



Welcome to the February 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 new courses starting this month at Greenway.

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

Greenway Women's Group would like to take this opportunity to extend a warm welcome to new staff member Isobel Loughran, who has joined us as Interim Centre Coordinator.

Volunteering Opportunities at Greenway

Do you want to meet new people, would you like to build your self confidence or do you simply feel the urge to get out of the house and try something new?

If so, we may have the answer.

Volunteering is an excellent way to gain self confidence and experience and in return for your time and commitment you will receive support, encouragement and training.

Volunteering Roles:

- * Reception
- * Drop-In Café
- * Childcare

Volunteers are urgently needed to cover afternoons at the Greenway Drop-In.

This role involves serving tea and coffee during class breaks, clearing dishes and keeping the Drop-In area clean and tidy. Cover is needed Monday to Thursday from 12pm until 2.30pm.

Full training and support will be provided.

If you are interested in these or any other volunteering opportunities at Greenway please contact Gerry, Julieanne or Helen on 9079 9912.

Please note: Training may be required prior to volunteering in some roles.

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 8 February 2011

10.30am - 12.30pm

Donegal Pass Community Centre

'Alternative Pathways to Health & Well-Being'

This month the Information Day will provide an introduction to alternative therapies, such as using crystals to reduce stress and testing to identify allergies and food sensitivities. There will also be information about everyday products that in certain circumstances can cause carcinogens and an introduction to pole dancing as a fun form of exercise.

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)

Courses at Greenway

We have a wide range of courses starting this month at Greenway Women's Centre. Enrolment will take place from Tuesday 1 February until Friday 4 February, between 10am and 1pm.

Live and Learn Programme

Arts & Crafts

Stained Glass Painting

Monday

10am-12pm

(10 weeks)

£15

Creative Ceramics

(New participants only)

Tuesday

10.30am-12.30pm

(10 weeks)

£15

Computer Class

Internet & email

Monday

12.30pm-2.30pm

(10 weeks)

£15

Bums and Tums

(New participants only)

Wednesday

12pm-1pm

(10 weeks)

£15

Health Coaching

(Only one session remaining)

Tuesday

9.30am-10.30am

(12 weeks)

£15

Mind, Body and Spirit

(New participants only)

Thursday

10am-12pm

(10 weeks)

£15



The Live and Learn Programme is funded through the Women's Centres Regional Partnership by the Big Lottery.



Essential Skills

Improve your basic Maths and English skills

Thursday

12pm-2pm

FREE

Write Here Write Now

Creative Writing Group

Friday

10.30am-12.30pm

£10

Details of all courses are available in the February 2011 Service Programme. For further information about enrolment or to discuss any aspect of the new programme please speak to Helen, Julieanne or Gerry.

Tel: 028 9079 9912

Recipe of the Month
Stir-Fried Pork with Noodles

Ingredients:

400g (13oz) medium egg noodles
6 tbsp dark soy sauce
3 tbsp clear honey
2 tbsp dry sherry
1 tbsp sesame oil
1 tbsp cornflour
2-3 carrots
1 red pepper
1 tbsp sunflower oil
400g (13oz) pork steaks, cut into thin strips
1 clove garlic, crushed
2cm (1in) ginger, finely chopped
½ red chilli, finely chopped
4 spring onions, sliced lengthways
150g (5oz) mange tout, cut into thin strips



1. Cook the noodles to pack directions; set aside about 100g (3½oz).
2. Mix the soy sauce, honey and sherry with the sesame oil. Stir 1 tbsp into the reserved noodles - these will keep in the fridge for tomorrow's lunch. Stir the cornflour into the remaining mixture.
3. Cut the carrots into slim matchsticks and deseed and slice the red pepper.
4. Heat the oil in a wok and fry the pork for 5-6 minutes, until almost cooked. Remove and set aside. Add the garlic, ginger, chilli, spring onions, red pepper and carrots and stir-fry for 2-3 minutes. Return the pork to the pan, add the dressing mixture and mange tout and cook for 2-3 minutes.
5. Stir in the noodles, heat through and serve.

**Thursday 3 February is Chinese New Year,
so why not try this Oriental-themed recipe for a tasty supper.**

Centre Funding Update

Our current funding package comes to an end on 31 March 2011 and the Board of Directors and management staff at Greenway are once more engaged in the constant battle for sustained funding.

Due to the current economic climate this may prove to be one of our toughest challenges to date, however we are, as always, operating under the maxim - whatever doesn't kill you makes you stronger!

We will keep you posted on any progress we make, but in the meantime please forgive us if we seem somewhat preoccupied! We would just like to take a few moments to welcome everyone back to the

Centre for the new semester and to thank you all for your continued support and well wishes.

Mae McQuillan, Company Secretary

Greenway Focus Groups

The Board of Directors are currently looking into setting up various focus groups over the next few months and would like to assess the level of interest from Centre users.

If you would be interested in participating in one of these groups please speak to Mae.

Write Here Write Now, An Anthology

With support from Greenway Women's Group, the members of Write Here Write Now have put together a collection of original poems and short stories, entitled

'Write Here Write Now, An Anthology'.

Copies are on sale now for £2 each.

Please support our efforts by buying a copy of our work - you won't be disappointed!

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

To get your copy or to find out more about the group please speak to Helen Smyth or Denise Belton

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!

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

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				
16		17				18		
	19							

Across:

1. Differ (8)
6. Elite regiment (1,1,1)
7. Irritable (5)
9. Possible murder location in *Cluedo* (4)
11. Downpour (4)
12. Delicate fabric (4)
14. Robin Williams film (4)
16. Exotic spice (5)
18. Tiny (3)
19. Gifts (8)

Down:

1. Region, area (8)
2. Oriental rice dish (5)
3. Female child (4)
4. Newt (3)
5. European mountain range (8)
8. Football pundit, - - - McCoist (4)
10. Strongly against (4)
13. Nile dam (5)
15. Burden (4)
17. Troubled Russian space station (3)



Crossword Answers
Across: 1. Disagree, 6. SAS, 7. Ratty, 9. Hall, 11. Rain, 12. Lace, 14. Toys, 16. Cumlin, 18. Wee, 19. Presents.
Down: 1. District, 2. Sushi, 3. Girl, 4. Eff, 5. Pyrenees, 8. Ally, 10. Ant, 13. Aswan, 15. Onus, 17. Mir.

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

Greenway

Women's Centre



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