparations need not be chaotic—planning and preparation works

**Empowering a Community**—All human beings have the equal right to health and safety. Safety promotion around the world is growing rapidly (in spite of our daily dose of bad news) and countries are now searching for sustainable safety with less injuries. Where once empowerment came from the top down, now it is realized that it is more effective to empower from the community upward. Creative methods of education and environmental change joined with appropriate legislation and enforcement are an important beginning for the safety of the community. No single approach is sufficient for changing existing behaviour patterns. New Zealand is doing many things better than many other countries but many other countries are doing things better than New Zealand. If we care for our community and our own safety, we need to find a way of contributing and that could be as simple as sending the message to others that safety is something we all want and the majority is more powerful than the antisocial few.

### Upcoming Events

Mon 14th Dec—1200 Super City presentation by Dr Grant Hewison at Tamariki Guide Hall, Auburn St, Takapuna

Wed 16th Dec—1000 Glenfield Community Meeting, Cmty Centre, Bently Ave, Glenfield

Wed 23rd Dec— ShoreSafe breaks for Christmas holidays, back 5th Jan.

Thu 25th Dec — Santa's Official visit, late evening.

### Xmas Shopping with Safety in Mind



## Gift Buying Tips for a Safe Christmas

This Christmas, treat your loved one with gifts which they can enjoy and at the same time help protect them from injuries at home, at play and on the road.

### What to buy:

- A booster seat. Jazz it up, let your imagination run wild (tell them it's a rocket ship or a fairy chariot). Remember, kids are safer in a booster seat until they're 140cm tall.
- A cycle helmet. Let them pick their own helmet and be a role model (use one yourself too!).
- Tools with safety locks. Buy dad a brand new power tool with a safety lock, and store it out of the children's reach.

- Portable Pool Fencing—If your pool is over 400mm deep, you are required to comply with the Fencing of Swimming Pool Act. Check with your Council for good advice.

- Smoke alarms. If you know someone who doesn't have one at home, buy them one as a present. What better gift than one that could save their lives in a fire?

### What NOT to buy:

- Toys that are choking hazards. If it can fit inside a toilet roll, it is a choking hazard.
- Baby bath seats. Bath seats and rings give a false sense of security. Babies can slip or get trapped underwater.
- Baby Walkers. They could fall against fires, down stairs and off decks. They could be burned by hot pots they shouldn't have been able to reach, or poison themselves with chemicals parents thought were stored high enough.

For the full media release, visit

[www.safekids.org.nz/index.php/page/Media\\_Release](http://www.safekids.org.nz/index.php/page/Media_Release)

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