



Welcome to the May 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 this month's Women's Information Day. We also have details of some changes taking place at the Drop-in and a poem written by one of Greenway's volunteers, Natalie Smyth.

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

**Please Note: Greenway Women's Centre will be closed on Monday 30 May 2011.**

### Royal Knees Up!

On 19 April five lucky ladies from Greenway Older Women's Group attended a Royal Wedding event at La Mon Hotel & Country Club, held in celebration of the marriage of Prince William and Kate Middleton, now known as the Duke and Duchess of Cambridge.

Castlereagh Borough Council and Mayor of Castlereagh, Councillor Vivien McCoy, hosted a massive indoor street party, complete with red, white and blue bunting, cream cakes and a buffet supper.

The event was attended by representatives from local senior citizen groups and the Greenway ladies thoroughly enjoyed the evening, especially the entertainment, which they described as 'excellent'. In honour of the Royal extravaganza the guests were treated to a celebratory wine spritzer and everyone also received a souvenir medal to keep as a reminder of the day.

The ladies from Greenway Older Women's Group all agreed that the event was extremely well organised and they would like to thank Castlereagh Borough Council for inviting them along for a wonderful, fun-filled evening.

### Write Here Write Now, An Anthology

A collection of poems & short stories by local writers

**ON SALE NOW FOR ONLY £2**

***All proceeds will be donated to Greenway Women's Group***

#### 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**

**PLEASE NOTE:**

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

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## Women's Information Day



**Tuesday 24 May 2011**

*10.30am - 12.30pm*

Braniel Community Centre

### 'Women's Community Health Day'

This month the Information Day will take the form of a Health Fair. The focus of the event will be women's health and you will be able to undergo health checks and MOTs, as well as enjoying taster sessions of Dancercise, Chair Aerobics and Complimentary Therapies.

**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)**

**Congratulations to Cheryl Scott and Vera Green  
who won first and second prize respectively in the Easter Sweets & Treats draw.  
*Well done to everyone who entered - £89 was raised for Greenway Women's Group!***

Keep Running

Keep running towards the light you found,  
Don't look back at the past;  
Don't even think about it.  
Just carry on until you reach your light,  
Then carry on to find the next.  
Don't ever give up.  
One day you'll find it  
And be a better person than you are now.

by Natalie Smyth, Greenway Volunteer  
from her collection, *Washing It Away and Other Poems*

### Parenting Class

Following on from the success of the recent Parent/Teen Survival Course, another parenting class will be starting at Greenway on Monday 16 May 2011, from 10.30am until 1pm.

The class will run for 8 weeks and will cover various topics, including:

- First Aid
- Drug & Alcohol Awareness
- Mental Health Awareness
- How to access resources

This should be a very interesting course, suitable for all parents, grandparents and family members who would like to learn more about communicating with teenagers.

**If you are interested in participating in the class or would like further information please contact Mae on 9079 9912.**

### 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.

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

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

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

*Thank you in anticipation of your kind generosity.*

**Recipe of the Month**  
*Penne Bolognese*

***Ingredients:***

500g (1lb) minced beef or lamb  
2 medium onions, chopped  
2 carrots, diced  
2tsp plain flour  
400g can chopped tomatoes  
freshly ground black pepper  
275g (9oz) penne pasta  
25g (1oz) Cheddar cheese, grated



1. Place the minced beef or lamb in a large pan and fry with the chopped onions until the meat has browned all over. (There is no need for oil as there is enough fat in the mince. You may like to drain off some of the fat when the meat is cooked.)
2. Add carrots to the meat, and sprinkle over the flour. Cook for a further 2 or 3 minutes until the flour has been absorbed, then add the tomatoes. Season to taste. Simmer the mince for 30 minutes.
3. Meanwhile, bring a large pan of lightly salted water to the boil, and cook the penne until al dente, which should be about 10 minutes. Drain and place in an oven proof dish, keeping warm. Pour the bolognese sauce over the top of the penne, stirring it into the pasta. Sprinkle over the grated cheese and grill until hot and bubbling.

***This tasty Tesco recipe is a great way to the feed the family for under a fiver!  
For more recipes in this range check out [www.tesco.com](http://www.tesco.com)***

**Changes at the Greenway Drop-in**

Starting this month, the Drop-In lunch menu will be discontinued and replaced with a new-look Breakfast Bar. The Breakfast Bar will be available during morning break times from Monday to Thursday and items on the menu will include:

- Croissants • Hot Chocolate •
- Fresh Fruit • Pure Orange •
- Scones • Herbal Tea •
- Toast • Coffee •
- Tea •

The changes will take effect from Monday 9 May 2011.  
*Thank you in advance for your continued custom!*



**Community Police visiting Greenway Crèche on Friday 8 April 2011.**

**Drop-In Volunteers Needed**

Volunteers are urgently needed on Monday, Wednesday and Thursday at the Greenway Drop-In. This role involves serving tea, coffee and snacks during class breaks, clearing dishes and keeping the Drop-In area clean and tidy.

*Full training and support will be provided.*

**If you would like to volunteer, either in the morning or the afternoon, please speak to Helen or Julieanne as soon as possible.**

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

# CROSSWORD

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

Across:

- 6.Bit part in a film (5)
- 7.Drinks cooler (3)
- 8.Inattentive (9)
- 13.Nightwatch artist (9)
- 18.Currant cake (3)
- 19.Put the ball in the net (5)

Down:

- 1.Examine carefully (4)
- 2.Mixture of smoke and fog (4)
- 3.Asian desert (4)
- 4.Tube (4)
- 5.Stir vigorously (4)
- 9.Needle hole (3)
- 10.Tennis shot (3)
- 11.Indian state (3)
- 12.Sign of agreement (3)
- 13.July birthstone (4)
- 14.Variety of weasel (4)
- 15.Actor, - - - Kemp (4)
- 16.Midday (4)
- 17.Excessively sentimental (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 Answers**  
**Across:** 6.Cameo, 7.Ice, 8.Negligent, 13.Rembrandt, 18.Bun, 19.Score.  
**Down:** 1.Scan, 2.Smog, 3.Gobi, 4.Pipe, 5.Beat, 9.Eye, 10.Lob, 11.Goa, 12.Nod, 13.Ruby, 14.Mink, 15.Ross, 16.Noon, 17.Twee.

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

# Greenway

Women's Centre



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