



Welcome to the March 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 International Women's Day centenary celebrations. Don't forget - all articles, recipes & suggestions for the newsletter will be very gratefully received!!

### International Women's Day



International Women's Day, held on 8 March each year, is an occasion marked by women's groups around the world. It grew from two sources: the struggle of working class women to form trade unions and the fight for women's right to vote and since its birth one hundred years ago, International Women's Day has grown to become a global day of recognition and celebration across developed and developing countries alike, when women on all continents, often divided by national boundaries and by ethnic, linguistic, cultural, economic and political differences, come together to celebrate their Day.

While recognising that women have not achieved full social, economic and political equality, this is a time to celebrate the significant progress that has been made so far. Therefore the tone and nature of International Women's Day has evolved over the past few years, moving from being a reminder about the negatives to a celebration of the positives.

Annually, on 8 March, thousands of events are held throughout the world to inspire women and celebrate achievements. A global web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatrical performances, fashion parades and more.

This year sees the one hundredth anniversary of International Women's Day and in recognition of this centenary year women's organisations and groups from across Northern Ireland have come together to organise a festival of events to celebrate.

*From Here to Equality* runs from 4–12 March 2011.

**For further details about individual events check out the programmes available throughout the centre.**

#### 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 1 March 2011**  
**10.30am - 12.30pm**  
Newhill Youth & Community Centre  
**'A Gender'**

This month the Information Day will focus on how women as individuals and members of their local communities can have their voices heard and influence government decision making.

Learn what is being done across government to promote equality of opportunity between men and women and help to contribute to the debate on how best to tackle issues and address inequalities.

This month's event marks International Women's Day and will be hosted by Newhill Youth and Community Centre in partnership with Women's Support Network.

**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)**



### **International Women's Day Centenary Festival**

#### ***From Here to Equality***

**8 March 2011 marks the centenary of International Women's Day.**

International Women's Day is a global day celebrating the struggles and achievements of women from all over the world.

Women's organisations and groups from across the region have come together to organise a festival, *From Here to Equality*, and everyone is welcome to come along and join in the celebrations.

Representatives from Greenway will be attending events at City Hall and Stormont on 8 March and Centre Coordinator Isobel Loughran will be attending the Women's Social Economy Conference on 29 March.

The Ulster Museum will also be hosting Centenary Celebrations on International Women's Day. A programme of events themed around women's achievements and experiences in Northern Ireland will run throughout the afternoon and will include talks, tours, hands-on creative activities, demonstrations, music, dance and performance.

**For more information you can find copies of the events programme displayed throughout the Centre or check out the website: [www.internationalwomensday.com](http://www.internationalwomensday.com)**

### **Parent/ Teenager Survival Kit**

Greenway will be running a 3 week parenting course designed to provide parents, carers and grandparents with effective strategies for parenting teenagers.

This free course will be facilitated by Mae McQuillan and Lindsay Cooper and will include advice on sex, drug/ alcohol abuse, good and bad risks, etc.

The course will begin in March (date to be confirmed) and will run on 3 consecutive Wednesdays.

**If you are interested in taking part please contact Mae or Lindsay for further details.**

**Write Here Write Now, An Anthology - A collection of poems & short stories by local writers**

**ON SALE NOW Price £2**

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

***Greenway Women's Group - Celebrating 25 Years!***

**Recipe of the Month**

*Tuna Burger with Watercress*

***Ingredients:***

4 spring onions  
3 cloves garlic  
1 tbsp fresh ginger, grated  
2 tbsp fresh coriander  
370g tuna  
25g (1oz) fresh breadcrumbs  
1 large egg, beaten  
juice of 1/2 lemon  
4 wholemeal buns  
150g watercress  
2 tomatoes, chopped



1. Place the spring onions (trimmed and finely chopped) in a bowl with the garlic (crushed), ginger, coriander (finely chopped), tuna (drained and flaked), breadcrumbs, egg and lemon juice. Mix the ingredients together.
2. Season and divide into 4 portions. Roll each into a ball and press flat. Chill the mixture in the fridge for at least 20 minutes or until needed.
3. Heat a drizzle of oil in a non-stick frying pan and fry the burgers for 2 minutes on each side until golden brown. Squeeze over more lemon juice to taste.
4. Meanwhile, cut the buns in half and lightly toast them on the cut side. Fill with a burger and a handful of watercress and serve with the remaining watercress and the chopped tomatoes.

***This month's recipe is from Tesco's Healthy Living options.***

*Perfect Pancakes*

***Ingredients:***

110g plain flour  
2 medium free range eggs  
2 tablespoons olive oil  
4 oranges, peeled and sliced into segments  
160g squeezey chocolate sauce



1. Whisk together the plain flour, eggs & milk. Let the mixture rest for 30 minutes, or up to 1 hour if you have time.
2. Heat 1 tablespoon olive oil in a shallow frying pan, then pour in 2 tablespoons of the mixture & swirl so it spreads to the edges. Cook for 1 minute before flipping over & cooking on the opposite side for another minute, then remove from the pan.
3. Repeat until all the mixture is used up.
4. Arrange the oranges in the pancakes as you fold them over. Drizzle with squeezey chocolate sauce and serve for a scrumptious sweet treat.

***This Sainsbury's recipe will a tasty treat for Pancake Tuesday on 8 March.***

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

This role, from 12pm until 2.30pm, involves serving tea and coffee during class breaks, clearing dishes and keeping the Drop-In area clean and tidy. Full training and support will be provided.

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.

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

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

## 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.Short-lived spring insect (6)
- 5.Ebb (4)
- 6.Energy converter (6)
- 7.Leaning Tower city (4)
- 8.Cut away branches (3)
- 11.Song of praise (4)
- 13.Spanish dish (6)
- 14.Certain (4)
- 15.Long pace (6)

Down:

- 1.Hindu woman's garment (4)
- 2.Decoration (5)
- 3.Strong anxiety (4)
- 4.Beefeaters (6)
- 7.Flowering grass (6)
- 9.Chapter (5)
- 10.Fray (4)
- 12.Julie Andrews role, - - - Poppins (4)



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

**Crossword Answers**  
**Across:** 2.Mayfly, 5.Wane, 6.Dynamo, 7.Pisa, 8.Lop, 11.Hymn, 13.Paella, 14.Sure, 15.Stride.  
**Down:** 1.Sari, 2.Medal, 3.Fear, 4.Yeomen, 7.Pampas, 9.Phase, 10.Wear, 12.Mary.

# Greenway

Women's Centre



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