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*Life is life, no do-overs, no pause button, and not very many second chances.*

*So take the best of what you have and make life go on somehow.*



## WINTERS ON ITS WAY !!!

Winter definitely has its bonuses; comfy clothes, football games, log fires, and the right to drink as much hot chocolate as you want! But there are also some pretty pesky downfalls, especially when it comes to your health. We've all suffered from colds, flu and other bugs, as well as a general lack of energy, motivation and enthusiasm.

So, don't let winter get you down this year, read our guide to staying in super shape this chilly season and you'll have everyone asking what your secret is.

### How to ... get more energy!

#### What's zapping your get-up-and-go?

Got as much energy as an overfed cat? The first step for people who feel drained is a health check. Why? Because many people don't realise there could be a medical reason for their fatigue, such as:

**A magnesium deficiency:** magnesium converts glucose into energy and the RDI for women is around 300mg and for men it's 420 mg. To up yours, eat more nuts, fish and whole grains.

**Anaemia:** over half of Aussie women aged between 19 and 64 don't eat enough iron leading to anaemia which presents in yellow skin, gums and nails. Get onto the B vitamins.

**Allergies:** dust mites and mould cause tiredness so wash your bed sheets often, invest in an air purifier, use anti-mould products and leave windows open to freshen things up.

**Undiagnosed diabetes:** for sufferers, glucose is not turned into energy — head to the doctor and opt for a low-GI diet.

**Season affective disorder:** SAD is a type of depression that follows the seasons and is generally caused by your body's reaction to lack of sunlight. Get outdoors more and exercise.

**Irritable bowel syndrome:** affecting 10 to 15 percent of the population, constipation or diarrhoea can starve the body of nutrients.

#### Instant zingers

Send your mood and energy levels through the roof quickly with these easy tips: Blast yourself awake with a cold shower. Sing while you're in there and you'll draw in more oxygen.

Eat an apple when you're lagging, they're proven to pep you up more than coffee. Dab peppermint, spearmint, geranium or eucalyptus oil on your temples and breathe deeply.

Add cinnamon to your meals — it helps turn food into energy quicker.

Deck out your pad or office with plants and flowers — the added oxygen will keep you alert.

On top of your feet, in the spaces between the bones, are gait reflexes where energy clogs. Move it by massaging the area.

# Tips and Tricks to a Warm Home!

**Do you live in a big, drafty house? Does your house run solely on electric heating? Here are a bunch of great tips to help keep you toasty warm in the winter when your house is freezing!**

**1.** Go around your house and check all of your windows. Check to see that all of your windows are properly shut. This includes making sure storm windows are down and your windows should be latched. Use a lit incense stick to check for drafts and if you find they are leaking, you should cover them in a clear plastic. You could buy the plastic from your local hardware store or you could go cheap with a clear, plastic shower curtain. Another tip on the cheap would be to stuff the area with the leak with a towel or an old t-shirt.

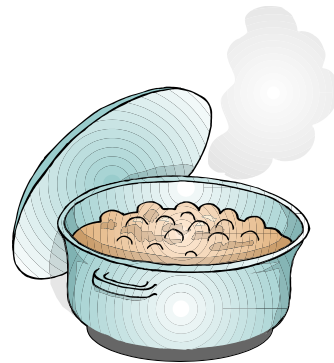
**2.** Seal your doors. Check around the door frame and also under the door. You may want to buy weather stripping or a door sweep. Again, at minimum, make a draft blocker (if you're the crafty sort) or stuff a towel at the bottom of the doors.

**3.** Close off any unused rooms. The closed door makes that room another barrier between you and the wicked winter weather. It also stops air from circulating as much, which reduces heat loss. Hardware, home improvement, or department stores sell magnetic register covers to 'shut off' registers in unused rooms. This way only the registers in the rooms you use will pump out heat. Your heater will work more efficiently and the warmth will be concentrated in the rooms you choose. This saves money AND keeps you warmer!

**4.** Put up sets of heavy curtains. These can block drafts on both windows AND doors. Open them when the sun is shining to help pull in the solar heat into your house and close them when it gets cloudy or dark outside to better keep the heat in. You can either purchase these from a department store or you can get creative and make them yourself. If you're purchasing, be certain to get the kind with an insulated backing.

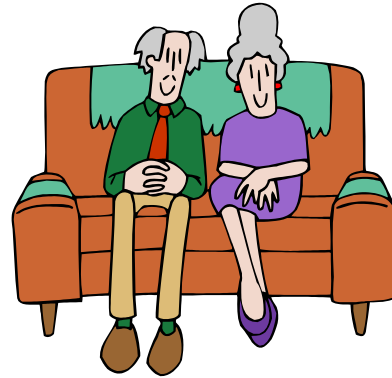
**5.** Dress warmly. Hats are a great idea, as it is a well known fact that 75% of your body heat escapes from your head. Layer yourself with loose clothing article, rather than tight.. heat accumulates in the folds of the layers, keeping you much warmer than a tight sweater. You should wear slippers with socks, preferably two pair or one pair of wool socks. Wool is your friend! Don't wear your winter coat indoors, this will not help you if you have to go outside for any reason.. you'll just feel colder faster. Cover up with blankets if you are just sitting around, but that's just common sense.

**6.** Cook. Steam will raise the moisture level in your home, making you feel warmer. Make a large pot of soup, put the kettle on for tea (or cocoa, or instant coffee.. whatever you please) Bake bread or cookies. Your oven will help to heat the kitchen. The kitchen will be warm while you are cooking and the hot food will help take off the chill. Make sure to leave the oven door open after cooking/baking to allow the heat to escape into your house. Eat healthy fats! This will keep your thyroid and metabolism functioning properly, and you'll stay much warmer.



**7.** Light candles. Candles can produce a lot of heat, but be mindful of where they are placed and do not leave them unattended. If you look in the right places you can find candles on the cheap and if all else fails, a two dollar package of tea-lights could make a nominal difference.

8. Take a hot shower. Not only will this warm you up quickly, but the steam from the hot water will raise moisture levels in the house, helping the ambient temperature feel about 15 degree warmer. Be sure to run the hot water even after you are finished because the more steam in the air, the better the temperature will feel. Make sure you run your towels and bathrobe (if you have one) in the dryer while you are shower so you have something nice and cozy to dry off with and snuggle into when you're finished.



9. Last, but not least, cuddle up on the couch or in bed with someone or a pet. The closer you cuddle the more body heat you can build up between the two of you. Think of survival tactics in the elements... people lost at sea are recommended to huddle together in the water to keep body heat up and keep hypothermia at bay. These tactics apply in most situations, so use science to your advantage!

[http://www.ehow.com/how\\_5473678\\_keep-house-warm.html](http://www.ehow.com/how_5473678_keep-house-warm.html)

## Red Lentil Soup

6 Minutes Prep time

30 Minutes cooking time

Serves 6

### Ingredients

- 1 tbsp oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 2 tsp ground coriander
- 2 tsp ground cumin
- 500g packet dried red lentils
- 7 cups water
- 850g can chopped tomatoes (reduced salt)
- 415 can tomato soup (reduced salt)
- 1 tsp salt
- 2 zucchini, grated

### Method

1. In a large saucepan heat oil and saute onion, garlic and spices.
2. Add washed lentils, water, tomatoes and soup and bring mixture to the boil.
3. Reduce heat and simmer for 15 minutes. Add zucchini and salt and simmer a further 5 minutes.

Dried lentils keep for long periods when kept in an airtight container, away from light and at room temperature. It's preferred to use lentils within a year of purchase.

# How to Stop the Spread of a Cold

As its name implies, the common cold is the most common illness affecting humans and is the single biggest reason for people to visit a doctor.

The cold virus is mostly spread through contact with droplets of nasal secretions that are highly concentrated with the virus and become air-borne when a person with a cold sneezes or coughs.

Also known as adenovirus infection AD14, the common cold -- despite being highly contagious -- is preventable through certain natural, common sense strategies.

- Wash your hands, hand towels and face cloths, and disinfect your toothbrush and contact lenses.
- Sanitize all items that come in direct contact with the permeable mucus membranes of your nose, mouth and eyes. Viruses can live on the moist surface of clothes and toothbrushes, leaving opportunity to spread or even re-infect someone once they have recovered from a cold.
- Stay hydrated on the inside and out. Drink eight to 10 glasses of water each day to flush out toxins and keep your immune system strong.
- Avoid direct contact with people suffering from a cold. Do not shake hands, hug, or kiss a person who is ill with a cold. Keep your distance and use other gestures to greet people or to show affection and appreciation.
- Getting regular exercise also boosts the immune system and rids the body of impurities through sweat.
- Increase probiotic intake by eating more yogurt. After the nasal membranes, the digestive tract is often the site of first contact for a virus looking to infect a host. Probiotics boost the digestive tract's natural defence mechanisms against unwanted pathogens by encouraging elimination of toxins and overwhelming viral nesting grounds with good bacteria. Be sure to choose a brand that is low in sugar, since sugar depletes the immune system.



<http://www.ehow.com/cold-and-flu/>

# Crossword

L S O S E K A L F W O N S E L C I C I N  
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BLACK ICE  
 BLIZZARD  
 BOOTS  
 CARNIVAL  
 CHRISTMAS  
 COLD  
 EGG NOG  
 FIREPLACE  
 FIREWOOD  
 FOG  
 FREEZE  
 FROST  
 GLOVES

HAIL  
 HEADBAND  
 HIBERNATION  
 HOCKEY  
 HOLIDAYS  
 ICE FISHING  
 ICICLES  
 KNIT CAP  
 LONG UNDER-WEAR  
 MITTENS  
 OLYMPICS  
 PARKA  
 SCARF

SEASON  
 SKATES  
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 SLIPPERY  
 SNOW CASTLE  
 SNOW PLOW  
 SNOW SHOVEL  
 SNOW TIRES  
 SNOWBALL

SNOWBOARD  
 SNOWFLAKE  
 SNOWMAN  
 SNOWSHOES  
 SOLSTICE  
 SOUP  
 STEW  
 STORM  
 SWEATSHIRT  
 TOBOGGAN  
 VACATION  
 WIND CHILL  
 WOOL SOCKS

# Old Fashioned Price Tags Keeps Budgets on Track

Taken from the simple savings website

<http://www.simplesavings.com.au>

We are saving literally hundreds of dollars a month by putting price tags on all our food. Until we had our baby nine months ago my husband and I really had no budget. We'd just buy things as we needed/wanted and would visit the supermarket numerous times a week. I wanted to be a stay at home mum to our daughter but on one income this was proving really tough. We sat down to work out where all our 'disposable' income was going and we realised we were spending an extreme amount of money on food. My husband liked to cook adventurous meals that included countless extravagant ingredients and we were spending around \$200-250 a week for just the two of us!

So we decided to focus on how much money we spent on each meal. I started writing the cost of each item on the jar, container or tin when we brought it home from the supermarket and it was quite incredible how much of an effect this had on our spending habits. Seeing the dollar signs on every item that we were cooking with helped us recognise the bargains at the supermarket and get the best deals available.

We then set a dollar limit for each meal of \$5 for breakfast, \$8 for lunch and \$15 for dinner. Each week we challenged ourselves to reduce the cost of each meal by a dollar and are now managing on around \$2 for breakfast, \$2 lunch and often under \$5 for dinner. It also makes meals more interesting as we're always looking for an ingredient that fits inside our budget. Once a week we have a 'Friday Night Feast' where we don't stick to the minimum spend, yet we still find ourselves trying to make the most cost-effective meal!

Now we're buying less tinned and pre-prepared food, we've stopped buying chips, biscuits and deserts and pasta and are making our own wherever we can.

We buy meat every second week, and if we run out we just supplement with beans and legumes. Now we can survive on under \$150 one week and \$100 the next.

We've found we're now cost cutting in every aspect of our lives and have saved \$400 in the last fortnight alone!



## 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

# Green Renting Expo 2011



On Tuesday 17th of May Women's Housing together with Green Renters hosted the Green Renting Expo/ This exciting expo was organised for people who are currently renting. The aim: to enlighten and educate individuals on how to save money and help the environment by turning their house into an eco friendly home. With the help of a large number of organisations such as Bunnings, Yarra City Council, Sustainability Victoria and many smaller environmental groups, the events of the day were a huge success. Many tenants attended and enjoyed the various sustainability information sessions which included herb planting, eating on a budget and insulation tips for winter and summer. All who attended

received countless freebies including show bags, door snakes, lunch and herbs.



Women's Housing, Green Renters, stall holders and presenters all worked as one and the day ran without difficulty.

Thank you to everyone who came and got involved, we all hope you benefited well from the day, we know we did.





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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 Phoneline -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

## Find a word solutions

