

# SANCTUARY

**SPRING**  
**2011**



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## Spring Cleaning

In times past, when people kept their houses shut tight against the cold of winter heated them with coal and oil and wood, and lighted them with candles, the coming of spring signalled a welcome opportunity to make a dingy habitation fresh again.

On the first warm, dry day of the season, everybody in the family that is, every-one in the family who had survived the ravages of the cold season would pitch in to pull every stick of furniture and scrap of cloth outside. Then, armed with brooms and washrags, one squad of housecleaners would return to the house, sweeping and scrubbing every corner and washing down the walls, while another would air out linens, remove soot and ash from couches and chairs, dust books and paintings, and mend a few items on the run.

Today, the thought of taking a day or weekend to turn our houses upside down seems a near impossibility. Who has the time? Besides, our modern centrally heated and cooled, climate-controlled homes don't get oily, sooty, or smoky, and our washing machines and vacuum cleaners help keep the dirt from sneaking in.

True enough. Still, there are trade-offs: our houses are airtight, comparatively speaking, but they also can't breathe. They're full of chemicals and gases, from the components of floor wax to the microfibers of carpets, that our ancestors never knew.

But this is a great time to get organised and declutter our homes, and welcome the coming warmer months.

# Maintenance – Transitional Housing

*Any advice outlining works required on the property should be called through to the office during business hours. All maintenance should be called through on **9412 6868**.*

*However, if it is of an urgent nature, please contact the **After Hours Maintenance Service on 131 172**.*

Women's Housing Ltd recently undertook a random telephone survey with many of our tenants residing in transitional housing. This survey was undertaken by a volunteer worker from The Council to Homeless Persons. The purpose of the telephone survey was to review the Maintenance Service provided to women residing in our transitional housing.

The findings from this survey has led Women's Housing Ltd to make some changes.

We were told that it is difficult in some cases for tenants to make immediate contact with their Tenancy Worker when they wish to raise maintenance requests. Please note that Veronica, WHL's receptionist can respond to your request for maintenance. Veronica can raise all job orders and follow up on works if jobs have not been completed in a timely manner. Therefore, if your tenancy worker is not available, please ensure that you ask to speak to Veronica so that she can take any action required.

We were told that maintenance work can take a long time in some cases. The Tenancy Worker will give you an estimated time for the works to be looked at by a contractor. It is important that if works are not completed within the time specified by WHL, that you contact either the tenancy worker or Veronica on reception to advise that the works have not been completed. We will then follow up with the contractors.

If hot water not working, check fuse /circuit breaker and switch

If a burst water pipe, turn off water at the meter

*If you raise an urgent order, you will need to be at home for the contractor.* The contractor may turn up at your property without phoning in urgent cases.

It is important that all maintenance problems be reported to us quickly, whether they are urgent or non-urgent. This will assist us to ensure that your home is kept in good repair. Early reporting of maintenance problems and taking good care of the premises can also save us money on repairs in the long term.

*Please note that this information is only relevant for residents of the transitional housing program.*

Emergency maintenance is an urgent repair that is a threat to your health and safety, and usually is related to a gas, electricity or water problem. Urgent repairs include:

- A burst water service
- A blocked or broken lavatory system
- A serious roof leak
- A gas leak
- A dangerous electrical fault
- Flooding or serious flood damage
- Serious storm or fire damage
- A failure or breakdown of any essential service or appliance provided for hot water, cooking, heating or laundering.
- A failure or breakdown of the gas, electricity or water supply
- An appliance, fitting or fixture provided that uses or supplies water that is malfunctioning in a way that will waste a substantial amount of water.
- Any fault or damage that makes the property unsafe or insecure

If you have decided you need to ring through an urgent order, identify the problem by:

If an electrical problem, turn off power and check fuses/circuit breakers

If a gas problem, check gas meter is turned on



# Simple spring cleaning tips

## Declutter: GETTING STARTED

1. Set a day and time to organise each section. Write down what you want to achieve for that space. Decide what tools you need, like garbage bags, boxes, labels or storage racks. Have everything you need ready before the day. Keep your goals on the fridge to stay motivated.

2. **Stay positive!** Don't feel defeated if the job seems too hard, every step towards a clutter free house is a great effort. Remind yourself that it's never as bad as you think and the results will be worth it.

3. **Start small and don't try tackling everything at once.** Running from room to room is not productive. Start with one area, like the kitchen, then move out to the living areas and bedrooms. Looking at one clutter-free space is great motivation for getting stuck into the other areas.

4. **Reward yourself after each job.** Why not get something special for the room you've finished, like new lampshades or curtains.

5. **Maintain your good work.** Take a photo of the decluttered space so you remember how good it feels. Designate half an hour each weekend to maintaining the area. Also, a good rule is when you buy something new, you must throw something out in its place.

## Decluttering BATHROOMS & LAUNDRIES

- Does your bathroom cabinet hide old crumbling make-up and soaps? Get rid of them!
- Keeping products for 'special occasions' means they'll never get used. Eg, moisturiser gift sets only end up gathering dust. Use it or throw it out.
- Clear out old medicines after their use-by date. Not only do they take up space, it's dangerous if you accidentally take old prescriptions.
- Remove any random items from under the laundry sink - old sponges, mop heads, kerosene, etc. Keep it for laundry products only.



## Declutter the CLOTHES

- Take everything out and sort into three piles: keep, donate and toss. Be ruthless!
  - Use the three Fs. Does it fit? Does it flatter? Is it fashionable? Don't keep clothes just because you might fit into them again, or they might come back into fashion - styles change.
  - The toss pile should be items that aren't in good-enough condition to donate, such as things with broken straps, holes or stains.
  - Get rid of the 'toss' and 'donate' bags straightaway. Put the toss one in the bin and take the donate bag to your local charity.
  - Plan how everything will be arranged. You may need wire baskets or clear plastic boxes. New coathangers can make a huge difference.
  - Decide the best way to organise your clothes. Either group like items together by putting shirts, pants and skirts together, or organise them in respective categories, like casual, work and dressy.
  - Put items you wear often, eg work clothes, within easy reach. Casual clothes can go in shelves.
  - Store shoes you wear regularly in hanging shelves which attach around the rods with velcro. Store the rest underneath in a basket or box.
  - Use over-door hooks in wardrobes, or attach stick-on hooks inside doors for belts and scarves.
  - Put wire-rack drawers under short hanging items. They're perfect for socks, hosiery or underwear.
- Make use of under-bed space. Store off-season clothes, bags and shoes in big plastic containers.



## Decluttering KITCHENS

Kitchens are a magnet for clutter - it can be frustrating and cost you money. If you don't know what you have, you'll end up buying more.

**1. Take everything out of the cupboards, pantry and fridge.** Throw away anything past its use-by date or almost-empty items you'll never use.

**2. Sort everything into categories.** Pasta and rice, sauces and marinades, canned veg and fruit. Put opened items at the front to use first.

**3. Mix things so you'll use them.** Eg, for small amounts of pasta - penne, spirals and bowties - mix them together and use in a pasta bake.

**4. When storing items back in the pantry, keep them separate.** Use baskets or containers for loose items.

**5. Write down everything you have and keep the list in your handbag.** It will save you buying more of the same at the shops.



## Declutter PAPER

Are you drowning in paper? The key is to reduce incoming paper and create an easy storage system, so it won't find its way to a pile.

- There isn't always time to deal with things as they come in. Create a 'drop point' with a box or basket. Put bills and receipts there and set aside a time each week to file them.



- Stand over the bin or recycling as you open mail, so you immediately toss away unwanted junk mail and envelopes.
- For paper memories, like your kids' artwork, give each family member a container. Once it's full, decide what to keep and what to throw out.
- Cancel unwanted magazine or catalogue subscriptions. Don't keep newspapers and supplements, thinking you'll get around to reading them. Read them or throw them out. Donate magazines or recycle them after you've read them.
- Sign up to make payments online and cancel paper bills. If you prefer paper bills, you don't need a fancy filing system. Just get a folder, dividers and a hole punch. Have one section for each bill, such as

rates, electricity and phone

# Want To Be Involved?

## Do you have something you would like to add?

Are you a good cook? Would you like some credit for your recipe? Or perhaps, you may be fond of writing? Do you have a poem or funny story that you might like to see published? Do you have anything in particular you would like to see us include for our tenants' pleasure? ....Get involved!

Here, at women's housing Ltd, we would appreciate your input for the monthly newsletter. If you would like to take a more active role in development of the newsletter, please contact Veronica at reception :

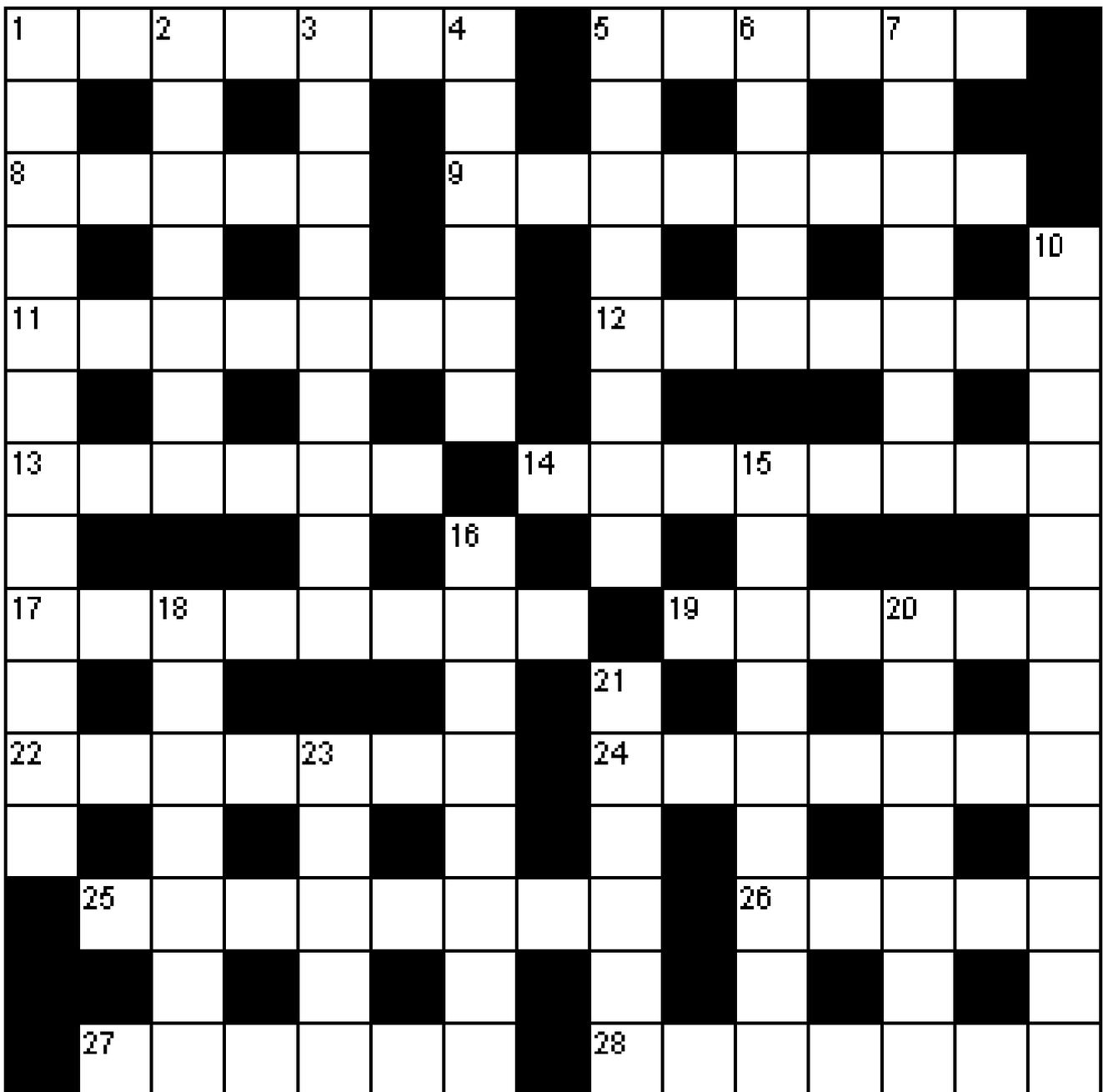
9412 6868

## Mother Nature Speaks Out

All these magnificent bouquets of clouds  
That yonder I spread out at random  
They're not convoluted shrouds  
Set whimsically or through boredom  
For some of you are they just visual poetry  
And for many others are they things paltry?  
Do you think they're egg whites I Wisk  
Because I envy many an obelisk?  
Behold! For your survival I create  
The clouds your flying objects adulterated  
With toxic chemicals that I hate!  
I see of your sonar systems the effect  
I see all your sunken nuclear objects  
And all your dumped nuclear rejects  
Nervously pretending to be asleep  
In the coralline zones of the deep!  
Behind your love of money, your science  
Your ambitions, your military progress...  
Indeed I see your short-sightedness,  
Your indifference and lack of conscience  
Why should I through I am eternal  
Prognosticate your self destruction?  
On my laws only depends your survival  
In your respect for me lies your salvation

## Free and Cheap Meals

<b>Service</b>	<b>Where?</b>	<b>When?</b>	<b>Cost?</b>
Baptist Church	Basement 174 Collins Street, Melbourne	Monday – Friday Noon – 1.00pm	Free
Outreach Mission	93 Geelong Road, Footscray	Wednesday 12.30 – 1.30 pm	Free
St Kilda Drop-in Centre	Cnr Carlisle & Chapel Sts. St Kilda	Breakfast daily 8.45 – 10.30 am Lunch <i>Mon &amp; Wed. noon – 1.30</i> Friday 12.30 – 1.30	Free  \$1.50 (2 course)
St Mary's House of Welcome	165 – 169 Brunswick Street, Fitzroy. Ph: 9417 6497. Fax: 9416 3263	Mon to Sat Breakfast - 9am Lunch – noon – 1.15 (2 sittings)	Free
Salvation Army	Cnr Lennox and Garfield Sts, Richmond	Lunch Wednesdays Noon – 1.15pm	Free
Ozanam House	268 Abbotsford St, (cnr of Arden), North Melbourne Ph: 9329 5100	Lunch - Noon – 1.00pm Dinner 5.00 – 6.00 (2 sittings)	Free Free
Sacred Heart Church	87 Grey Street, St. Kilda	Lunch noon – 1.00pm Dinner 5 – 6pm	Free Free
Prahran City Mission	211 Chapel St, Prahran	Breakfast Mon – Friday 8.00 – 9.30 am Lunch 11.30 – 1.00pm	\$1.00 \$150 to \$3.00 (concession card essential)
Church of all Nations	180 Palmerston St, Carlton. Salvation Army Hall, 324 Drummond St, Carlton. Ph: 9347 7943	Lunch 11.30 – 1.30 Monday (except public holidays) Friday	Free
St Vincents de Paul's mobile conference	176 Brunswick St, Fitzroy	Monday – Friday 10.00am – 1.30pm (except every 2 <sup>nd</sup> Wed.)	Free
Open Door	Seventh Day Adventist Church, 27 Alfred Crescent, Fitzroy	Dinner Sunday and Tuesday 6.30 – 8.00pm	Free
St Vincent de Paul's Soup Van	All Saints Church Fitzroy Police Station, Fitzroy. Vic Market (Queens St. end)	Nightly 8.15 – 9pm 11.00pm	Free
Soup Van	Flinders St. Steps, City Cnr Gordon and Barkly Sts, Footscray	Nightly, 11.00pm  Nightly 8pm	Free  Free
Rosie's Van	Flinders St. Steps, City	Wed & Fri 8.30 – 10pm	Hot drinks only
Open Family Bus	St. Pauls Cathedral, City Behind Luna Park, St Kilda Cnr Paisley & Leeds Sts, F'cray	Tues, Fri & Sat. 9pm Tues, Wed & Fri. 9pm Thurs. 9pm	Free Free Free
Missionaries Of Charities (Women only)	101 Gore Street, Fitzroy	Nightly 5.30pm (except Thurs.)	Free



**Across**

- 1. The Hunter's about at a ceremonial speech (7)
- 5. Pa hops around a gay poetess (6)
- 8. Fungus results when rough sea infiltrates yacht hull (5)
- 9. Hook headwear in cot, err badly (8)
- 11. Assistant to talk about a retroactive payment (7)
- 12. Frank is cheerful on the cover (7)
- 13. You have to be outside to do it (4,2)
- 14. Frolicsome school principal left flu outbreak (8)
- 17. Blatantly heathen, I anger a Greek, perhaps (8)
- 19. Correct commercial only (6)
- 22. Area is U-turn where east meets west (7)
- 24. Crack cocaine comes from the sea (7)
- 25. Hard to pin down if nauseous before intravenous is in use (8)
- 26. Sea snake (5)
- 27. Opener for a trunk (6)
- 28. It describes the middleman's booty at Sydney 2000? (7)

**Down**

- 1. Gimme calypso dancing for global get-togethers (7,5)
- 2. Rearrange couples for a close-up, perhaps (7)
- 3. Meaning not nine. It's not right (9)
- 4. Doer of deeds is no sailor at journey's end (6)
- 5. They make you leave the hill quickly (3,5)
- 6. DNA test frequently indicates the presence of alcohol (5)
- 7. It's often faked in football or casually reversed (7)
- 10. How they perform in the heat? They'll ail, act sick (12)
- 15. The less you use this marker, the better the mark (3,6)
- 16. There's a lot of rapping noise when negotiating white-water (8)
- 18. Hear a crowd half holler for a racer who's overcome many obstacles (7)
- 20. Upset, even run away (7)
- 21. Slugger wants these belonging to Simpson (6)
- 23. Think tank announced a racing boat? (5)

**Well you all know that food that has spoiled is money down the drain.**

**But how long DOES it last for? Here is a guide for you!**

### **Red Meat:**

Red meat will last 2 – 3 days in the fridge once you've gotten it home from the shop. The best way to store it is to remove it from its packaging and transfer it to a clean plate and cover it with plastic wrap. Store the meat in the bottom of the fridge – right up the back – this is the coldest part of the fridge – and it won't drip onto other food which will contaminate it.

Mince should be used within 24 hours of bringing home from the shop.

To freeze red meat, place it in a freezer proof zip lock bag expelling all the air you can (air in the bag will cause freezer burn). Red meat can be safely frozen for up to 1 year.

### **White Meat (Chicken and Pork):**

Chicken and pork will keep in the fridge for 2 – 3 days after purchase. Like the red meat – take the chicken out of its packaging and keep it on a clean plate covered in plastic wrap. Again keep it in the coldest part of the fridge which is the bottom shelf – right up the back.

Chicken can be frozen for up to 3 months in a zip lock bag with all the air expelled. Never re-freeze chicken unless it has been cooked first. To defrost chicken from frozen, remove from the freezer and place on a plate in the fridge – it can take up to 24 hours to defrost. Never defrost chicken on a bench or you risk food poisoning.

### **Vegetables:**

Most veggies can be stored in the vegetable drawers of your fridge for about one week. Any root vegetables such as potatoes are best stored in a dark place such as the bottom of your pantry cupboard. Never store potatoes in plastic – put them in baskets or similar where the air can circulate around them. Fresh herbs should be wrapped in a damp tea towel and stored in an airtight container in the fridge.

Most fresh vegetables are not suited to freezing raw. For best results you need to 'blanch' them first. Blanching means to immerse them in boiling water for up to 30 seconds, before immersing them in ice cold water to stop the cooking process. Then store in an air proof zip lock bag. Most vegetables can be frozen for up to 6 months.

### **Dairy and Eggs:**

Cheese is best kept in the top of your fridge, sealed with plastic wrap – don't let any air get in or it will go mouldy. Cheese also freezes well if grated first. It will last up to 3 months in the freezer – just make sure you seal it in small zip lock bags – otherwise the cheese might all stick together.

Eggs will last six times longer in the fridge than if you keep them at room temperature. They are best kept in the carton you purchased them in – placed in the top of the fridge. When cooking it's usually always best to allow egg to come back to room temperature before using. To test and see if an egg is still good or not – carefully drop the egg into a tall glass of water – if it floats – get rid of it! If it sinks – it's fresh!



## Summer Salad

### Ingredients

- 1 bag of Rocket
- 1 ripe mango
- 6 strawberries
- 1 handful of snowpeas shoots



### Method

Mix the bag of rocket with the 6 strawberries that have been hulled and quartered  
Add slices of the mango and the snowpeas shoots and use the mango juice as a dressing



## Veggie Stack

### Ingredients

- 1 eggplant
- 1 capsicum
- 1 Spanish onion
- 1 large mushroom
- Fetta cheese
- Balsamic vinegar

### Method

Lightly oil a hotplate with olive oil and lay slices of eggplant, capsicum, onion and a whole mushroom. Grill till lightly brown.  
Stack the eggplant, capsicum, onion and mushroom top with crumbled feta and drizzle with balsamic vinegar

## Caramel & Coconut ice-cream

### INGREDIENTS

- 600 ml cream
- 380gm can caramel top & fill
- 2tbl Baileys
- 1/4 cup shredded





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**WE'RE ON THE WEB!**  
[www.womenshousing.com.au](http://www.womenshousing.com.au)

All women will have  
safe, secure,  
affordable housing  
choices

## Helpful phone numbers

- Child Protection Emergency Service -13 1278
- Direct Line (24-hr drug and alcohol counselling) -1800 888 236
- Kids Help line -1800 551 800
- Lifeline (24 hr crisis counselling) - 13 1114
- Maternal and Child Health Line -13 2229
- Mensline Australia -1300 789 978
- Narcotics Anonymous - Victorian Area Helpline - 9525 2833
- Narcotics Anonymous - National Phonenumber -1300 652 820
- Sexual Assault Crisis Line - 1800 806 292
- Suicide Line -1300 651 251
- Victims Support Agency -1800 819 817
- Women's Information and Referral Exchange - 9921 0878  
or 1300 134 130
- Gamblers Help Line Victoria 1800 156 789

## Crossword solutions

O	R	A	T	I	O	N		S	A	P	P	H	O			
L		N		N		O		K		R		A				
Y	E	A	S	T		T	R	I	C	O	R	N	E			
M		G		E		A		J		O		D		A		
P	A	R	T	N	E	R		U	P	F	R	O	N	T		
I		A		T		Y		M				F		H		
C	O	M	E	I	N			S	P	O	R	T	F	U	L	
G				O		K		S		E				E		
A	T	H	E	N	I	A	N		A	D	J	U	S	T		
M		U				Y		H		P		N		I		
E	U	R	A	S	I	A		O	C	E	A	N	I	C		
S		D		C		K		M		N		E		A		
		I	L	L	U	S	I	V	E		C	O	R	A	L	
			E		L		N		R		I		V		L	
		P	R	O	L	O	G			S	I	L	V	E	R	Y