

Gardening tips

If you accidentally brush against pollen in the garden, dab the adhesive side of sellotape to gently remove traces from your clothes.

Mavis Aitken
Pukekohe

Buy dried blood (not to be confused with blood and bone) from any gardening centre. Place a small amount on each plant and water in. Plants that really benefit from this are polyanthas, promises, pansies and primulas. Also, any leafy vegetables such as spinach and silverbeet. You will be amazed at the result. Repeat periodically.

Jenny Turner
Via email



Share your story with us!

Do you have a story, a favourite recipe or a great gardening tip you would like to share?

Then we want to hear from you!

Email your story (plus any photos), recipe or tips to intouch@stjohn.org.nz or via post to:

St John In Touch stories
C/O Product Team, Private Bag 14902, Panmure, Auckland 1741

Congratulations to Jenny Turner, Mavis Aitkin and Bernadine Jessep for sharing their gardening tips and recipe.



You will receive a \$50 Four Square gift card if we use your story in our newsletter!

Thanks to Bernadine Jessep for sharing this recipe!

Leek and chicken pie

Ingredients:

- > 1 x whole chicken
- > 2 x bay leaves
- > 3T butter
- > Salt and pepper to taste
- > 1 x onion
- > 1T flour
- > 1 x small sprig of parsley
- > 1C milk
- > 2 x leeks
- > 400g flaky pastry

Method:

- > Boil chicken and drain.
- > Sauté leeks, parsley, and onion in butter.
- > Add flour and milk to make sauce.
- > Combine chicken with sauce and add bay leaves.
- > Roll out pastry and place in pie dish.
- > Add filling onto the pastry.
- > Roll out the remaining pastry and cover top of pie.
- > Bake at 200 degrees for approximately 25 minutes.

The quantities for this recipe can be adapted to your requirements.

You can add a small amount of bacon for additional flavour if you wish.

This is a good recipe for many different occasions. ■

Riddle answers:
1. A library. 2. Add the letter G and it is gone!
3. Your back.

Puzzle answers:
1. 17 – it is the sum of the two digits (9+8) in opposite quadrant. 2. 39 – working from top to bottom, double each number and subtract 1, then 2, then 3 etc.



In Touch

Your St John Medical Alarm newsletter

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Baby Bella's story

At barely six months pregnant, Rachael wasn't expecting to give birth any time soon. But when she started to experience painful contractions just a few minutes apart, she knew something major was happening.

On the phone, Rachael's midwife said she should go to the hospital for a check-up, so Rachael woke her husband Kyle. But as they were getting dressed, "I screamed at Kyle that my waters had broken."

Kyle dialled 111 right away. Within seconds, he was talking to St John Call Handler Rebecca. While Rachael lay on the bathroom floor, Rebecca talked to Kyle, reassuring him that everything would be OK. The ambulance was on its way. The situation was under control.

But, after just a few minutes, Rachael felt the urge to push. On the second push, she gave birth to a tiny baby no bigger than the palm of her hand. To Kyle and Rachael's horror, their baby wasn't moving.

Rebecca calmly explained to Kyle how to breathe into the baby's mouth and get her heart started.

Meanwhile, St John Ambulance Officers Steve and Olivia were rushing to the scene. They knew everything depended on them arriving as quickly as possible, but they had to drive through a terrible storm and flooded roads. "Rachael was still on the bathroom floor when we arrived. And there she was, a tiny, tiny baby," said Olivia/Steve.

Now, Olivia and Steve had to get the tiny baby girl stabilised – and warm. Olivia wrapped her in cling film, a zip-lock bag and a warmed-up towel, while Steve cut one of Kyle's socks to make a tiny hat for her.



With the baby stable, Olivia and Steve drove the desperate family to the nearest intensive care unit. The vulnerable little girl was in safe hands.

Baby Bella couldn't have survived without Kyle and Rebecca's calmness under pressure, and Steve and Olivia's swift response and quick thinking.

"She's been a wee fighter the whole way through. She's worked so hard to get where she is. If we didn't have St John, we wouldn't have Bella. It really is as simple as that. We owe them so much," said Kyle/Rachael.

Situations like baby Bella's show why St John needs your support. Thanks to people like you, Bella is now doing well, is at home, feeding properly and thriving; and this is why we need your support this Annual Appeal. To show us your heart of gold and help make a lifesaving difference, please fill in and return the form on the following page to donate during April. ■

