



Welcome to the December 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 WINI Christmas Information Day and some useful tips on preparing for winter.

*Don't forget - all articles, recipes & suggestions for the newsletter will be very gratefully received!!*  
If you wish to receive Just For Fun! by email please contact [newsletter@greenwaywomenscentre.org](mailto:newsletter@greenwaywomenscentre.org).

We would like to welcome Karen Downey to the Greenway team. Karen, a former volunteer, has recently joined the Greenway Childcare Department as a trainee and we hope she enjoys her time with us.

Greenway Women's Centre will close for the Christmas break on **Tuesday 20 December 2011** and will reopen on **Wednesday 4 January 2012**.

*The Board of Directors would like to wish everyone a merry Christmas and a safe and happy New Year.*

**Greenway Women's Group has put together a list of emergency contact details for over the winter period. Please take a leaflet home and keep it in a handy place.**

**Greenway Women's Group will be donating a gift hamper to Life.housing this Christmas.**

Life.housing provides an accommodation and support service for women who are pregnant or have a baby or small child under 5 years of age and who are homeless or in need of support.

If you would to make a contribution to our women's gift hamper it would be very much appreciated.

We would ask that all items are new, unopened and unwrapped.

*Please leave donations in the box provided in the hallway.*

**Many thanks in anticipation of your kind generosity.**

*Dates for your Diary*

Wednesday 7 December 2011  
Thursday 8 December 2011  
Friday 9 December 2011  
Tuesday 13 December 2011  
Thursday 15 December 2011  
Monday 19 December 2011  
Tuesday 20 December 2011  
Wednesday 4 January 2012

Older Women's Group Christmas lunch  
Santa's Grotto  
Staff, Board and Volunteer Dinner  
Greenway Christmas Lunch  
Greenway Christmas Lunch  
Christmas Prize Draw  
Centre closes for Christmas holiday  
Centre reopens



**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.**

INSIDE THIS MONTH'S *JUST FOR FUN!*

Women's Information Day	2
Preparing for Winter	2
Recipe of the Month	3
Register for new classes	3
Puzzle Section	4



## Women's Information Day Tuesday 13 December 2011, 10.30am - 12.30pm Newhill First Steps Childcare Centre 'Xmas with a Cultural Twist'



This month WINI will be holding their annual Christmas party. Along with the usual festive activities there will also be a display of multi cultural dances and festive food from around the world.

Santa will be visiting with presents for the children in the crèche.

**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)**

### November Information Day: '*Sharing Our Stories - Across the Divide*'

Greenway Women's Centre hosted the Women's Information Day on Tuesday 15 November 2011 and more than 80 people attended the event. The day had a cross community/cross border theme highlighting a recently completed cross border learning and sharing project, 'Cross Border Women's Collective'.

The project involved women from three different groups: Ardmonagh Community & Family Centre in Belfast, Atlantic View Community Development Partnership in Ballyshannon and Ballybeen Women's Centre. Over the past eighteen months these groups have worked together to develop and produce a DVD entitled, 'The Women's Story', which gives a glimpse of women's lives before, during and after the Troubles. The Information Day showcased this DVD, a collection of reminiscences from women on both sides of the border and from different sides of the religious and political spectrum in Northern Ireland.

Beginning in the late 60's/early 70's and moving forward to the present day, the DVD highlighted the various struggles faced by women over the years, and the result was a powerful and moving story.

*A copy of the DVD, 'The Women's Story', is available to borrow from Greenway Women's Centre.*

### Winter Weather Preparations

Extreme weather conditions last winter caused many problems. In order to reduce the risk of those problems arising this year we have put together some tips for dealing with frozen pipes, ice and snow. During cold weather, inconvenience and damage as a result of burst pipes is a real possibility and repairs can run into many thousands of pounds. However, with some simple precautions the risk can be reduced.

- know where the internal stop/tap valve is (usually under the kitchen sink) and how to turn it off
  - keep the home as warm as possible, even if you are out
  - lag pipes in exposed or draughty places
- leave the trap door to the roofspace open to let warm air flow in during extreme weather conditions (You should **never** use an electric, gas or paraffin heater in the roofspace)
  - make sure that taps are turned off properly, especially last thing at night
  - keep the number for a reputable plumber in a handy place

In the event of a pipe freezing put hot water bottles or a thick cloth soaked in hot water over the frozen pipe, starting at the end of the pipe nearest the tap and working away from it. Never use a naked flame.

#### If a pipe bursts:

- turn off the main stopcock
- if the flow of water cannot be stopped, open all the cold taps to drain the system
- if the burst is on a pipe from the storage tank, turn off the stop valve in the storage tank, turn on all hot taps to drain the system, allow the fire to burn out or turn the heating off until the burst pipe has been attended to by a plumber

#### Clearing ice and snow from pavements

*If you clear snow and ice carefully and responsibly you are unlikely to be held liable.*

- clear ice/snow early in the day:

loose snow is easier removed than hard snow which has packed together from people walking on it

- use salt or sand – **NOT** water:

if you use water to melt the snow, it may refreeze and turn to black ice which is invisible & very slippery

- take care where you move the snow:

when you are shovelling snow, take care where you put it so it doesn't block people's paths or drains

- prevent slips:

pay extra attention to clear ice and snow from steps and steep pathways – you might need to use more salt on these areas

**Pick up a copy of our leaflet**

**\*Emergency Numbers for the Winter Period\***

**Recipe of the Month**

*Turkey, Mushroom & Red Pepper Pie*

**Ingredients:**

- 2tbsp sunflower oil
- 450g/1lb leftover cooked turkey thigh meat, diced
- 1 red pepper, deseeded and chopped
- 225g/8oz chestnut mushrooms, quartered
- 1tbsp cornflour
- 150ml/1/4pt chicken stock
- 250ml/9fl oz apple juice
- 2tbsp tomato puree
- Salt and pepper
- 250g/9oz chilled puff pastry
- Beaten egg, to glaze



1. Heat the oil in a large deep frying pan, add the pepper and mushrooms and fry for 5 minutes. Mix the cornflour with the stock until smooth and pour into the pan with the apple juice. Add the tomato puree and bring to the boil, stirring until thickened and smooth.
2. Stir the cooked turkey into the pan, season with salt and pepper, cover and simmer gently for 10 minutes. Allow to cool.
3. Drain the turkey and vegetables from the pan, reserving the cooking sauce, and spoon into a 1.1 litre/2pt pie dish or individual pie dishes.
4. Roll out the pastry on a lightly floured surface and use to cover the pie. Cut any pastry trimmings into leaves, dampen and press on top. Chill for 30 minutes.
5. Preheat the oven to 200C/400F/Gas 6. Brush the pastry with beaten egg to glaze and stand the pie on a baking sheet. Bake for 40-45 minutes, or until the pastry is puffed and golden brown (25 minutes for individual pies). Heat the remaining sauce.
6. Serve the pie hot with vegetables and the cooking sauce.

***This Tesco recipe is a great way to use up leftover turkey this Christmas.***

Belfast City Council is currently funding a free 15-seater bus service from Belfast to Roselawn for people aged 50 and over who wish to visit family graves or memorial trees at the cemetery. This service is available on Tuesdays and Fridays and will operate until 31 March 2012.

***The service operates on a first come first served basis and seats must be booked in advance. To book a seat, or to get further information on the service, telephone 028 9027 0296.***



Sadly, last month saw the end of Diane Crowe's time on placement in the Greenway Childcare Department. Lindsay and her team would like to wish Diane all the best for the future.

**Write Here Write Now, An Anthology  
£2 each**

**Last few copies remaining!**

To get your copy please speak to Helen Smyth or Denise Belton

**All money raised will be donated  
to Greenway Women's Group**



*Greenway Women's Group*

**Christmas Prize Draw**

*Win a luxury Christmas Food Hamper*

**Tickets cost £1**

**The draw will take place on Monday 19 December 2011**

Ballots are on sale now at the Greenway Drop-In

**All proceeds from the sale of ballots  
will go to Greenway Women's Group.**

**New Year Programme at Greenway**

We are currently finalising the courses which we will be running as part of our Education and Training Programme for 2012. If you would like more information, or wish to be placed on our mailing database, please contact Training & Education Officer, Helen Smyth on 028 9079 9912 .



# 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!

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

## Weight Management Group



**Every Wednesday at 9.30am**

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

**For more information please contact:**  
Gerry McKeown or Julieanne Thompson  
**Tel: 028 9079 9912**  
**Everyone welcome**

# CROSSWORD

1		2		3		4		5
6						7		
8	9		10		11		12	
13		14		15		16		17
18				19				

Across:

- 6. Association for brainy people (5)
- 7. Night bird (3)
- 8. Overlooked (9)
- 13. Lawless person (9)
- 18. Large lorry (1,1,1)
- 19. Frighten (5)

Down:

- 1. Arab country (4)
- 2. Cosy (4)
- 3. Auction (4)
- 4. Chimney dirt (4)
- 5. Lump of earth (4)
- 9. Watch closely (3)
- 10. Trim, prune (3)
- 11. Railway coach (3)
- 12. Tail part (3)
- 13. Roald - - - , author (4)
- 14. Rescue from harm (4)
- 15. Not hard (4)
- 16. Elsewhere (4)
- 17. Undo (4)



from  
**Greenway Women's Group**

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

**Crossword Answers**

**Across:** 6. Mensa, 7. Owl, 16. Away, 17. Open.

**Down:** 1. Oman, 2. Snug, 3. Sale, 4. Soot, 5. Clod, 9. Eys, 10. Lop, 11. Car, 12. End, 13. Dahl, 14. Save, 15. Easy,



**'Providing local, accessible services to women and their families  
in Cregagh and the broader community since 1985'**

Registered Charity Number: XR34419

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