



Welcome to the Summer 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 classes & events happening in the centre over the summer months.

*Don't forget - all articles, recipes & suggestions for the newsletter will be very gratefully received!!*  
**email:** [newsletter@greenwaywomenscentre.org](mailto:newsletter@greenwaywomenscentre.org)

**Mae McQuillan MBE**



**Mae McQuillan MBE**

Congratulations to Mae McQuillan who was awarded an MBE in the Queen's Birthday Honours 2011 for services to the community in Northern Ireland. Mae has been involved in community work for over fifteen years, having previously worked with organisations such as Gingerbread and Lower Castlereagh Residents Group, and she is the current Chair of Women's Support Network and Secretary of Greenway Women's Group. Throughout the years Mae has worked tirelessly in both the community and women's sectors and her hard work and enthusiasm make her a very deserving recipient of this honour.

***The Board of Directors, staff and volunteers at Greenway Women's Centre would like to take this opportunity to congratulate Mae on this wonderful, well deserved recognition.***

**Greenway will be celebrating its 26th Annual Celebration Day & Crèche Graduation on Thursday 23 June 2011.**

This is a fantastic opportunity for volunteers, staff, board members and invited guests to get together for a morning of acknowledgement and appreciation.

*The Celebration Day is always a great event for all involved and we hope everyone has a lovely day!*

**Please Note:**

Greenway Women's Centre will be closed from Monday 11 July 2011 until Friday 22 July 2011

**The Centre will reopen on Monday 25 July**

**Centre Office Hours: 8.30am until 4pm Monday to Friday**

**Centre Opening Hours: 9am until 3.30pm Monday to Friday**

**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!*

Greenway Hosting WRCP	2
IT Course	2
Volunteer Notice	2
Picnic Recipes	3
Puzzle Section	4

***'Greenway Women's Group recognises and respects women as individuals and exists to provide positive opportunities for them to achieve their potential'***

**A date for your diary...**

Greenway Women's Centre will be the host venue for the October Women's Information Day. The theme of the Information Day has still to be confirmed, but the event will be held on **Tuesday 18 October 2011.**

**Greenway to Host WCRP Partners Meeting**

Women's Centres Regional Partnership (WCRP) will be hosting a partners meeting at Greenway on Tuesday 9 August 2011. This will include the re-launch of the *Women Living In Disadvantaged Communities: Barriers to Participation* report and also the launch of WCRP's new on-line training prospectus which will contain up-to-date information on all training available at women's centres throughout Northern Ireland.

The *Barriers to Participation* report can be downloaded via the Women's Resource & Development Agency (WRDA) website: [www.wrda.net](http://www.wrda.net)



*The Women's Centres Regional Partnership (WCRP) is a partnership of four lead regional women's organisations linking with fourteen frontline women's organisations across Northern Ireland. This partnership emerged from the report of the Review Group on women's organisations providing support and services to disadvantaged areas.*

**IT Skills Development Course**

Learn to use the IT skills you already have to your own advantage!

This course is FREE and will run for four weeks.

**If you would like further details on this course or any other education or training opportunities please contact Helen Smyth on 9079 9912.**

**Help Build a Home for Haiti**

Following the devastating earthquake in Haiti last year Castlereagh Fellowship Church are currently trying to raise £6000 to build a home there. They hope to do this by collecting aluminium (eg foil, food containers, cans, pots, pans, wrappers, milk bottle tops) which can then be sold for cash.

If you would like to help all you have to do is collect any aluminium you would normally recycle, 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.*



Congratulations to Lindsay & Mae who both celebrated milestone birthdays on Wednesday 25 May 2011 - Lindsay turned 30 and Mae was 60!

The Greenway Drop-In will be closed over the summer months, but don't panic - Julieanne's tasty food will be back on the menu in September!

**If you would like to receive a copy of our Education Programme 2011/ 2012 please complete a registration form and leave it in the box provided at the Drop-In. You will then be added to our mailing list. The Programme can be posted to your home address or sent to you by email.**

**Volunteer Notice**

If you are heading off on holiday, or are unable to continue in your volunteer role over the summer period for any reason, please let Julieanne or Helen know as soon as possible so they can make the necessary arrangements to provide cover.

A volunteer meeting will be arranged in August to discuss roles for September onwards.

**Thank you.**

*'Greenway Women's Group recognises and respects women as individuals and exists to provide positive opportunities for them to achieve their potential'*

**Recipe of the Month - Picnic Ideas**

*Mini Pork Pies*

**Ingredients:**

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1 tbsp olive oil                | 1 red onion, peeled & thinly sliced   |
| 1 onion, peeled & thinly sliced | 1 tbsp soft brown sugar               |
| 500g ready made puff pastry     | 4 chunky pork sausages, skins removed |
| 1 egg                           | milk to glaze                         |



1. Preheat oven to gas 4, 180°C, fan 160°C.
2. Heat oil in a small saucepan. Add the onions & cook gently until soft, but not browned.
3. When soft add brown sugar, mix together & heat through to allow sugar to caramelize the onions. Allow to cool slightly.
4. Roll out pastry & line 12 fairy cake patty tins with the pastry.
5. Mix together the sausage meat & onions, & place a small spoonful of the mixture into each pastry case. Cut out 12 lids (re-roll if you need to), brush a little water on the edges of each lid & place damp edge down onto the mixture. Press to seal edges.
6. Use a knife to make a small air hole in the top & brush with egg & milk glaze.
7. Place in a preheated oven & cook for about 15-20 minutes until risen & golden. (These can also be made as tarts, just leave off the lids!)
8. Serve warm or cold with a large seasonal salad.

*Roasted Red Pepper Baguettes*

**Ingredients:**

- |   |                         |
|---|-------------------------|
| 1 red pepper                            | 2 courgettes            |
| 1 clove garlic, crushed                 | 1 sprig rosemary        |
| 2tbsp olive oil                         | 1 stick French baguette |
| 50g (2oz) mixed olives                  | 3-4 sunblush tomatoes   |
| 3 x 1cm (1/2in) slices butternut squash |                         |



1. Cut the red pepper into quarters, removing & discarding the core & seeds, & cut the courgettes lengthwise into long 1cm (1/2in) wide strips. Place them both in a roasting dish with the slices of butternut squash, garlic, & rosemary. Drizzle with olive oil & roast for 20-25 minutes until tender.
2. Cut the baguette almost in half lengthways & tear out about half of the soft bread along the inside (use for breadcrumbs at a later date).
3. Drain, stone & finely chop the olives along with the sunblush tomatoes. Spread along the inside of the baguette.
4. Layer the roasted vegetables inside the baguette & then press the two sides of the bread together to enclose the filling. Cut into eight short lengths, & wrap in baking parchment tied with string to help keep them fresh. (Goats' cheese, feta, Parma ham or salami can be added if desired.)

***These Tesco treats would be great for summer picnics!***



*Homemade Lemonade*

- 100g/3 1/2 oz fruit sugar
- 4 lemons, preferably Sicilian, juice only
- 1 litre/15 1/4 fl oz sparkling mineral water
- ice

Put the sugar & lemon juice in a jug. Add some ice & top up with the mineral water. Stir to combine.  
(Add a splash of gin for a grown-up drink!)

***This simple BBC Food recipe for homemade lemonade is perfect for picnics & barbecues.***

**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***

***'Greenway Women's Group recognises and respects women as individuals and exists to provide positive opportunities for them to achieve their potential'***

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

## Greenway Slimmer's Club

The Greenway Slimmer's will be taking a short break over the summer.



The Wednesday morning meetings will resume in September.

**Everyone welcome**

**For more information please contact:**  
Gerry or Mae: 9079 9912

# CROSSWORD

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

Across:

1. Common sense (8)
6. Go bad, decay (3)
7. Of the countryside (5)
9. Spool for cotton (4)
11. Burglar's booty (4)
12. Hub of a wheel (4)
14. Glassy gemstone (4)
16. Do penance (5)
18. *Dad's Army's Pike*, - - - Lavender (3)
19. Mercy, leniency (8)

Down:

1. Film, - - - *in the Mist* (8)
2. Underground railway system (5)
3. Become weary (4)
4. Boat propeller (3)
5. One of the Channel Islands (8)
8. Arm bone (4)
10. Leading public school (4)
13. Straighten up (5)
15. Hair treatment (4)
17. Engine lubricant (3)



**Crossword Answers**  
**Across:** 1. Gumption, 6. Rot, 7. Rural, 9. Reel, 11. Loot, 12. Nave, 14. Opal, 16. Atonement, 18. Ian, 19. Clemency.  
**Down:** 1. Gorillas, 2. Metro, 3. Tire, 4. Oar, 5. Alderney, 8. Ulna, 10. Eton, 13. Align, 15. Perm, 17. Oil.

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

# Greenway

Women's Centre

**Look out for the new Greenway website - coming soon to a computer near you!**

19 Greenway  
Cregagh Estate  
Belfast BT6 0DT  
Tel: 9079 9912

[www.greenwaywomenscentre.org](http://www.greenwaywomenscentre.org)

E-mail: [info@greenwaywomenscentre.org](mailto:info@greenwaywomenscentre.org)

**'Greenway Women's Group recognises and respects women as individuals and exists to provide positive opportunities for them to achieve their potential'**