

# MINDFOOD

Smart Thinking

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**EXCLUSIVE**

From Taranaki  
To Hollywood

Melanie  
Lynskey

On Working With  
George Clooney,  
Peter Jackson  
& Charlie Sheen

"IT WAS BEYOND  
MY WILDEST  
DREAMS."

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WORLD CUP  
FOOD SPECIAL

DELICIOUS  
GLOBAL  
RECIPES

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HOMEGROWN  
OUR BEST  
BEAUTY BRANDS  
MADE HERE

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*Celebrating  
New Zealand*

SHOWCASING  
THE BEST OF  
OUR COUNTRY

plus *The Coach, The Cooks, The Songbird & The Shoemaker*



McHugh Media  
SEPTEMBER 2011  
\$9.90 (INCL. GST)

## Inspired Designs

*After battling cancer and winning, 14-year-old Ruby Seeto is now raising funds to help other sick children.*

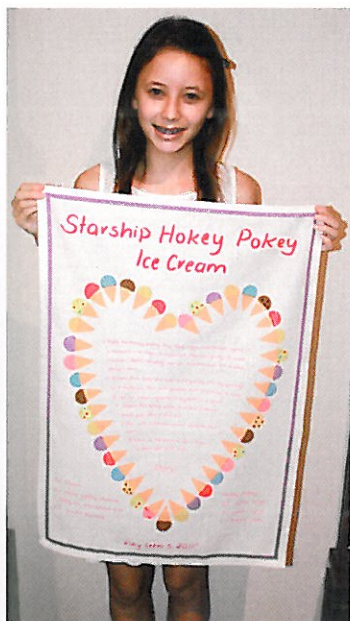
In October 2006, Ruby Seeto (*pictured below*) had major surgery to remove a 1.6 kilogram tumour from her liver, and then she spent 12 months at Starship Children's Hospital in Auckland undergoing intensive chemotherapy treatment. Now fully recovered, the 14-year-old has designed a tea towel every year for the past four years to raise money for the children's hospital. To date she has raised more than \$100,000. This year's 100 per cent cotton tea towel features a very Kiwi homemade hokey pokey ice-cream recipe (*pictured*). Seeto has teamed up with linen retailer Wallace Cotton to produce and sell the \$10 tea towels, with \$6 from each sale going to Starship. The tea towels can be bought online at [wallacecotton.com](http://wallacecotton.com) or from Wallace Cotton stores.

### MORE AT MINDFOOD.COM



**READ** Discover one woman's efforts to raise funds for breast cancer research.

KEYWORDS: LOUISE, DAVIDSON



PHOTOGRAPHY: THINKSTOCK



## Access All Areas

*A new initiative is making New Zealand a more accessible place for those with a disability.*

Approximately 20 per cent of people in New Zealand identify as having a disability, while 50 per cent of those over 65 have one. To help address disability issues and enable a 100 per cent accessible society, the Be Institute was founded earlier this year through a partnership between the Auckland Council, the Auckland University of Technology (AUT) and the Auckland District Health Board.

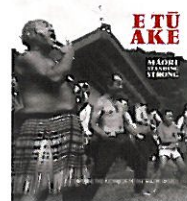
The institute has launched three significant and ground-breaking initiatives: Be Accessible, Be Leadership, and Be Welcome Assessment Program. Through these programs, the Be Institute aims to improve the accessibility of the physical environment, enable better access to information, promote the inclusion of disabled

people in the workplace and community, and change social attitudes and behaviours.

As chief executive Minnie Baragwanath (*pictured above*), who is legally blind, says, "New Zealanders are by nature inclusive and socially aware, and we are seeking to build on this through specific practices in our program. Our view is that if we get our country working right for disabled people, we get it right for all people." [beaccessible.org.nz](http://beaccessible.org.nz)

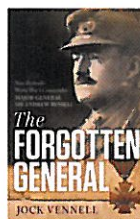


## BOOKS



### E TŪ AKE: MĀORI STANDING STRONG

*By Huhana Smith*  
Te Papa Press, \$50  
Explore the Māori culture through the ancestral treasures, artwork and stories of New Zealand's indigenous people.



### THE FORGOTTEN GENERAL

*By Jock Vennell*  
Allen & Unwin, \$50  
Discover the story of Major General Sir Andrew Russell, the New Zealand army's most senior officer during two key periods of military history.



### SOPHIE'S LEGACY

*By Lesley Elliott and Bill O'Brien*  
Random House, \$40  
Lesley Elliott wrote this book as a tribute to her daughter Sophie who was brutally stabbed to death by an ex-boyfriend in 2008.