



Welcome to the April edition of Just For Fun!, the Greenway Newsletter. In this month's issue we have our regular recipe of the month and puzzle section, along with details of the upcoming Women's Information Day and fundraising events at Greenway.

*Don't forget - all articles, recipes & suggestions for the newsletter will be very gratefully received!!*

We regret to announce the death of former reception volunteer, Gladys McCracken, who passed away on 28 March after a long illness. We would like to extend our sympathy to her family at this sad time.

We would also like to take this opportunity to extend our sympathy to staff member Gerry McKeown, following the death of her brother. Our thoughts are with her and her family at this sad time.

### Easter Holidays

**Greenway will be closed from Monday 25 to Friday 29 April for the Easter break and will remain closed on Monday 2 May for the May Day Bank Holiday. The centre will reopen on Tuesday 3 May 2011.**

### **Help Build a Home for Haiti**

Castlereagh Fellowship Church, who share the facilities at Greenway and have supported us over the years in the maintenance and upkeep of the building, are currently trying to raise £6000 to build a home in Haiti following the devastating earthquake there last year.

They hope to do this by collecting aluminium which can then be sold for cash.

If you would like to help them achieve their goal all you have to do is collect any aluminium you would normally recycle, wash it, bag it and bring it to Greenway.

**foil/food containers/cans/pots and pans/wrappers/milk bottle tops**

Items can be left in the box provided at the Drop-in.

*Thank you in anticipation of your kind generosity.*

**Volunteers are currently needed to cover Monday and Thursday afternoons in the Drop-In. If you are available to help out please speak to Helen or Julieanne.**

### **FIRE SAFETY**

All centre users are asked to familiarise themselves with the emergency fire drill procedures posted around the building and to ensure they know where the emergency exits are located and where the meeting points are outside the building.

**ALWAYS sign in when you enter the building**

**ALWAYS sign out when you leave the building**

**NEVER sign out for someone else who is still in the building**

**Fire doors must be kept closed at all times**

**A FIRE DRILL WILL BE CARRIED OUT EVERY MONTH.**

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**Women's Information Day**

**Tuesday 5 April 2011**

10.30am - 12.30pm

Taughmonagh Presbyterian Church

**'Your New Financial Year'**

This month the Information Day will be providing advice on debt problems, what benefits you may be entitled to and support agencies that can help you address addictions caused by living in poverty, such as dependency on anti depressants, smoking, alcohol and gambling. A range of speakers and organisations will be available to provide one to one help in sorting out your finances.

Counsellors will also be available to talk in confidence with anyone who may have experienced domestic violence as a result of financial pressure.

**Anyone interested in attending the Information Day should add their name to the list displayed at the Drop-In or speak to Gerry McKeown.**

**Cost £1.00 (includes lunch)**



**Marchers arriving at City Hall**



**Speakers Linda Walker and Monica McWilliams**



**Local singers, Voca Loca**

**International Women's Day Centenary Celebrations**

Tuesday 3 March 2011 saw the one hundredth anniversary of International Women's Day. Lots of events were held throughout the day at various venues and Greenway was represented at two of these.

In the morning, following a march from Belfast Arts College, a rally was held at the gates to City Hall. Women from different areas around Belfast attended and were entertained by local singing group Voca Loca who regaled us with their renditions of *Bread & Roses* and *Nana Was A Suffragette*, before handing over the reins to speakers Linda Walker and Monica McWilliams. Following the rally, one hundred women were invited to join in a Ring of Hope and have their photo taken with Lord Mayor, Pat Convery. Ten representatives from Greenway took part and then enjoyed a buffet lunch in the newly renovated City Hall.

In the afternoon, Greenway was represented at Stormont at a reception in the Long Gallery hosted by Dawn Purvis, MLA, on behalf of the Irish Congress of Trade Unions Women's Committee. Speakers included Dot Kirby and Pamela Dooley from ITCU Women's Committee and Lynn Carvill from WRDA. There was also an extract from *"Hey, xenophobe! Who you calling a foreigner?"* performed by Vinie Burrows, an American actress and UN activist. This very moving and harrowing monologue highlighted the terrifying experiences of women from all over the world who are exploited for the sex industry through human trafficking.

**Centre Manager Isobel Loughran with Lord Mayor, Pat Convery**



**Write Here Write Now, An Anthology - A collection of poems & short stories by local writers**  
**ON SALE NOW Price £2 All proceeds donated to Greenway Women's Group**

**Easter Sweets & Treats Quiz**

Try your luck in our Easter quiz! Just work out the names of fifteen popular sweets or treats using the clues provided. Entry forms cost £1 and are available at the Drop-In.

Draw will take place on Thursday 21 April 2011.

**1st Prize £10**

**2nd Prize £5**

*All proceeds will go to Greenway Women's Group*

**Recipe of the Month**  
*Thai Chicken Curry*

**Ingredients:**

2 tbsp sunflower oil  
2 large chicken breasts, cubed  
1 onion, sliced  
2 red peppers, deseeded and roughly chopped  
1-2 tbsp Thai red curry paste  
400ml tin reduced-fat coconut milk  
1 small cauliflower, divided into florets  
100g (3½oz) baby sweetcorn  
100g (3½oz) mangetout  
handful fresh coriander, chopped, plus extra leaves to garnish



1. Heat the oil in a large pan and fry the chicken for 5-6 minutes until golden. Then add the onion and peppers and fry for 3-4 minutes until tender.
2. Add the red curry paste and fry for one minute, then pour over the coconut milk.
3. Bring to the boil then simmer for 5 minutes. Put in the cauliflower, cook for a further 5 minutes, then add the baby sweetcorn and cook for 2-3 minutes.
4. Cut the mangetout into strips and add them to the pan with the coriander just before serving.

**Easter Egg Nests**



225g/8oz plain chocolate, broken into pieces  
2 tbsp golden syrup  
50g/2oz butter  
75g/3oz cornflakes  
36 mini chocolate eggs

Line a 12-hole fairy cake tin with paper cases.

Melt the chocolate, golden syrup and butter in a bowl set over a pan of gently simmering water, (do not let the base of the bowl touch the water). Stir the mixture until smooth.

Remove the bowl from the heat & gently stir in cornflakes until all of the cereal is coated in the chocolate.

Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest.

Chill in the fridge for 1 hour, or until completely set.

**Lipstick & Money Programme**

To celebrate the end of the successful Lipstick & Money Programme a fun-filled event was held on Thursday 10 March at the Wellington Park Hotel.

Greenway volunteers Denise Belton and Inez Yaxley went along to enjoy the festivities and take part in Ma's Weakest Link Tea Party, hosted by Olivia Nash from the Hole In

The Wall Gang. Speakers at the event were Chris Lyttle, MLA, Rosemary Nelson, Lipstick & Money Programme Trainer and Mervin Hempton, Chairman of East Belfast Enterprise. They discussed the role of women in business and how the Lipstick & Money Programme offers women an opportunity to change their lives.

The event was very positive and upbeat and we met a number of women who have gone on to start up their own businesses after completing the Programme. A great morning was had by all and we even came a very respectable second in the quiz!



**Tesco for Schools & Clubs vouchers**

The Tesco for Schools & Clubs scheme gives UK schools and clubs a variety of useful items in exchange for vouchers earned with shopping bought at Tesco.

Most of us shop at Tesco at some time or another, but not all of us have children or grandchildren who are still at school, so if you are looking for a way to make your vouchers count then bring them along to Greenway and place them in the jar at the Drop-In.

We will then donate them to Tor Bank Special School to be exchanged for resources and equipment.

# SUDOKU

How to solve Sudoku:

Put the numbers 1 to 9 in each vertical and horizontal line, but here's the catch - each number must appear only once in each line and once in each 3x3 grid!

		6	8					7
			4					1
	8		7					4
					9	2	5	
	2							1
	6	4	2					
	7				1			3
3					8			
6					3	8		

## Greenway Slimmer's Club

Come along and join the Greenway Slimmer's!  
Every Wednesday at 9.30am



£5 joining fee  
+ £2 per week, which is returned on reaching target weight!

For more information please contact:  
Gerry or Julieanne: 9079 9912

**Everyone welcome**

# CROSSWORD

	1		2			3		4
5								
			6					
7								
			8		9			
		10			11		12	
13								
					14			
15								

Across:

- 2. Business intellect (6)
- 5. Glaswegian? (4)
- 6. Soup ingredient? (6)
- 7. Dirt (4)
- 8. Meadow, pasture (3)
- 11. French city (4)
- 13. Spring back (6)
- 14. Prophetic sign (4)
- 15. Container made of interwoven strips (6)

Down:

- 1. Repeated sound (4)
- 2. String of coral islands (5)
- 3. Defensive water-filled ditch (4)
- 4. Willie - - - , American singer and songwriter (6)
- 7. Sacred beetle (6)
- 9. Apportion (5)
- 10. Pretends (4)
- 12. Submit to authority (4)



**Crossword Answers**  
**Across:** 2. Acumen, 5. Scot, 6. Oxtail, 7. Soil, 8. Lea, 9. Allot, 10. Acts, 12. Obey.  
**Down:** 1. Echo, 2. Atoll, 3. Moat, 4. Nelson, 7. Scarab, 15. Basket.

4	1	6	8	3	5	9	2	7
7	5	3	4	9	2	6	8	1
2	8	9	7	1	6	9	2	5
8	3	7	1	6	9	2	5	4
9	2	5	3	8	4	7	1	6
1	6	4	2	5	7	3	9	8
5	7	8	6	2	1	4	3	9
3	4	2	9	7	8	1	6	5
6	9	8	7	3	8	5	7	2

# Greenway

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